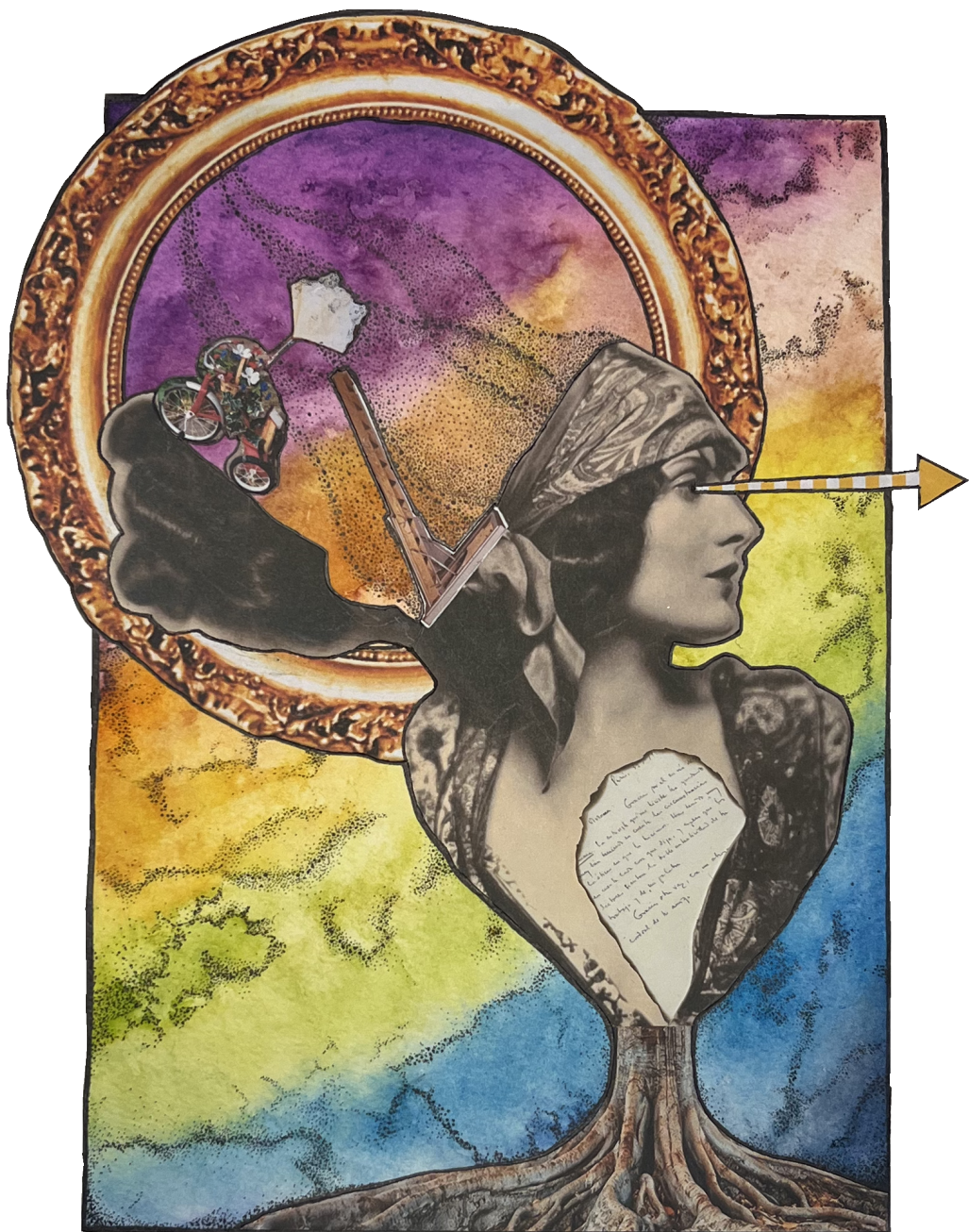


RECETARIO OF DREAMS

A COOKBOOK TO MAKE OUR DREAMS COME TRUE



Have you realized how magical the act of
cooking can be?

It is an “acto de psicomagia,” where we
transform and materialize thoughts.

This book is an invitation to think
about how we can build a better place for
everyone and how we can support each
other to make that place come true by
sharing our recipes for dreams.



Instructions to climb a staircase.

and his poem

CORTAZAR

TULIO

in honor of

written

poem was

The following

BY CATALINA Ocampo.

