

# Innovation from our roots

*Ensuring every Congolese woman has the space and time to nourish their creative ideas, inspired from their ancestors*





Food preparation & improvisation



On 30th of november in Madibou, 10 Congolese sisters gathered together for a meal and discussed with us their challenges as woman market vendors...

... what we collectively nourished was a moment of creativity, a new recipe and mixture of **tangawis & bissap** when mixed together create a magic flavor, a new and unique item to not only sell but also to cherish within Congolese cuisine and culture.



P.s. thank you to the women in FaFa for joining us in this moment of discovery amongst our sisters.



Women concluded, that more time and spaces in the market places are needed to innovate new products to create and sell in order to protect not let their bellies to become empty and for their ideas to collect dust.

## Tangawis & Bissap

We started with and ended with imagining what we could develop with limited time, space, and resources. We let the flavors and our ancestors' palettes inspire us and used humor to keep us going. We laughed when an idea didn't work out. We shared and tested each other's concoctions, providing graceful feedback from our hearts rather than our stress, trauma, or jealousy. We encouraged one another to think big and wide about possibilities of the things we could make--**never closing in our dreams but simply opening them.**

