

Trabajadora del Campo

Rachel's Reflections from Peru

Bring on the Spring!

As all of you are anticipating cooler temperatures and the adjustment to fall while here in the jungle we are looking to "Spring." Well I guess that is rather a joke since we pretty much have the same

temperatures all year round. However there are 2 marked seasons: the wet (aka the winter) which starts October-November and the dry season (aka the summer). These terms are not technical in any way other than when it rains, the roads become very

Earthquake Update

Over the last several weeks, several of our staff from Lima, have been working in Chincha and the surrounding area with the people who were affected by the earthquake. The staff were able to give out tents to the most needy and help set up community soup kitchens. Donations of medical supplies came in through our organization as well to the local hos-

pitals and clinics. The focus now of the team is to help the communities to support themselves once again by getting them to return to work and buy from the local markets. Many people are afraid to leave their homes, fearing that they may be looted and this has compounded efforts to restore self sufficiency.

Lauren Woodside, a fellow Hunger Corps, has been coordinating the relief efforts in Chincha. If you would like

see images and learn more details from the field, please go to her blog <http://www.lauren-peru.blogspot.com/>. Please continue to pray for the people affected by the earthquake, as well as our staff who have been serving them. They have put in countless hours and are continuing to go back and forth between Lima and Chincha.

Birthdays in July

July 21, 2007 brought celebration all the birthdays of the kids who'd had their birthdays in the months of January through June in the Kid's Club. We had games, songs, snacks, music, a piñata, and cake. It was wonderful to give these kids a chance to have a big party.



September 2007



Prayers and Praises

Praises

- Safe trip to and from Bolivia
- More clarification in my job
- Increased understanding of Spanish

Prayer Requests

- Integration into the Health department and continual job distinction and clarification
- For the agricultural class I am teaching
- For the garden that I am helping to start in the community of La Florida
- For a Spanish conversation partner
- For those affected by the earthquake

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My cell phone number is 011.51.061.967.9004. Check out www.callingcards.com to find a calling card to use (look up Peru cellular).

BOLIVIA

At the end of August I had the delightful opportunity to take a trip to Bolivia. My friend Rachel Parsons (one of my ex-roommates from ECHO) is working in a town called Ixiamas with an organization called SIFAT (www.sifat.org). Rachel is the acting Director and Agricultural Coordinator of the Internado. An internado in Bolivia is a boarding house for kids whose families live too far away from the school to be able to go everyday. SIFAT set up a Christian Internado in Ixiamas to allow many children in the rural communities to go to school. The parents pay a fee for their children to stay there, while the children, when they are not in school or attending to their homework, are responsible for chores around the home, such as helping in the garden,



Rachel and I in Ixiamas, Bolivia

sewing, collecting wood for the kitchen, helping with meals, doing laundry, etc.

I spent a week at the Internado and then Rachel and I took a 24 hour bus ride to La Paz. La Paz has an altitude of 13,313 ft, so as you can imagine it was an interesting experience going from nothing to 13,000 ft (thankfully no altitude sickness!). We spent a day in La Paz and then we were off for three days to Copacabana, not the

famous Copacabana of Brazil, but the city upon Lake Titicaca. Titicaca is the highest commercially navigable lake in the world at 12,507 ft. Titicaca in Aymara means “puma rock.” Our main excursion while there was to see Isla del Sol (the Sun Island). This is where the Incas believe the world began and where humans originated. On the island are ruins of worship centers and altars of sacrifice. Several artifacts were also found at the bottom of the Lake. It is not clear exactly how they ended up there. Rachel and I walked the 11km trail across the island. The weather was beautiful, although at the onset, it had been rainy, dreary and freezing. Copacabana and the Lake were beautiful and I quickly filled my camera with photos. I have posted my pictures from my trip to Bolivia on my website rachelcohen.typepad.com.

Job Update

As many of you know, when I arrived, the agricultural program had been discontinued and I have been floating between things during the last 6 months. Recently I had the opportunity to meet with the director of FH, the manager of the Pucallpa office, the boss of the health department, and some other staff to discuss the future of my work. During the course of the meeting we decided that beginning in October (the new fiscal year) I will become a part of the health division of our office. This will be a complementary partnership since they are involved in teaching nutrition and trash elimination (through methods of composting). I will work with these projects as well as use them to elaborate on the multi uses of home gardens. Continue to pray for me as I move through this transition and for God’s hand to help guide me to best serve in our communities.

COCONA

Imagine a smooth, bright sunset orange colored fruit, looking and feeling much like a firm Roma tomato. Peeling the thick, tough exterior of the fruit, the interior reveals a dull yellow almost white interior. Placing a slice of the fruit in your mouth, your face squishes in reaction to the juicy, lime-like acidity of the fruit. As I took my first bite of this fruit, I fully expected it to have a sweeter flavor, as to that of a tomato. Boy was I wrong!

Native to the Amazon, Cocona is practically a weed, often teeter plant along the cona, *Solanum sessiliflorum*, belongs to the same family as tomato, eggplant and potato. Solanaceae. It is with downy, fuzzy



zoned, Cocona is practically popping up as a volunteer plant along roads and paths. *Solanum sessiliflorum*, belongs to the same family as tomato, eggplant and potato. Solanaceae. It is with downy, fuzzy stems. The plant produces flowers of whitish, yellow-green color. As the fruit grows and matures on the plant, it changes from green to a shade of sunset. The fuzzy exterior is rubbed off when harvested before it is sold in the market. The people here eat it out of hand, peeling the fruit and salting each bite. However I prefer the fruit as a refresco. The fruit is peeled, boiled, blended, and strained. Water and sugar are then added to taste. High in carotene, calcium and vitamin C, this fruit offers another flavor to savor on your taste bud palette.

Are you interested in supporting work in Peru or with Food for the Hungry?

Prayer, donations, as well as volunteers are always needed. To make a donation to my work please go to my webpage <http://rachelcohen.typepad.com> or send a check to 1224 E. Washington St., Phoenix, AZ 85034 made out to FH with #60347 on the memo line. To learn about prayer requests or way to be a part of a team that comes to Peru please go to my website and click on “Interested in Teams” or “Prayer Requests.” Thank you for your amazing support!