Instrucciones para soñar

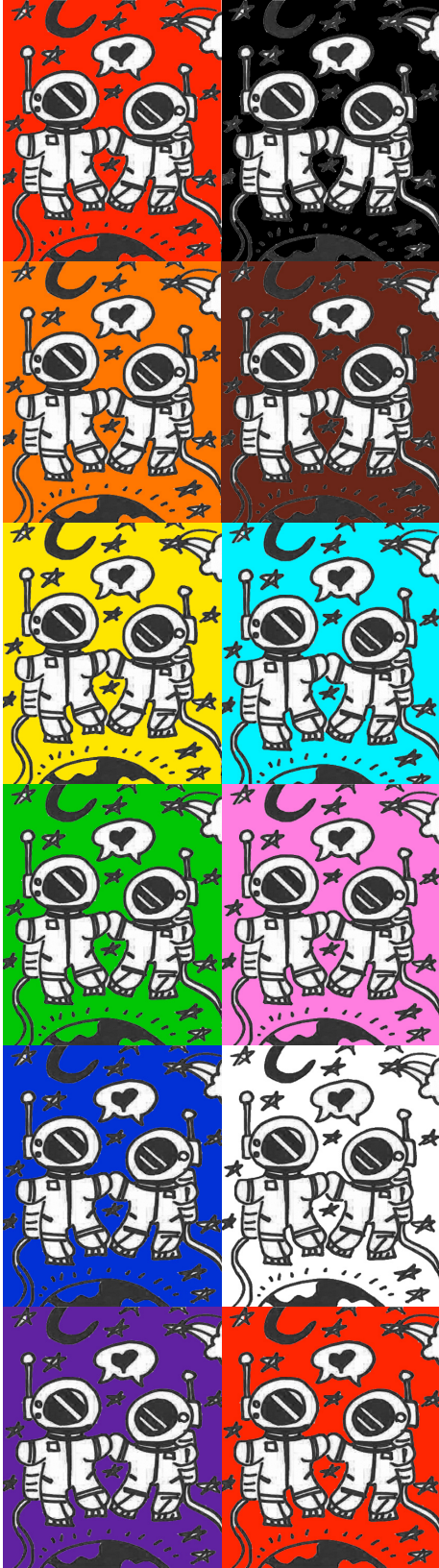
Julio Cortázar: en honor

Limpiar.
Abrir la azotea: barrer la culpa, barrer el miedo.
Despabilar la inspiración.
Abrir los sentidos con romero y salvia.
Retomar la carta que se quedó a medias.
Buscar las fotos y sacar las cajas, reconectar.
Recordar lo que se quedó entre el tintero.
y la niña interior.
Guarda la voz de la obligación, dejar que fluyan —la abuela bruja.
Deja de ser realista.
Ábrete a los márgenes de lo posible o práctico.
Sueña profundo, desentierra sueños.
Sueña con alegría y sueña con dignidad.
Releva
los que llevan soñando desde tiempo atrás.
Dale forma a tu sueño: raíz, lugar y sentido.
(¿A qué sabe? ¿Cómo suena?)
Escribelo y hazlo público, colectivo. (Dibuja tu sueño, escribelo, cuélgalo en el cordel.)
Tenemos derecho a soñar.

Instructions for dreaming

After Julio Cortázar, en honor

Make space.
Open the attic. Sweep away guilt, sweep away fear.
Wake inspiration up.
Look for your photographs, pull the boxes.
Reconnect. Restart the letter that was left half-started.
Remember what the ink still has to write.
Tuck away voices of obligation, let the abuela bruja and the little girl speak
Slip into the margins of what is possible and practical.
Stop being realistic.
Dream with joy, and dream with dignity. Dream deeply, unearth the dreams.
Relay those who have been dreaming for generations.
And give it shape: give your dreams roots, place, and senses.
Write it down and make it public, collective. (What does it taste like? How does it sound?)
(Draw your dream, write it down, hang it on the clothesline.)



FULLY AUTOMATED LUXURY GAY SPACE

ANARCHO - COMMUNISM RECIPE

INGREDIENTS:

- ⊗ 1 cup of Understanding
- ⊗ ½ cup of Shared Knowledge
- ⊗ 1 cup of Renewable Energy
- ⊗ 1 cup of Strong Community
- ⊗ 1 cup of Love for each other
- ⊗ 1 cup of Sharing Resources
- ⊗ ½ cup of Imagination
- ⊗ 1 cup of Autonomy for all
- ⊗ 2 cups of Destruction of patriarchy, heteronormativity, white supremacy and capitalism
- ⊗ 1½ cups of Abolition of police, prisons and, money.

INSTRUCTIONS:

Blend Understanding and Shared Knowledge. Fold in Renewable Energy, Strong Community and Sharing Resources.

Pour into Imagination, Love for each other, autonomy for all and Destruction of Patriarchy, Heteronormativity, White Supremacy and Capitalism, with the Abolition of Police, Prisons and Money.

Stir together until is combined.

Pour into space station mold.

Put in oven with 4 hands.

Share with friends when golden brown.

EGGS AND RICE FOR A SAFE SPACE

AUTHORS STATEMENT:

The *orange rice* is a flavorful and filling base for any meal, and the egg is warmth, safety and inclusion. The tortilla holds the orange rice and egg together. And if you want to add some zest, spice and an uplifting effect, a kick, add chiltepinas to your *guacamole* or salsas. The *orange rice and fried eggs* represent equity, solidarity and uplifting voices. The tortilla holds everything in place, covering and *supporting each others needs*. The guacamole with the added spice

represents how *resistance* is chaotic, adding that kick. This is a meal that changes form to create *a community for everyone*, and will feed a family *without judgment or exclusion* it can aid the needy and inspire cooperation.

