

FOOD NOT BOMBS

MENAHKWESK
SAINT JOHN



FNB is an all-volunteer, global movement that shares free vegetarian and vegan meals with the hungry in over a 1000 cities. Food distros also serve as a space to protest war, poverty and the destruction of the environment.

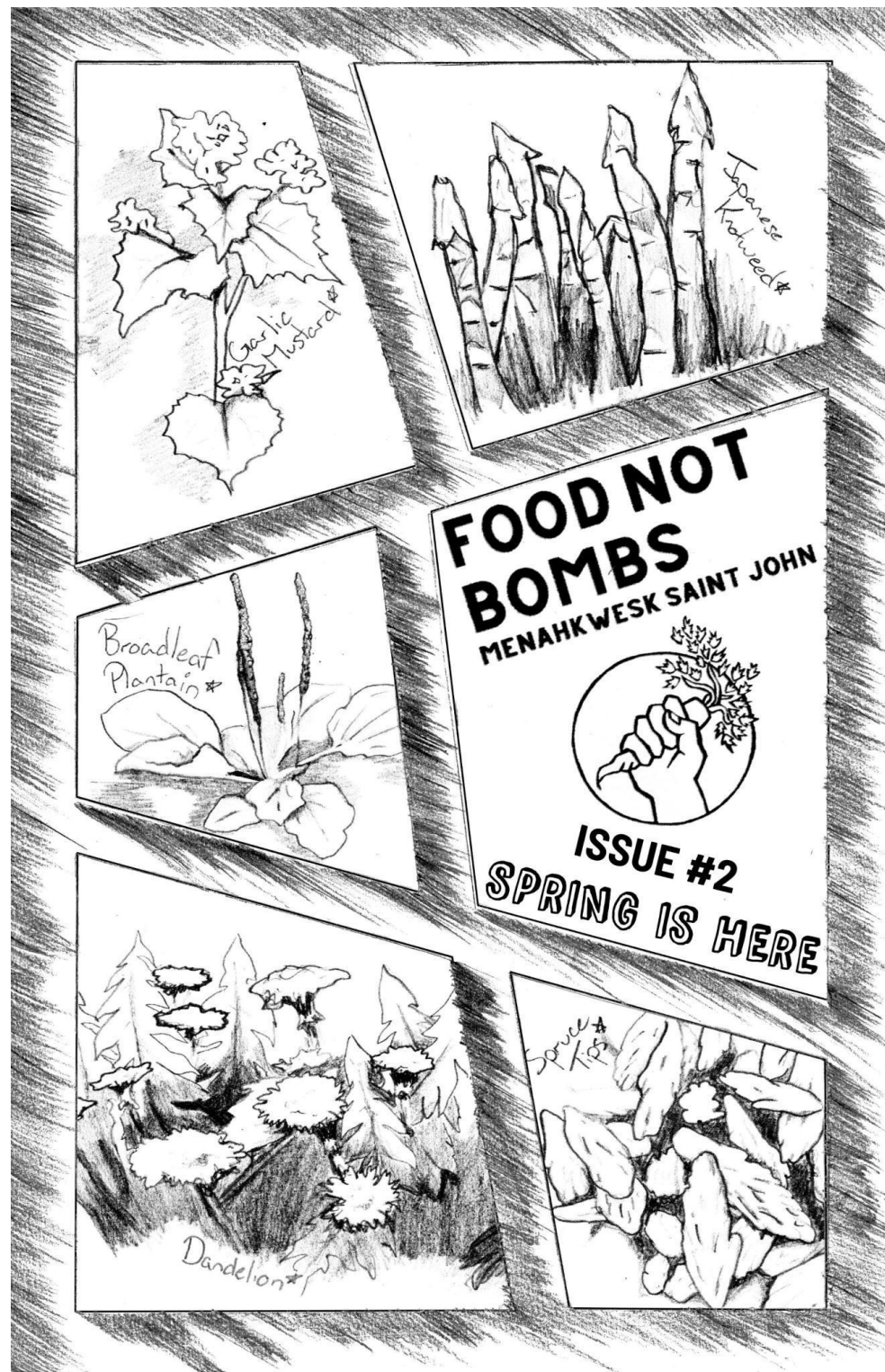
FOOD NOT BOMBS - Menahkwesk has served over 1200 meals in the last 6 months. Our meals are home made, delicious and always free. We rely on community networks, donations and relationships.

