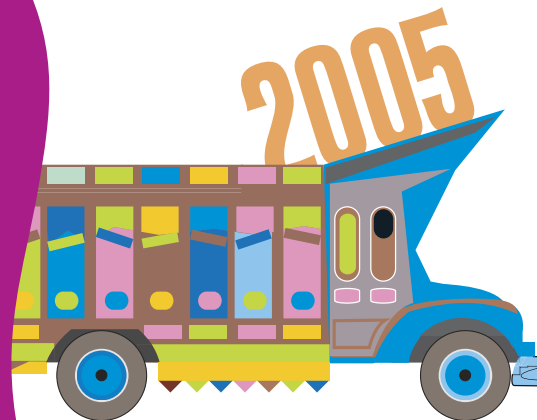
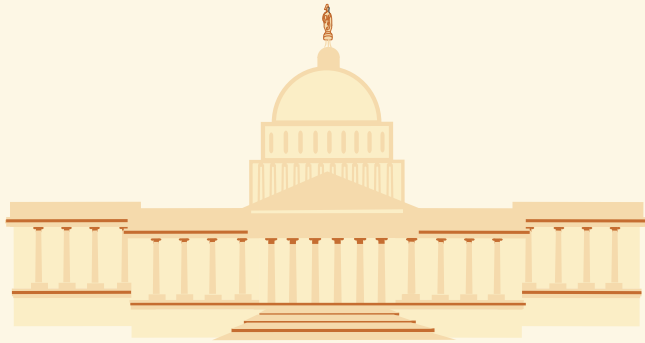


family activities guide to the  
**smithsonian folklife festival**

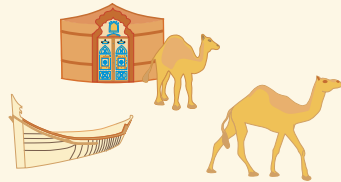


Smithsonian Folklife Festival





*Food Culture USA*



*Oman: Desert, Oasis, and Sea*



*Forest Service, Culture, and Community*

## Welcome to the 2005 Smithsonian Folklife Festival!

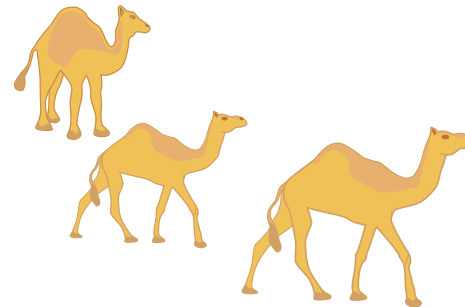
**Grab a pencil, and get ready for a challenge!**

With this guide, you can find mystery ingredients in the **Food Culture USA** program; become a Junior Forest Ranger in the **Forest Service, Culture, and Community** program; and follow Sindbad the Sailor across the oasis, desert, and sea in the **Oman** program.

Along the way, you'll learn where your food comes from, find out how to identify animals by their tracks, watch camel decorating, and a lot more. This guide includes activities to earn different rewards in all three programs. Pick one, two, or all three. Each part of the guide tells you where to bring your answers and get your reward for that program.

To learn more when you get home, visit [www.folklife.si.edu](http://www.folklife.si.edu). You'll find lots of information there—and be sure to visit the Smithsonian Global Sound section for music from around the world!

**Thanks for coming to the Festival. Have fun!**



# the edible explorer's guidebook

## welcome to food culture usa!

How much do you really know about your favorite foods? Do you know where they come from? Do you know how they grow? Do you know what makes some foods taste spicy and others taste sweet? Did you ever wonder how recipes are invented?

*Well, here's your chance to find out!*

This section is filled with tasty treats that you'll have fun making at home. There's only one problem—some of the essential ingredients are missing! The only way to start fixing the meals is to solve the recipe riddles inside.

Clues are all around *Food Culture USA*:

*Read signs* for hints about where to go.

