



Test Your Knowledge of Refugees

The United Nations High Commissioner for Refugees (UNHCR) was established in 1950 by the United Nations General Assembly with a three-year mandate to help Europeans displaced by World War II. At the end of three years the agency was to disband. However, any expectation that UNHCR would become unnecessary has never resurfaced.

A refugee is someone who "owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality, and is unable to, or owing to such fear, is unwilling to avail himself of the protection of that country."

Some refugees cannot go home or are unwilling to do so because they will face continued persecution. Many are also living in perilous situations in the country in which they have sought protection. In such circumstances, UNHCR helps resettle refugees in a third country as the only safe and viable durable solution. Of the 10.5 million refugees of concern to UNHCR around the world, only about 1 per cent are submitted by the agency for resettlement. If other countries do not let them in, and do not help them once they are in, then they may be condemning them to death.

Global migration patterns have become increasingly complex in modern times, involving not just refugees, but also millions of economic migrants. But refugees and migrants, even if they often travel in the same way, are fundamentally different, and for that reason are treated very differently under modern international law. Migrants, especially economic migrants, choose to move but refugees have to move if they are to save their lives or preserve their freedom. Refugees, by definition, have no protection from their own state - indeed it is often their own government that is threatening to persecute them.

RECIPES

These are the most bountiful vegetables this week: Malabar spinach, Mexican marigold mint (an herb to use like tarragon), radishes, eggplant, mustard greens, roselle pods, and sweet potatoes.

Butter-braised radishes with sorrel or Mexican marigold mint

1 cup vegetable stock or water
1 tablespoon unsalted butter
2 pounds radishes with their greens, radishes quartered and greens reserved (see Note)
Salt and freshly ground pepper
1/2 ounce sorrel leaves or Mexican marigold mint, stemmed and thickly sliced (1 packed cup)

In a large skillet, bring the vegetable stock and butter to a boil over moderate heat. Add the radishes and cook, stirring occasionally, until they are crisp-tender and the liquid has thickened slightly, about 15 minutes. Season with salt and pepper and transfer to a shallow bowl. Scatter the sorrel over the top and serve.

<http://www.foodandwine.com/recipes/butter-braised-radishes-with-sorrel>

Sweet Potato Fries

Step by step instructions: <http://www.instructables.com/id/Perfect-Oven-Sweet-Potato-Fries/?ALLSTEPS>

Malabar spinach smoothie

1 cup grapes
1/2 cup pineapple chunks
2 cups packed, fresh Malabar spinach
1/2 ripe banana, peeled
1/2 cup water
1/2 cup ice cubes

Blend together and enjoy!

Veggie ID

French Sorrel



Use in salads or soups. Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe below.

French sorrel, squash, and mint salad

Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

French Sorrel Soup

3 tablespoons unsalted butter
1/2 cup chopped green onions, ramps or other wild onion
4-6 cups (packed) of chopped sorrel
Salt
3 Tbsp. flour
1 quart chicken stock or vegetable stock
2 egg yolks
1/2 cup cream (you have to use cream; anything lighter will make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

French sorrel and rosemary pesto

2 cups of sorrel (about 1/2 bunch)- stems removed
1/4 cup pine nuts
1/4 cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
1/4 cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.

Check out our [Newsletter Archive](#) for additional recipes.