To participate, meet us at one of our distros or contact us at - foodnotbombssj@proton.me

Donate at - donate@sjcommunity.ca, please mention "FNB" in your donation.



This zine is powered by human intelligence. 100% real brains, eyes, hands and such.

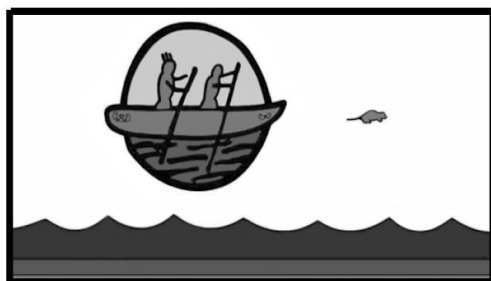




FOOD NOT BOMBS

MENAHKWESK SAINT JOHN

FNBMSJ operates in the area known as Menahkwesk, on the unsundered lands of the Wolastoqiyik indigenous peoples. As we strive to oppose war, colonization, economic violence, and all other forms of oppression, we reference Menahkwesk first, as Saint John is the name given by the colonizing British Empire, and the government of Canada.



Food Not Bombs puts trash in its place.



We staunchly oppose any form of discrimination. In a world where hatred is growing on all fronts, it is essential to take a stand and defend our communities from those who seek to oppress us. FNBMSJ serves people from all walks of life, unless they choose to support hateful ideologies, or hide behind a badge.

Forage Some Food

Spring foraging is a useful way of feeding yourself and your community while reconnecting people to local ecosystems. Ethical foraging is an important part of this. Harvest only what you can confidently identify, and avoid areas that are polluted, sprayed, or treated. When harvesting natives, take small amounts to allow regrowth, and leave threatened species the fuck alone.

Targeting invasive species for consumption can be an especially tangible way to improve local ecosystems while sourcing wild food. When harvesting invasives, take everything you can - we're trying to mercilessly kill off these species and do not want regrowth.

Pick only your target plant. Allow creepy crawlies to crawl off before bringing hauls inside, then soak gently in room temperature water. No one likes eating ants accidentally.

Below, in order shown on cover, are what I hunt for in the spring months.

Garlic Mustard - *invasive*

A pungent, invasive green with garlicky leaves. They are best picked young for salads and especially good as a green in pesto.

Japanese Knotweed - *invasive*

Tart, rhubarb-like shoots harvested young for best flavour and easiest preparation. Mostly used in desserts, but can also be used in savory dishes to add some tang, or pickled even. Older stem skin will become tough/fibrous and need to be peeled if sprouts are larger than about one foot of growth.

Broadleaf Plantain - *naturalized** also known as 'white man's footprint' because it has a history of spreading with colonialists

Common lawn plant with mild flavour. Young leaves are best and can be eaten raw in salads, or cooked as a pot herb. Especially good sautéed in a scramble.

Dandelions - *naturalized**

Entire plant is edible. Young leaves are bitter (I avoid, personally) but nutritious. Flowers are great deep fried into fritters or brewed to make dandelion wine. It takes some time and patience, but roots can be made into an amazing hot beverage that I highly recommend. It does involve roasting, drying, and pulverizing, though.

Evergreen Tips - *native*

Very bright yellow-green new growth on tips of spruce (or pine, or fir) branches. They exhibit a citrusy flavour. Yummy fresh (just pop them in your mouth when you find them). I've also layered brown sugar and cedar tips in a sterile mason jar to create a scrumptious syrup I used on pancakes and ice cream.

☆ - The illustrations on the cover should not be used as the sole source of identification for any plant shown.

* - While not generally listed as invasive by most governing bodies, they are considered invasive by ecologists who focus on the displacement of native species, even if they do not fit the narrow definition of an eco-system-destroying invader. They are considered naturalized simply because they've been around a while.