*Talk to the farmers* to hear what they grow.

*Speak to the spice suppliers* to learn what they know.



**when you're done, visit the  
potting shed to claim your prize.**



# quesadillas *appetizer*

## area to explore

Tradition and Adaptation

## mystery ingredient hint

This great dairy product  
Made from curds—toss the whey,  
Can be hard, soft, or crumbly,  
And called “Blue” or “Monterey.”

## the mystery ingredient is

\_\_\_\_\_.

## fun food fact

The world's largest quesadilla was made in Oaxaca, Mexico, on April 29, 2000, to celebrate the city's 464th anniversary. The quesadilla measured 14 feet wide and was made of 70 pounds of \_\_\_\_\_, 70 pounds of beef, 45 pounds of beans, and 5 gallons of salsa. ¡Olé!

Is there a dairy farm near you?

*Go to [www.farmaid.org](http://www.farmaid.org) and search for dairy or \_\_\_\_\_.*

## cooking tools

grater      baking sheet  
cast-iron pan or griddle      spatula

## easy quesadillas

### ingredients

Cooking oil for greasing the pan  
8 flour or corn tortillas  
12 ounces Monterey Jack \_\_\_\_\_  
1 cup tomato salsa  
Hot chili peppers or sweet red peppers; cilantro (optional)

makes 4

### directions

1. Grate the \_\_\_\_\_.
2. Heat a lightly oiled cast-iron pan or griddle over medium heat.
3. Arrange 4 tortillas on a large baking sheet and spread \_\_\_\_\_ over each one. Spoon some salsa on the \_\_\_\_\_ and top with the tortillas—like you make a sandwich. For a spicier flavor, add chili peppers and cilantro.
4. Using a spatula, slip each tortilla sandwich into the hot pan. Cook for 2-3 minutes or until the bottom is golden brown, then flip and cook another minute or so until the \_\_\_\_\_ is melted. Remove with a spatula and cut into quarters.
5. Repeat with the rest of the tortilla sandwiches.

## green salad *first course*

**area to explore** The Edible Schoolyard

### mystery ingredient hint

From a fruit with a pit  
That gets picked and then pressed,  
It mixes with vinegar  
So the salad can be “dressed.”

### fun food fact

More than 3,000 different varieties of tomatoes are now grown around the world!

To find out which ones grow near you, go to [www.farmaid.org](http://www.farmaid.org) and search for tomatoes.

the mystery ingredient  
is \_\_\_\_\_.  
(two words)

### cooking tools

large salad bowl  
small mixing bowl  
wooden spoon

## stir-fry *main course*

**areas to explore** Soy Tent, Tradition and Adaptation

### mystery ingredient hint

This block-shaped ingredient  
Begins life as a bean.

You can drink its cousin soy milk  
To keep your body lean.

the mystery ingredient is \_\_\_\_\_.

### cooking tools

frying pan wooden spoon

### fun food fact

It's always best to cook with local produce that's “in season.”  
The longer vegetables are out of the ground, the more they lose their nutrients and their taste!

To find out what fruits and vegetables are in season, ask a farmer in the Tradition and Adaptation area or go to [www.farmaid.org](http://www.farmaid.org) and search for a farm near you.

## salad and vinaigrette dressing

### ingredients for the salad

Lettuce

Find your favorite salad ingredients in The Edible Schoolyard.  
Add them to the recipe.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

serves 4

### ingredients for the vinaigrette:

1 shallot, chopped

Salt and pepper to taste

2 tablespoons balsamic vinegar

1 teaspoon Dijon mustard

Dash of sugar

4-5 tablespoons \_\_\_\_\_

### directions

1. Peel the shallot and cut into very thin slices.
2. Place salt, pepper, vinegar, mustard, and sugar in a small bowl.
3. Stir in the \_\_\_\_\_ and mix well.
4. Taste to see if the balance of the vinegar and \_\_\_\_\_ is right—you might need to add more of one or the other.
5. Add to salad; toss.

