

#BeautifulNews: The family recipe stirring up a tradition of togetherness

By the age of nine, Fatima Sydow had found her calling in food. It was inevitable. She grew up immersed in the aromatic preparation of large family meals, oscillating between her grandmother's vegetable garden and her mom's kitchen. "It was my mother who brought me closer to understanding food as an important part of my identity," Sydow says. After her mother's passing, she turned this realisation into action, and then into a legacy.

Read Fatima Sydow's full story [here](#).



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