War in the Persian Gulf Affects Food Everywhere

On February 28th, 2026, the United States and Israel began joint attacks on Iran, killing their supreme leader Ali Khamenei. In retaliation, Iran began launching missiles and drone attacks on Israel, US military bases, and the Gulf States. The Iranian Revolutionary Guard then stated no commercial traffic may pass through the Strait of Hormuz, one of the most critical shipping lanes for global trade. In addition to shipping 20% of the world's daily oil shipments, the Strait of Hormuz is also important for shipping **fertilizer**.

So, what does this mean for us?

The Gulf States produce 30% of the world's fertilizers, essential for global agriculture. Many fertilizers, such as nitrogen-based ammonia and urea, are shipped through the Strait of Hormuz on route to every continent in the world. Now, with very little leaving the Persian Gulf, prices of these products are shooting up extreme percentages.

In the northern hemisphere, it is past due to begin fertilizing crops such as maize, wheat, rapeseed, and various fruits and vegetables. Skipping out on fertilizing crops on this scale is simply not an option; and farmers find themselves stuck between lower crop yield or charging ridiculous prices for their harvest.

The effects on more food-insecure countries are far more dire. African nations already affected by the war in Ukraine are once again severely impacted by imperialist wars - forcing them to instead import grain from countries like the United States. India, which has its own urea supply, requires LNG from Qatar to process it for fertilization, forcing them to import it from elsewhere for more money.



**Why should we tolerate
our food security being
controlled
by warmongers?**



SPRING IS HERE!

We've been hard at work since the weather began warming up. Work has begun at the South End Community Garden, where we are working in co-operation with P.U.L.S.E and local gardeners to revitalize the space and begin a wonderful season of lush plants and delicious vegetables (to use in our meals, of course!)

We have begun serving outside yet again - kicking off with a dinner at Solidarity (King's) Square. It was an excellent turnout, with many familiar faces as well as new ones arriving not only to eat but also to volunteer. We look forward to serving every Saturday at noon for the spring, fall and summer!

How did we get here?



Food Production Under Capitalism

How often do you think about where your food comes from? For many of us, the answer may be: rarely. It seems strange that we eat food everyday but are so removed from how it is produced. This is a recent development, for most of our history we were connected to the land and either cultivated, gathered or hunted our own food. This land was shared (meaning, held in common) by those in our community who acted as stewards to ensure everyone, including future generations, were provided for.



However, starting around the 12th century, the concept of private property emerged and this common land started getting closed off, by excluding common people from accessing it. After these enclosures, the average person could no longer obtain their food directly from the land. Instead, they were forced into wage labour (meaning, working for someone else) to pay the land owners for food that the land produced. This dispossession of the people from their land was the first and most brutal step in the transition into the current system under which we live: capitalism.

Under capitalism, the things we need to survive are treated as commodities to be bought and sold. In other words, things like food and shelter are not seen as basic human rights but something that must be earned. Not only has this changed how we relate to the land and obtain our basic needs, but this has also changed the very nature of how food is produced. Because the primary motivation under capitalism is profit, agricultural corporations attempt to cut as many costs as possible. This typically means outsourcing food production to areas of the world where these corporations can pay workers less. So instead of working with local farmers, corporations truck produce across continents so they can exploit weak labour laws in other countries (which they themselves lobby for). Further, in Canada, large farms, sea food processors and the meat industry rely heavily on the labour of temporary foreign workers. These workers are often over worked, underpaid and exploited due to their precarious status. The seafood industry in northern NB is especially well known for this.



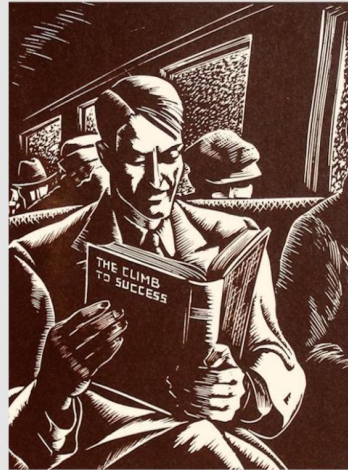
MORE THAN EVER

Wars Are Fought With Food



Mutual Aid: Antidote for the Market (Part I Continued)

Most economists tell us that humans are self-interested, rational, economic actors, trying to maximize their own wealth in competition with others. Some may suggest that markets work the same as natural selection; the profitable survive and reproduce. This toxic logic has spread to so many areas of society, we forget that human nature is also cooperative.