## stir-fry (recipe adapted from washington youth garden)

### ingredients

2 tablespoons vegetable oil

2 garlic cloves, finely chopped

2 tablespoons ginger,  
finely chopped

4 ounces \_\_\_\_\_, cut into  
small cubes

2 tablespoons soy sauce

Cooked rice or noodles

### directions

1. In a frying pan heat oil over medium heat.
2. Add garlic and ginger. Stir for one minute.
3. Add \_\_\_\_\_ and cook for 1-2 minutes, or until \_\_\_\_\_ is slightly golden.
4. Add soy sauce and stir.
5. Add 3 seasonal foods you listed to the left and stir for two minutes.
6. Serve over rice or noodles.

Name three foods to add to your stir-fry. Visit the Tradition and Adaptation area to ask a farmer for help.

1

2

3

serves 4

## kheer (indian rice pudding) *dessert*

**area to explore** The Spice Tent

### mystery ingredient hint

Used as a seed or finely ground,  
This spice first came from India  
But today, worldwide, it is found.

### the mystery ingredient is

\_\_\_\_\_.  
(Unscramble: M D A C R M O A)

### fun food fact

Fresh herbs are also used to add  
flavor to food. Hundreds of herbs  
are grown in the United States.

*To find out who grows herbs  
near you, go to [www.farmaid.org](http://www.farmaid.org)  
and search for farms and  
farmers markets where herbs  
can be found.*

### cooking tools

small bowl  
wooden spoon  
saucepan with a lid

### kheer

#### ingredients

½ cup rice  
4 cups milk      1 cup sugar  
1½ tablespoons \_\_\_\_\_  
¼ cup blanched sliced almonds

A few strands of saffron

#### directions

1. Place rice in a small bowl  
with just enough milk to  
cover it. Cover and let soak  
for 30 minutes.
2. In a heavy-bottomed sauce-  
pan bring the remaining milk  
to a boil. Once the milk has  
boiled, reduce the heat to  
low and add the rice and  
milk mixture.
3. Cover and cook, stirring  
occasionally, until milk has  
thickened and rice is cooked  
(approximately 45 minutes).
4. Add sugar and \_\_\_\_\_,  
making sure to stir well, and  
cook for another 20 minutes.
5. Remove from the heat.  
Garnish with almonds and  
a few strands of saffron.

serves 4

## hot cocoa *drink*

**area to explore** The \_\_\_\_\_ Tent

### easy hot cocoa

#### ingredients

3 squares unsweetened  
\_\_\_\_\_  
4 tablespoons sugar  
Pinch of salt  
½ cup water  
3 cups milk  
½ teaspoon vanilla  
½ teaspoon cinnamon

#### directions

1. In a saucepan combine  
the \_\_\_\_\_,  
sugar, salt, and water.  
Cook over low heat  
until the mixture has  
fully dissolved.
2. Gradually add the milk,  
stirring continuously.
3. Add vanilla and cinnamon,  
and heat to just under  
boiling.
4. Pour into cups, and enjoy!

serves 4

### cooking tools

saucepan      wooden spoon

### mystery ingredient hint

This delicious food  
That we all love to eat  
Comes from the cacao tree  
And makes a sweet treat.

### the mystery ingredient is

\_\_\_\_\_.

### fun food fact

The cocoa we drink today tastes  
very different from the original  
cocoa drink. The Aztecs drank  
their chocolate cold, unsweetened,  
and often used chili peppers or  
wine to add flavor. Aztec nobles  
drank as much as 50 thimblefuls  
of cocoa in a single day!

*Do you want to try spicy cocoa?  
Go to [www.farmaid.org](http://www.farmaid.org) to find  
out where you can buy fresh hot  
peppers near you.*

## congratulations!

You solved all the recipe riddles, and you're ready to start cooking. But first...

