Inspired by the resilience, determination and ingenuity of refugees living in Domiz, Kurdistan Region of Iraq.

In the Kitchen

Start by preparing the ingredients:

- 225g MINCED BEEF
- 200g MEDIUM-GRAIN RICE
- 6 SMALL COURGETTES
- 3 CLOVES MINCED GARLIC
- 240ml LEMON JUICE
- 2 LEMONS, CUT
- 1/4 TEASPOON ALLSPICE
- 3 FRESH PARSLEY
- 1 GREEN ONION

1. **Tomato and Courgette Stuffed Tomatoes**
   - Cut off tops of tomatoes and top ends of courgettes. Use a spoon to empty tomato contents and courgettes. Use a spoon to empty tomato contents into a bowl, reserving the empty tomato shells for the recipe.

2. **Prepare the Meat-Rice Mixture**
   - In a bowl, combine the minced beef, rice, 3 cloves minced garlic, 2 tablespoons lemon juice, 2 courgettes cut into small pieces, 1 teaspoon allspice, 3 fresh parsley leaves, and 1 green onion. Mix well to combine.

3. **Fill the Tomato Shells**
   - Fill each tomato and courgette about three-quarters full with the meat-rice mixture, leaving enough room for the rice to expand as it cooks.

4. **Simmer the Tomatoes**
   - Place the stuffed tomatoes into a large pot and add enough water to cover them. Simmer for 30 minutes, or until the rice is tender. Carefully transfer to a serving platter.

5. **Prepare the Chickpea Sauce**
   - In a small bowl, mix together the remaining 2 tablespoons lemon juice, 3 cloves minced garlic, 1 teaspoon allspice, 3 fresh parsley leaves, and 1 green onion. Reserve.

6. **Add the Chickpea Sauce to the Tomatoes**
   - Stir the chickpea sauce into the stuffed tomatoes, making sure to coat them evenly. Let sit for 5 minutes. Serve hot.

About the designer

The people I met were strong, resilient and determined. The way they worked together to transform an area of barren land into a beautiful garden was truly inspiring.

Nooshan's story

I arrived in Domiz in very difficult conditions, having endured long journeys to reach safety. The camp was a semi-desert without any trees or green space.

I started gardening in Domiz in 2018, learning from my mother's cooking. She was a master of Middle Eastern cuisine, and we made the most of the herbs used in Middle Eastern cooking. Channels of water radiating from the central fountain provide a peaceful setting, with herbs such as concrete and steel, with shade screens inspired by traditional Middle Eastern design.

A former refugee and resident of Domiz, Nosheen works in the Lemon Tree Trust’s garden in Domiz, Kurdish Region of Iraq.

Food

The people in Domiz are desperate for green spaces, and the Lemon Tree Trust has introduced gardening as a form of therapy, as well as a way to learn new skills and to form communities. The garden is a way to bring people together and to provide a sense of community and belonging.

We support gardening initiatives in refugee communities as a way to promote wellbeing, and the Lemon Tree Trust supports people to build gardens at home to 26,000 predominantly Syrian refugees. Here in Domiz, one of the largest camps in the region, is a garden designed with the input of refugees. This garden radiates from the central fountain and provides a peaceful setting.

The Lemon Tree Trust supports people to build gardens at home to 26,000 predominantly Syrian refugees. Here in Domiz, one of the largest camps in the region, is a garden designed with the input of refugees. This garden radiates from the central fountain and provides a peaceful setting.

The garden is a way to bring people together and to provide a sense of community and belonging.