The advantage of working together to meet shared needs is why we find ourselves with settlements, language, shared values, divisions of labour, grief or loneliness when separated from loved ones, and many other essentially-human experiences. In truth, the ruling class (ie. those with excessive money and power) violently maintain a system in which no alternative besides the market is possible. Competition as human nature only makes sense if you take the state of the world as it's been forced into, and work backward from that.

One of many possible alternative systems is Mutual Aid, to be explored in Part II.



How did we get here?



Food Production Under Capitalism

Another cruel tactic in the pursuit of profit is the use of slave labour. While many people are familiar with the history of slave labour used in the Americas, few recognize that slavery has not gone away but rather, has changed shape. In the United States, slave labour is legal in the prison system. Incarcerated individuals can be forced to work on farms, often under harsh conditions, with little to no pay.



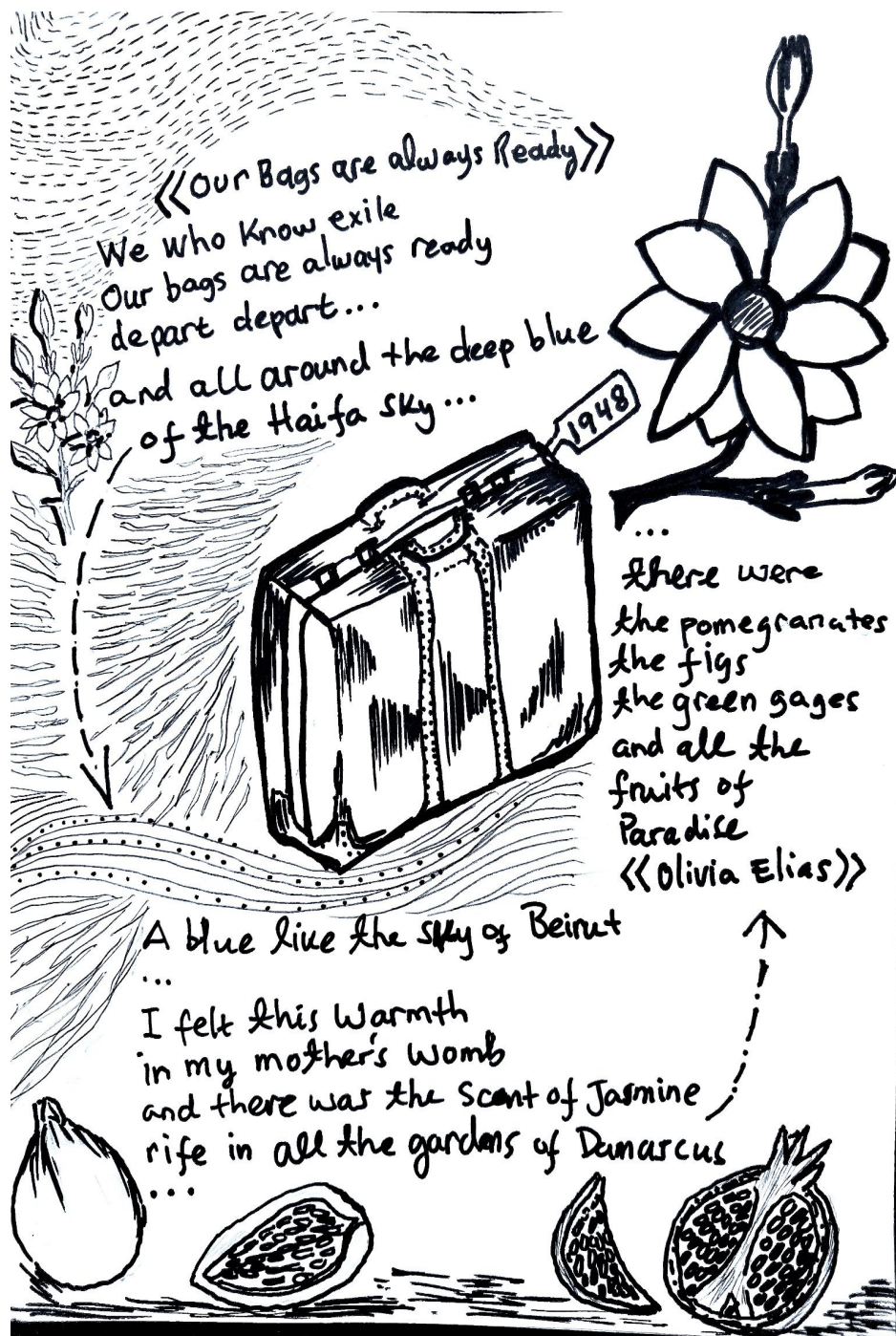
Men incarcerated at Louisiana State Penitentiary filed a class-action lawsuit Saturday, contending they have been forced to work in the prison's fields for little or no pay, even when temperatures soar past 100 degrees. They described the conditions as cruel, degrading and often dangerous.
-AP News

