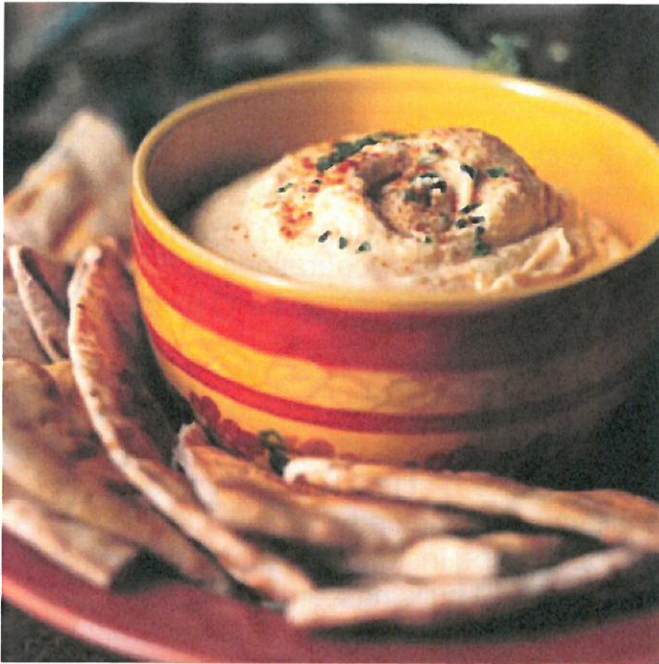


Make Your Own Hummus

A fun justice initiative



Hummus Recipe

4 cups cooked chickpeas (or garbanzo beans)
½ cup lemon juice
½ cup tahini
¼ cup olive oil
3 cloves garlic
Salt and pepper to taste

Place ingredients in blender with one of the options below. Puree in blender or food processor until smooth.

Options:

*Add 2 Tablespoons fresh basil or parsley *OR*
*Add 1 large roasted red or green bell pepper,
1 teaspoon crushed hot chilies, 1 teaspoon
ground cumin

Resource: *Simply in Season*, Mary Beth Lind and Cathleen Hockman-Wert, Herald Press, Scottsdale, PA, 2005, p. 331.

It's so easy to make your own hummus. Elementary-aged kids and older can enjoy making it. It's also a way to live simply. Making your own hummus, instead of buying Sabra Hummus or other Israeli settlement products, is a way to live justly.

Now the not-so-fun stuff: Below are serious justice concerns about who Strauss, the founding company that makes Sabra Hummus, supports. Sabra products directly subsidize Israeli human rights abuses through their support of the Israeli Defense Forces (IDF) and infrastructure of the occupation of the West Bank, East Jerusalem and Gaza. Strauss supports particularly violent groups within the IDF, the Golani and Givati Brigades, both known for their human rights violations.

History of Golani and Givati Brigades:

The Golani and Givati Brigades both have long histories as part of the Israeli Defense Forces (IDF). The Givati Brigade was founded in 1947 and the Golani Brigade in February 1948.

The Golani and Givati Brigades have taken part in several bloody wars and operations throughout the State of Israel's sixty-two year history. The Golani Brigade participated in all of Israel's major wars, including the Suez Crisis, the Six-Day War, the War of Attrition, the Yom Kippur War, and the 1978 South Lebanon conflict known as Operation Litani. Both brigades

took part in the 1982 Lebanon War, the 2006 Lebanon War, operations during the Palestinian Intifadas (the first of which was essentially an act of nonviolence of the Palestinians) and Operation Cast Lead, a two-week ground offensive in Gaza.

Human Rights Violations:

The 1948 Palestinian exodus, known as Al Nakba (the catastrophe), consisted of the forced relocation of approximately 800,000 Palestinians, more than half of the Palestinian population at the time, the destruction of 531 Palestinian villages, and the emptying of 11 Palestinian cities. The Golani and Givati Brigades were involved in many major operations to uproot the indigenous Palestinians. In some cases, the mass expulsion was accompanied by massacres and rapes.

Both brigades took part in the 2002 invasion of the Jenin Refugee Camp in the West Bank, Operation Defensive Shield, or what the Palestinians call “The Jenin Massacre.” According to Human Rights Watch, at least fifty-two Palestinians were killed, at least twenty-two of whom were civilians, including children, the physically challenged, and elderly. Many of the civilian deaths documented by Human Rights Watch were found to be instances of unlawful or willful killings by the Israeli army. In the same incident, at least 140 buildings—most of them multi-family dwellings—were completely destroyed, and at least another 200 were so severely damaged that they were rendered uninhabitable. An estimated 4000 people, more than a quarter of the population of the camp, were made homeless as a result of the destruction.

The most recent operation that both the Golani and Givati took part in was Operation Cast Lead, a three-week invasion of Gaza in the winter of 2008-09, resulting in a completely damaged infrastructure and the creation of an unprecedented humanitarian crisis. In Gaza, 1440 Palestinians were killed, including 431 children and 114 women. The people of Gaza have been unable to rebuild from the extreme damage because of the continued blockade of Gaza. To this day, they face dire shortages of water, food, cooking gas, fuel, medicines, and building supplies.

For more primary source references to these facts and for additional information of documented human rights abuses by the Golani and Givati Brigades, visit www.phillyBDS.org and refer to the Sabra Research Report in the Toolkit Section.

Thank you to DePaul University SJP for providing the research and information to PhillyBDS.

No Justice, No (chick)Peas!