### go to the potting shed to collect your prize!

Continue to explore the fascinating world of food when you return home:

- 1 Visit a farmers market. There you'll meet farmers and learn what fruits and vegetables are in season. Go to [www.farmaid.org](http://www.farmaid.org) to find markets close to where you live.
- 2 Make your own family cookbook. In a blank notebook collect recipes from your relatives. Spice it up with stories about memorable meals!
- 3 Grow your own vegetables. Plant seeds in your garden or in a planter outside your window.
- 4 Make the recipes in this cookbook with the help of an adult.

Log on to [www.folklife.si.edu](http://www.folklife.si.edu) where you will find useful information about *Food Culture USA*, and the annual Smithsonian Folklife Festival.

The Edible Explorer's Guidebook has been generously supported by Farm Aid.

Since the first Farm Aid concert in 1985, Farm Aid has worked to keep family farmers on the land. Farm Aid board members Willie Nelson, Neil Young, John Mellencamp, and Dave Matthews are committed to supporting family farmers as the best way to grow fresh, safe, and healthful food; take good care of our natural resources, the soil and the water; and strengthen rural communities and local economies.

Through grant funding, public education, activism, and strategic partnerships, Farm Aid is building a resilient, sustainable, and family-farm-centered food system. Farm Aid looks to a bright future for family farms, as more and more people seek out family farm food at stores, restaurants, and farmers markets where local, organic, humanely raised food is available.

*"If you eat, you have a stake in supporting family farmers."*

— Willie Nelson

[www.farmaid.org](http://www.farmaid.org)

## Forest Service, Culture, and Community

### Do You Have the Skills to Become a Junior Forest Ranger?

Use this as your field guide to help navigate through the many Forest Service exhibits, where you will discover fun and hands-on activities just for you!

- 1 Search for the Woodsy Owl marker to find tents where family activities are taking place.
- 2 Complete at least four of the six activities in the pages that follow.
- 3 When you complete an activity, make sure a volunteer stamps that page in your guide.
- 4 Show all your stamps to a volunteer at the Family Activities tent, and if four of the six activities are completed and stamped, you will receive a real Junior Forest Ranger badge to take home!



There are so many exciting things to discover about the forests, grasslands, wildlife, and the people of the Forest Service:

Find out how to be a Forest Ranger when you grow up

Explore the Interactive Forest

Learn how to build a bird box

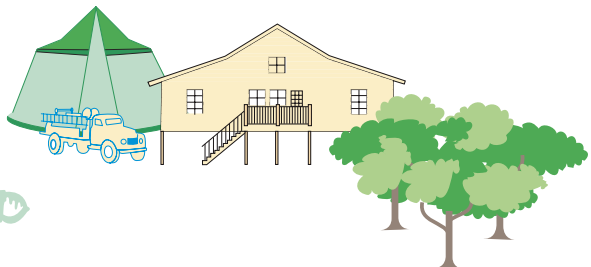
Sing campfire songs

Watch a bug-eating demonstration

Design a square for the Kid's Quilt

Learn how to keep a nature journal

Explore, discover,  
and have fun  
learning about the  
Forest Service!