Another cruel tactic in the pursuit of profit is the use of slave labour. While many people are familiar with the history of slave labour used in the Americas, few recognize that slavery has not gone away but rather, has changed shape. In the United States, slave labour is legal in the prison system. Incarcerated individuals can be forced to work on farms, often under harsh conditions, with little to no pay. The human cost of this maniacal and greed-driven system doesn't stop there. Because capitalism prioritizes profit over human need, it encourages overproduction. This overproduction leads to large quantities of food being discarded. Indeed, approximately one-third of food produced globally is wasted while at the same time millions of people struggle to access enough food. This situation highlights a striking paradox under capitalism - we have enough resources to support everyone but the unrelenting greed of a handful of corporations, their leaders and supportive governments, prevents this from happening.

New Brunswick seafood processor fined \$90K over workplace conditions for migrant workers

The latest penalty handed to Pêcheries LeBreton follows an earlier record-breaking sanction that was quashed by the Federal Court

by David Gordon Koch, Local Journalism Initiative Reporter — April 29, 2026 Reading Time: 4min read



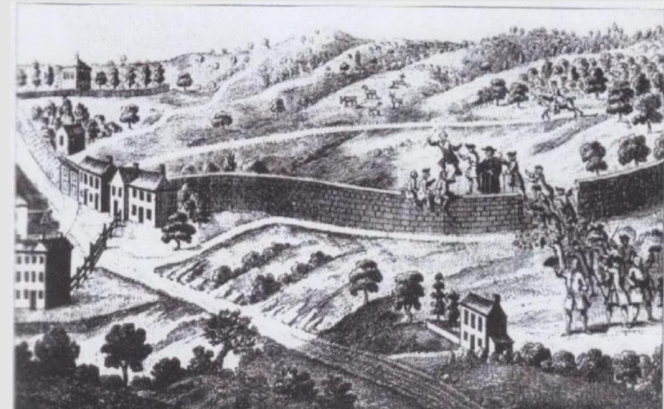
Mutual Aid: Antidote for the Market (Part I)

The free market isn't really free.

-Those with more wealth have an advantage. Even if they stole that wealth or inherited it.

-The owning class takes profit created by workers and wages from renters, making it hard for the rest of us to afford basic needs.

-All markets tend toward monopolies. When one or few companies dominate, they actively squash competitors, even while operating at a temporary loss.
 -Governments actively prop up private property and corporate rights, rather than collective wellbeing.
 -Governments forcefully impose markets on places they didn't already exist. Once a society or sector has been financialized, it is difficult for it to break free.



In short, markets are not natural. They have to be created and maintained by those for whom a market economy is beneficial. Marketizing every aspect of life has been a long process, dating as far back as the 1500s and the Enclosure movement, where aristocrats began fencing off the commonly held fields and forests of Europe for private gain. These days, it has many faces, from imperialist countries colonizing indigenous peoples, to corporations buying "naming rights" to your favorite public place such as "Irving Nature Park" or "TD Station". Markets are all around us.