This meal is an staple in my house, an easy but extremely delicious *comida*. My mom often makes it after a long day at work. It's a simple dish but a collaborative one. Now we cook it together.

I make the rice, she fries the eggs and she forces me to make the guacamole. I like for her to do the easy things after a long day of work. We bond and we cook. I went from observing to doing and *I'm grateful* to have and know some of her recipes ♡.





My Mom's Recipe

GUACAMOLE

- ♥ 1 Avocado
- ♥ 1 Garlic clove
- ♥ Salt
- ♥ Dried Chiltepinos
- ♥ Chopped Onion
- ♥ Chopped tomatoes
- ♥ Molcajete
- ♥ Cilantro
- ♥ Lime

ORANGE RICE

- ♥ 2 Tomatoes
- ♥ 1 Cup of All of Your Choices
- ♥ 1 Cup of Jasmin Rice - Fry it until brown -
- ♥ 2 Cups of Water
- ♥ A bit of Onion
- ♥ 1 Garlic Clove

WHAT WILL YOU BLEND

-----> Garlic, onion, cut the tomatoes (add in), add two cups of water and blend.

NOW COMBINE

-----> Once rice is browned add the blended ingredients and season with chicken bouillon.

Cover and let the rice soak up all the water and enjoy 😊



Recipe de

①

Empieza con amor,

establece tus intenciones

Begin with love,

Set your Intentions



③

To share the

pour the maté



④

REPETIR

INTO THE FUTURE



Comunidad!

INGREDIENTS:



Love / Amor
Heartbeat / El latido
Hands / Manos

Maté
Sky / cielo



Speak

So others hearts respond
with the collective beat



SKY

con otros

on las manos



IRE





equal representation jambalaya

1. Prepare **OPEN FLAME**, illuminate the exclusion of people of color. The warmth invites everyone *in*.
2. Set a cauldron over the open flame, create and save space for **ALL** of the community to contribute. Showcase *DIVERSE* ingredients, and **DIVERSE** flavors.
3. Boil ingredients until all flavors are balanced, *each one is present but none overpower the others*. keep up heat until new flavors emerge.
4. Turn down the heat and serve. Liberate the *Love*.
5. Recognize and appreciate everyone's contribution, everyone's hand, everyone's knowledge.



We got yuu.

1. Recognize a need for care and space.

Listen and observe collectively - not alone!
weave connection!

2. Find and create a space

Build a community garden bed.

3. Plant the seeds,

and tend the garden together.

4. Harvest and distribute!

LOUD and VISIBLE JOY!

HUMOR

BALANCE - UMAMI

SQUASH - STRENGTH

HONEY - THROAT/VOICE

FIRE

ONIONS - CRY

SAGE

5. Invite everyone to celebrate hard work.
Share the table.

SING! DANCE! BE LOUD!
TAKEUP SPACE!
EXPAND AND EXTEND.

6. Tend to each other as we tend to the seeds.

7. Fallow — Rest and reflect.

REPEAT!



UNA RECETA PARA SANAR
A RECIPE FOR HEALING

SANA SANAR...



COITA DE RANA



DISRUPT THE INTERNALIZED
OPPRESSION &
EXTERNALIZED

THIS IS THE 1st STEP TO ALLOW
YOURSELF TO BREW A DREAM BEYOND
THE STARS*
...

ONCE YOU CUT AWAY THE PIECES/PARTS
THAT NO LONGER SERVE YOU, ^{YOU} CAN
BEGIN

RECALL REMEMBER WHAT YOU NEED FOR
AUTHENTIC NOURISHMENT TO IGNITE
AGENCY

RECOGNIZE OUR INTERDEPENDENCE
WITH LA NATURALEZA

IMAGINE COMO LOS INGREDIENTES
SE MEZCLAN

IMMERSE YOURSELF IN THIS FUSION

CELEBRATE AND SAVOR RENEWED
RELATIONSHIPS WITH OURSELVES,
OTHERS Y LOS INGREDIENTES

clouds =
ingredients

HECHO CON AMOR
~ Christine Yorba
~ Adriana Veloz
~ Alison Francesca



The recipes in this recetario were developed by students from The Evergreen State College in "**La cocina de los sueños**," a workshop guided by Marcela Soto Ramírez, Graphic Designer and Curator of Chile Woke, and Catalina Ocampo Londoño, Evergreen Faculty Member in Latin American Literature, with special participation by the Chilean collective Ser & Gráfica, composed of arts educator/graphic artist Karine Hurtado and science educator/graphic artist Drina Herrera. These dreams emerged during a retreat of Evergreen students, staff, and faculty from the curricular path El Camino (Latin Studies, Latin American Studies, and ELL Education), supported by the Mellon Foundation, Evergreen's President's Equity Fund, and Evergreen academic programs.

Made with hope and from the heart.

Meant to be shared.

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Designed by Marcela Soto Ramírez



CHILE WOKE

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