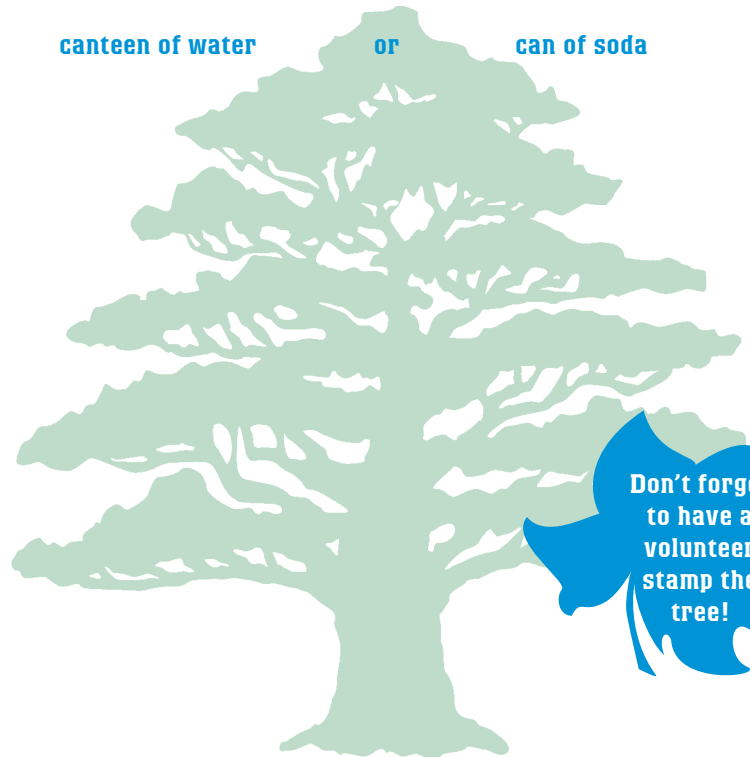


## Call of the Wild Tent

### Bring It Along or Leave It Behind?

Walk over to the Call of the Wild tent, where you will see a variety of objects waiting to be packed up for a hike into the forest. Based on the information provided in this tent, circle the objects that you should bring along.

boombox	or	deck of playing cards
cell phone	or	map/compass
pair of boots	or	pair of flip-flops
butterfly net	or	pair of binoculars
canteen of water	or	can of soda



Don't forget  
to have a  
volunteer  
stamp the  
tree!

## Forest Landscapes Tent

### Heritage Puzzle

When Forest Service archaeologists discover artifacts, they have to determine from which time period they originated. A tin can may have been left behind by pioneers moving West. A stone tool may have been used by Native Americans to process animal hides, or a piece of plastic may have been dropped by a hiker just last summer.

In the Forest Landscapes tent, there is a table with various artifacts. Behind the table is a timeline. Figure out where at least three artifacts belong on the Heritage Timeline. Ask the participants any questions you have about what the objects are, how they were used, and by whom.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Afterwards, you can visit the "Impressions in the Landscape" display. Here you'll see how fossils, animals, and people have left their marks on the landscape over time. Make your own tracks in the wet sand, and think about the impression you leave behind on nature.

**Don't forget to have a volunteer stamp the trowel!**

## Protecting Forest and Wildlife Habitats Tent

### Low-Impact Birding

**Circle the correct name for each bird.**

1

This large bird of prey has a white head and dark body. It is also a symbol of our country.



- a) Bald Eagle
- b) White-Headed Cuckoo
- c) Golden Eagle

2

This medium-sized bird often has a red-peaked head. It uses its beak to peck holes in trees and find insects for food.



- a) Red-tailed Hawk
- b) Eastern Bluebird
- c) Woodpecker

3

This bird has very large eyes which help it see at night, when it hunts for small rodents.



- a) Whooping Crane
- b) Yellow-Bellied Sapsucker
- c) Screech Owl

Birding is a fun activity you can do in the forests, in your local park, or even in your backyard. All you need is a field guide to help identify the birds you see. Look at the display materials and field guides and see if you can identify birds based on the clues below. Ask the participants to teach you how to imitate a bird call, too!

