



# July:

## National Culinary Arts Month

### Did You Know?

KBKG/KROST DE&I COMMITTEE EXPLAINS

National Culinary Arts Month was created to recognize the professional cooks and chefs across the country that help bring classic and innovative cuisines to our tables. While cooking in general has been around since the stone ages, the food we consume today evolved from thousands of various techniques, and ingredients. During the 4th Century B.C., Archestratus wrote the first documented “cookbook poem” and became known as the Father of Gastronomy. However, across the world various cultures were beginning to define and narrate their styles and theories for cooking, which is ever evolving. For example, in ancient Chinese cultures, there was an original determination that there are five components to taste: salty,

spicy, sour, sweet, and bitter. However, in the 1900’s scientists and culinary experts began exploring the idea of adding Umami to the list as a core element of taste.

This month, we encourage you to try something new in the culinary field and celebrate the professionals that bring us culinary experiences from around the world. Try taking a cooking class. Try out a new restaurant. Test out a new recipe to share with family and friends. Food and cuisine have a way of bringing people closer together. As a community we would love to hear about any cultural recipes that are important to you for us to highlight in future newsletters.



[TELL US!](#)

[LEARN MORE ABOUT NATIONAL CULINARY ARTS MONTH](#)

*We recognize this list is not comprehensive. If we missed a celebration that is important to you, please share with us!*



### JULY 1

#### Canada Day

July 1st, known as Canada Day, celebrates the anniversary of the Constitution Act, which consolidated three territories into the single nation of Canada in 1867. Parades are held all over Canada, with other traditions including the wearing of national flag colors, having outdoor picnics, sporting events, festivals, and fireworks.

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### JULY 3

#### International Plastic Bag Free Day

Celebrated globally on July 3rd, International Plastic Bag Free Day is an initiative that aims to help eliminate the use of plastic bags. With environmental concerns growing each day, plastic bags make up a substantial portion of the world's landfills and can take up to 500 years to disintegrate.

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### JULY 4

#### United States Independence Day

Independence Day celebrates the 1776 adoption of the Declaration of Independence by the original 13 colonies and the first formal document removing them from Britain's rule. Made a federal holiday in 1870, millions of Americans gather to host barbecues and watch thousands of fireworks light up the sky.

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### JULY 1-7

#### Clean Beaches Week

Clean Beaches week was created to ensure beaches are clean and safe for generations to come. July 4th is the most popular beach day of the year, and results in litter on beaches and in the ocean. This week was adopted to help educate on proper beach behavior, and in 2007 it was unanimously voted to become a national awareness week.

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### JULY 8

#### Day of Arafah

Celebrated as a public holiday in the United Arab Emirates, the Day of Arafah is a culminating event for Muslims on pilgrimage to Mecca, Saudi Arabia, who gather at the mountain plain of Arafah to pray and supplicate for forgiveness. Additionally, the day is also when Allah is said to have perfected the religion of Islam and when an important verse of the Qur'an was revealed.

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### JULY 9-10

#### Eid al-Adha

Known as the "Festival of Sacrifice", Eid al-Adha is distinguished by the performance of communal prayer at daybreak on its first day. During the festival, families that can afford to sacrifice a ritually acceptable animal do so and then share amongst themselves, the less fortunate, friends, and neighbors. The holiday is also a time for visiting with friends and family and for exchanging gifts.

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### JULY 13 Asalha Puja

Asalha Puja falls on the sixth lunar month and commemorates Buddha's first sermon after enlightenment. The festival offers a chance for Buddhists to reflect on the sermon's four noble truths: there is suffering, suffering is caused by attachment, there is a plane beyond attachment, and the way to that plane is the Noble Eightfold Path. (Please note there are many grammatical translations to the Buddhist texts)

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### JULY 14 La Fête Nationale (aka Bastille Day)

Bastille Day marks the anniversary of the people of France storming The Bastille. This building became just one location representative of the harsh ruling conditions of the Bourbon Monarchy over France in the 18th century. On July 14th, 1789, the people of France overran the Bastille, signaling the beginning of the French Revolution. Today, July 14th is celebrated with parades, fireworks, concerts, and more across the country.

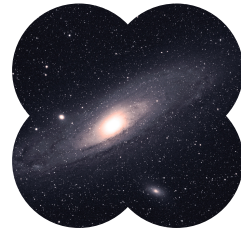
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### JULY 18 Nelson Mandela International Day

In 2009 the UN General Assembly created Nelson Mandela Day to recognize and honor his life dedicated to the service of humanity. Each year, the UN challenges people globally to devote just 67 minutes of their day towards helping others, volunteering, or performing community service in honor of Nelson Mandela's 67 years of life.

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### JULY 20 Space Exploration Day

July 20th is the anniversary of the first crewed mission to the moon. Space Exploration Day is meant to remind everyone of the advancements achieved thus far, and to continue to fuel curiosity and commitment to space technology. This is a great day to visit a museum, learn more about engineers, scientists, astronauts, and more.

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### JULY 29 Islamic New Year

The Islamic New Year is the first day of Muharram, the first month of the Islamic calendar. The New Year is sacred to Muslims across the world, as Muharram is known as the month of remembrance. Unlike New Year celebrations of other calendars, the Islamic New Year is often quiet, consisting of reflecting on time and morality.

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### OTHER FUN DAYS IN JULY

- National Ice Cream Month
- July 1 - International Joke Day
- July 6 - National Fried Chicken Day
- July 7 - World Chocolate Date
- July 8 - National Video Game Day
- July 10 - National Kitten Day
- July 13 - National French Fry Day
- July 25 - National Wine & Cheese Day
- July 30 - International Day of Friendship
- July 31 - National Avocado Day
- July 31 - Harry Potter's Birthday