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# FACILITIES MANAGEMENT

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Dear FM Colleagues,

Earlier this month, the U.S. Department of State recognized April as National Arab American Heritage Month. (Read the press release [here](#).) The JEDI Team is excited to share out a few different Arab cultural foods for you all to try. These foods will be added to FM breakrooms and shared spaces within this next week. (More about these treats on the next page!) Often these foods accompany recent and upcoming holiday celebrations such as Easter and Eid. You can learn more about [Easter](#) and [Eid](#) at the Britannica website or read this article, [“What is Eid al-Fitr and how do Muslims celebrate it? 6 questions answered.”](#)

Related to religious holidays, food, and Arab American culture, Ramadan is practiced by some but not all Arab Americans. Muslims who observe Ramadan fast between sunrise and sunset from approximately April 2 to May 2, 2022. The dates vary by a day depending on the Saudi Arabian or the North American calendar. Ramadan is scheduled on the lunar calendar, and is about 11 days earlier each year. (Learn more at CSU’s Faith, Belief, and Religious Observances [calendar](#) or at the Britannica [website](#).) For FM employees who may be fasting, please feel free to take your snacks home to enjoy after your fast.

### **Additional Educational Opportunities**

Do you like to watch films? We wanted to let you know that Media Education Foundation is offering [free streaming access](#) to documentaries in April for Arab American Heritage month. This is just another way to gain new perspectives and educate ourselves. The documentaries that are offered address “representations of Arabs and Muslims in Hollywood films, Islamophobia in U.S. news media, and the origins and evolution of Western attitudes towards the Middle East.”

One more resource to pass along is an article called, [“Defining the Arab World and the Middle East.”](#) If you have ever wondered if Arab and Middle Eastern are the same, this is an incredibly quick read that helps distinguish between the two. We learned that the Arab world “is made up of the six founding members of the Arab League: Egypt, Iraq, Jordan, Lebanon, Saudi Arabia, and Syria. The simplest way to figure out what nations make up the Arab world is to look at the 22 members of the Arab League. The 22 include Palestine which, although not an official state, is considered as such by the Arab League.”

### **We want your feedback!**

Have you tried these treats before? Have you had other foods that come from Arab cultures? Or a comparable food that comes from a different part of the world? We were thinking that the *benne wafers* shared with FM in January may be similar to the *barazek* that you can try now. After tasting them, give us feedback on what you think about these or any of the past foods we’ve distributed ([fac\\_diversity\\_team@mail.colostate.edu](mailto:fac_diversity_team@mail.colostate.edu)). Thanks for engaging with these resources, and please enjoy trying these snacks!

FM JEDI Team

Tom Satterly, P.E.

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## For Arab American Heritage Month in April, try a couple of these cultural treats!

From company Libanais Sweets (pronounced Lee-Ba-Nay) – a Lebanese American manufacturer and retailer of authentic Lebanese Baklava and sweets

**Almond Basbousa/Hareesa/Nammoura** – a sweet, spongy, semi-soft semolina cake garnished with almonds. The yeast gives it its spongy texture, and the sugar syrup gives it its distinctive extra sweet taste. This dessert goes by different names in different Middle Eastern cultures. *Nammoura*, pronounced (nam-mou-rah), is also called *Basbousa* (bas-bu-ssa) in Egypt and *Harissa* or *Hareesa* (Ha-ree-ssa) in Syria. The word *Basbousa* comes from the Arabic word that means “soaked” because it is soaked in sugar syrup. <https://libanaissweets.com/products/almond-basbousa-hareesa-nammoura-semolina-cake.html>

**Ingredients:** blend of farina, coconut, whole milk, heavy cream, sugar, 100% pure unhydrogenated vegetable ghee and rose water, topped with almonds.

**Baklava** (ba-kla-va) – a layered pastry dessert made of filo pastry, filled with chopped nuts, and sweetened with syrup or honey. The name *baklava* is used in many languages with minor phonetic and spelling variations. It is made differently depending on what culture it is coming from. It is a common dessert of [Iranian](#), [Turkish](#), and [Arab cuisines](#), and many other countries. Included in the assortment are: Almond Fingers, Basma Pistachios, Walnut Squares, Asawer Pistachios, Bukaj Pistachios, Balourieh Pistachios, Borma Pistachios. <https://en.wikipedia.org/wiki/Baklava>

**Ingredients:** Wheat Flour, Water, Sugar, may contain Almonds, Cashews, Pistachios, Walnuts, Salt, 100% Pure unhydrogenated vegetable ghee, Lemon Juice, Orange Blossom, Rose Water

From company Anabtawi Sweets – one of the largest factories for sweets and coffee in the Middle East

**Mamoul with Pistachio & Mamoul with Date** – a shortbread cookie stuffed with date paste or chopped walnuts or pistachios, and dusted with powdered sugar. It is often eaten to usher in holidays such as Easter and Eid. <https://www.npr.org/sections/thesalt/2017/04/11/522771745/maamoul-an-ancient-cookie-that-ushers-in-easter-and-eid-in-the-middle-east>

**Barazek**, also spelled *barazeq* – Arab cookies with a sweet, buttery and nutty flavor, and a crisp and brittle texture. The main ingredient is sesame and often also contain pieces of pistachio. It is popular treat that can be found in most pastry shops throughout Lebanon, Jordan, Palestine, and Syria. It is one of the more traditional Palestinian desserts and is considered one of the most famous Syrian desserts. <https://en.wikipedia.org/wiki/Barazek>

**Graibeh** – Palestinian cookies made from flour and butter, infused with orange blossom water and topped with nuts similar to a shortbread cookie. <https://seasonsofpalestine.wordpress.com/2014/03/29/graibeh>

**Ingredients for Mamoul, Barazek, & Graibeh:** Sugar, Dough, Butter, Ghee, Pistachio, Date and Sesame

*Note: JEDI Team searched for Arab cultural treats without gluten or nuts, but we were not successful in finding items to share. If any employees know of some great Arab American gluten free or nut free treats, we'd love to be educated on this. Please let us know.*

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