**Don't forget to have a volunteer stamp inside the bird's nest!**

**This activity is for the birds—really!**





## Tree Doctors Tent

### Name That Tree!

Make your way over to the Tree Doctors tent, where you can meet experts who know trees inside and out. There you will also see displays on tree bark, leaves, and information on the life cycle of a tree. By talking to participants and looking at the posters on display, see if you can correctly identify the following trees:

- 1** This tree grows very large and has a big, leafy crown. Its wood is used to make furniture because it is so hard. Squirrels love these trees because they produce acorns.  
a) Flowering Dogwood      b) White Oak      c) Red Spruce
- 2** The leaves of this tree turn a beautiful reddish-orange in the fall. This tree is deciduous, which means that in winter, all the leaves fall off. These trees also produce a syrup that tastes great on pancakes.  
a) White Ash      b) Ginkgo      c) Sugar Maple
- 3** The leaves on this tree are called “needles,” although they don’t usually poke you. This tree is an evergreen or conifer, meaning it does not shed its leaves every year. It produces cones, which are the tree’s seeds.  
a) Rocky Mountain Juniper      b) Eastern White Pine      c) Horse Chestnut
- 4** This tree can live for hundreds of years and is known for the color of its wood. It can be found on the West Coast, and it is a type of evergreen.  
a) Eastern Cottonwood      b) Redwood      c) Blue Spruce



## Forest Service History Tent

### What Did You Learn about the Forest Service?

This year, 2005, marks the 100th anniversary of the USDA Forest Service. Wander through the Forest Service History tent and study the timeline display to find answers to these questions. If you get stuck, don’t be afraid to ask an adult for some help.

Circle the correct answers to the questions below.

- 1** Who was the first Chief of the Forest Service in 1905?  
a) Gifford Pinchot      b) Ansel Adams      c) Teddy Roosevelt
- 2** What famous TV dog from the 1950s later joined Ranger Corey Stuart in protecting forests?  
a) Toto      b) Snoopy      c) Lassie
- 3** True or False? Smokey Bear received so much mail from Junior Forest Rangers that the U.S. Postal Service gave him his own zip code?  
a) True      b) False
- 4** In 1971, what forest character was introduced who told kids to “Give a Hoot, Don’t Pollute!”?  
a) Elmo      b) Bambi      c) Woodsy Owl

**Great job! Now that’s using your head!**



## Community Arts and Crafts Tent

### Creating Art with Nature

Visit the Community Arts and Crafts tent and see all the creative ways artists use natural materials collected from forests to make art. Then go to the kids' art table outside to create your own masterpiece. There are materials for you to use and volunteers to help get you started, but the rest is up to you!

Make anything you like, or draw something in the space below, just as long as it is inspired by nature.

When your  
artwork  
is completed, a  
volunteer will  
stamp your page.

**This stamp certifies that I am a creative kid!**

## Don't Stop!

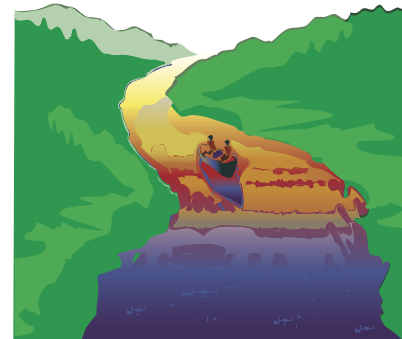
### Continue your adventures in nature...

There are many more interesting things to learn and activities to do that would not fit in this guide. On the Folklife Festival Web site ([www.folklife.si.edu/festival/2005](http://www.folklife.si.edu/festival/2005)) you will find links to other Web sites featuring projects that you can do at home or in school. Search for information on Smokey Bear, Woodsy Owl, and all the cool things you can do as a Junior Forest Ranger at the USDA Forest Service Web site: [www.fs.fed.us](http://www.fs.fed.us).

Also take a look at the Web sites of animal and nature conservancy organizations. Many have areas where kids can learn more about conservation. See the Folklife Festival Web site for a complete listing.

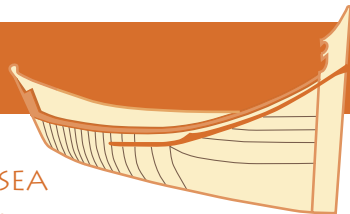
Talk to your parents about planning a family trip to visit a nearby national forest. Or bring a little wildlife to your own backyard with a bird feeder. Investigate the nature activities available where you live through local parks, community centers, and school programs. There is no limit to the adventures waiting for you when you explore the great outdoors.

