

MedSNAIL

Ark of Taste products

Rural Women's Development Society (RWDS)



**Jenin
(Palestine)**



BALADI SESAME



Jenin (Palestine)



Sesame in Palestine is a healthy food with a national and traditional identity. Frequently it is cultivated and produced in the Meithalun plain and the Sanur plain of Jenin Governorate areas; it is considered one of the important spices that have a high nutritional value. The sesame plant contains multiple vitamins and minerals suitable for humans. It is used in making of popular sweets such as Barazek, Karakeesh, Fenugreek and Qizha broiled sweets, in addition it is used in making Christmas sweets as Sesame candy called in Arabic (Simsimiya), and Sesame bagel (Jerusalem bagel).





PALESTINIAN LENTILS



Jenin
(Palestine)



Lentils are known in the Palestinians proverbs as "the food of the farmer" and/or "the meat of the poor", and the public privileges it as that it is a sacred food since almost seventy prophets have ate it. Baladi lentils are grown in the Jenin governorate in areas of Siris, Meithalun, Arraba and Kafr Ra'i towns and villages. It is an herbaceous annual plant, one of the important leguminous crops that is used in human nutrition because it contains large amounts of protein and carbohydrates in many foods such as different Lentil Fatteh dishes, Mujaddara, lentils, Musalwaa and Lentils soup.



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ANCIENT PALESTINIAN WHEAT VARIETIES



**Jenin
(Palestine)**



Wheat is one of the oldest crops that the Palestinians knew and used in their daily cuisine. Many industries are subject to wheat cultivation, which are (bread, pasta, biscuits, fodder, freekeh, corn flakes). Palestinian farmers cultivate several varieties of durum wheat, of which the most common are non-native (Amber, Om Alrabeea, Howrani, Ammar, Om Qays and Mike), while local native cultivars are rare like; (Heteya Yellow, Heteya White, Heteya Black, Nawrasi, Kahtat, Kahla, and Nab Eljamal).



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LEVANT BARLEY



Jenin (Palestine)



Local “Baladi” barley is cultivated in the Jenin governorate in the plains of Sanur Valley, Meithalun and Marj Ibn Amer. The barley is one of the very nutritious and healing cereals for human beings that is rich with magnesium, carbohydrates, protein, fiber, water and fats. Among the most important barley products are barley drink and barley bread, in addition to the “Talbina” barley flour porridge. Present studies explores the barley porridge used as food and brain tonic by Arabs to alleviate depression and reduce stress.



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BLUME SCHOTT “JA’ADEH”



Jenin (Palestine)



Blume schott “Ja’adeh” is an important medicinal herb that is useful in treating abdominal pain and other diseases. The wild Ja’adeh herb grows in the northern regions of Palestine and Jordan. Among its medical uses, it is used to expel toxins from the body by drinking it as an emulsion. It also helps treat stones and laziness of the digestive system and relieves symptoms of diabetes. According to the traditions in the areas, when a mother gives birth to a child, food and drink are provided to the mother. It has an anticoagulant effect, which means that it helps the mother recover from childbirth.



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DRY BEAN LOCAL VARIETY ARRABEH JENIN



Jenin (Palestine)



Local beans cultivation is concentrated in the plain of Araba Jenin, of small and medium-sized cultivation and production scale. One of the local beans most noticeable features is that it does not need to be soaked in water before proceeding with its cooking. It contains many nutritional benefits, a variety of vitamins, minerals and other nutrients, while providing a moderate amount of calories. Beans are a prime source of protein, fiber, folic acid, iron, potassium and magnesium, while they contain little to no total fat, or trans-fat, sodium and cholesterol.