**For outdoor fun, get out there!**





# OMAN



## OMAN: DESERT, OASIS, AND SEA

Hello, or, in Arabic, *al-salamu `alaykum!*

I'm Sindbad the Sailor. Have you heard of me? Did you know I was a wealthy merchant from Suhar, a city on the coast of northeastern Oman? My adventures became legends around the world. I traveled to islands filled with giants taller than palm trees, walked across valleys carpeted with diamonds, and escaped from enormous *rukhs* birds whose eggs were bigger than most buildings. Once, a kind snake with a beard rescued me from certain death. While I recovered from my wounds, the snake listened intently as I told him about my native country—its beautiful deserts, oases, and seas.

Imagine me telling the snake about these three areas and the Omanis who live in them. Then look inside and outside the Learning Center in the round tent. See what you can discover about Oman. If you answer my questions as well as the snake did, you'll win a golden piece of sap from the frankincense tree. Frankincense was the most valuable Omani product I traded on all of my journeys.



Neil Richardson



A frankincense tree grows in southern Oman.

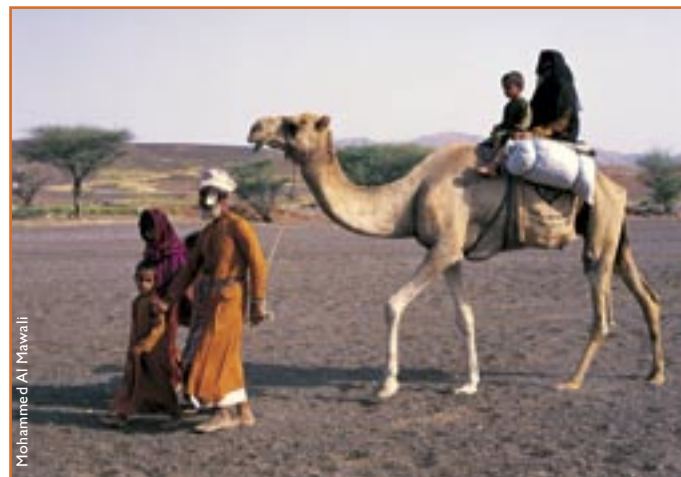
# DESERT



## DESERTS ARE MORE THAN SAND DUNES.

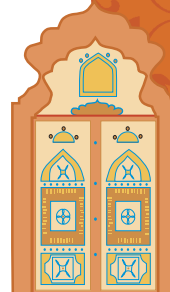
People, animals, and plants live in them. If you visited a desert in Oman, you would find families much like yours. Because of the hot, dry weather, some of them dress differently than your family might and move from one place to another to make a living.

Some people who live in Middle Eastern or North African deserts are called Bedouins. Name two animals that are important to Omani Bedouin families: *Clue: Look for a sign with a this picture of a Bedouin family.*



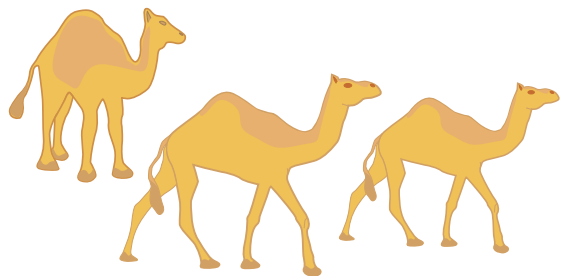
Mohammed Al Mawali

An Omani Bedouin family travels through the desert.



## DESERT

Draw something that Omani Bedouins make to use in their daily lives. Don't worry, I don't care if your drawing is perfect! *Clue: See the Bedouin craftspeople who will be working near the Learning Center throughout the day.*



## OASIS

**AN OASIS IS ANOTHER PLACE WHERE OMANIS LIVE.**

Oases (the plural of "oasis") have lots of water that comes from underground sources. Oases can be spotted from a distance because of the palm trees that grow in them.

Al-aflaj is an ancient Omani system that brings \_\_\_\_\_ from its source to houses and gardens. There is nothing like it outside of Oman! *Clue: To fill in the blank, look at the pictures on the sign called "Traditions of the Oasis" in the Learning Center.*



Look around the exhibit. Name three things that people who live in oases make from parts of the date palm.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*An Omani woman stands next to a water channel in an oasis town.*

# SEA



*Oman's trade routes through history*



Of course, as a sailor, I knew the sea best of all. Look at the map below and the ones in the Learning Center, and see how much of Oman is on the water. Many Omanis live on the seacoasts where they fish, trade, and build ships.

# SEA

Because of its location, Omani culture has been influenced by peoples from many lands. Match the city below with its main direction from Oman. Maybe your family has a compass like I do!

Bombay (India)	North
Baghdad (Middle East)	South
Zanzibar (Africa)	East

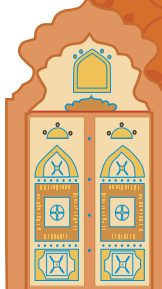


*A shipbuilder makes a model shashah, a fishing boat made out of date-palm material.*

Omanis have always been famous for their ships. Long ago, Omani builders used twine made from \_\_\_\_\_ to stitch together their ships. *Clue: Read the sign on shipbuilding in the Learning Center to fill in the blank. Watch the shipbuilders to see what materials they use today.*



Neil Richardson





# OMAN

## CONGRATULATIONS!

Now that you have answered all of my questions, take these pages to my trusty assistant in the Leaning Center, who is sitting near a sign that says "Sindbad's Treasure," to collect your prize. Then visit the rest of the Oman exhibit. Go to the Magan Stage and listen to a sailor's song like the ones I used to sing. Find out how to make my favorite dessert, *halwa*.

Find the oryx and learn how my country tries to preserve all of its environments and traditions.

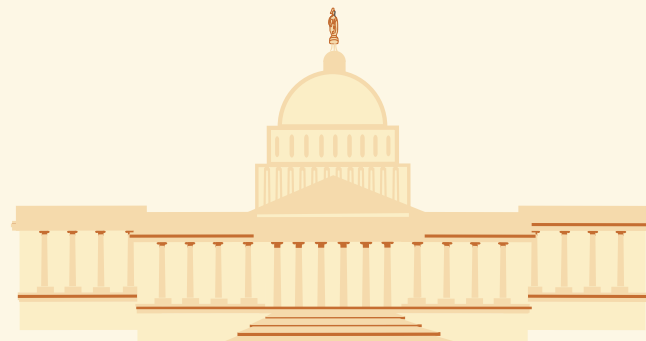


## FAMILY ACTIVITIES

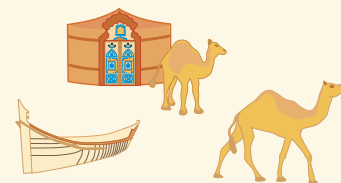
Continue your adventure with the following family activities that will take place throughout the day in Al Maidan and the Adornment Pavilion: henna decorating and instruction, Omani games, drumming lessons, and Islamic calligraphy demonstrations. Later, you can visit the following Web sites on Oman: Ministry of Information, Oman, [www.omanet.om](http://www.omanet.om); Ministry of Heritage and Culture, Oman, [www.mnhc.gov.om](http://www.mnhc.gov.om); and the Oman Centre for Traditional Music, [www.octm-folk.gov.om](http://www.octm-folk.gov.om).

## HAVE A GOOD ADVENTURE!

All photos courtesy Omani Craft Heritage Documentation Project and Lynn Teo Simarski.



Food Culture USA



Oman: Desert, Oasis, and Sea



Forest Service, Culture, and Community

