

# Egg Craft and Game



An ArabishWay Activity\*



Africans are the earliest known egg decorators with evidence dating back 60,000 years. Eggs have long been associated with life and relatively recently with the Easter holiday. This form of egg decorating can be found throughout the Arab world and beyond.

## Materials:

- white eggs
- flat leaves and flowers
- small bowl with water
- washed pantyhose or some type of netting
- string (if needed)
- ~1 tsp vinegar per cup water
- a pot of water
- onion peels
- oil (optional)

## Preparation:

Gather your uncooked eggs and your plant clippings. Dip the leaves into the water and “adhere” them to your egg in a design of your choosing.

Then secure your design in place with the netting (this is the hardest part and may require some adjusting) and tie tightly.

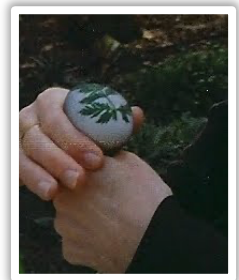
## Instructions:

Place the wrapped eggs in your pot with vinegar and onion peels. Bring to a boil for ~10 minutes. Remove from heat. When cool enough to handle, remove the netting and plant clippings. It should reveal a nice contrast of white plant and brown egg. Polish the eggs with a little oil to make them shine.



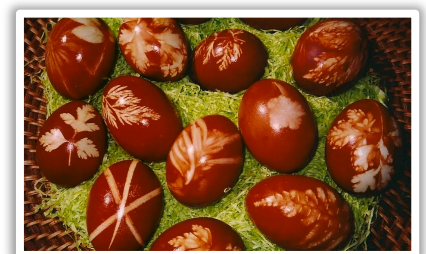
*Dip the leaves in water before placing them on your egg.*

*Wrap and secure the netting over your design to hold it in place.*



*Boil with onion peels and vinegar.*

*Remove the netting and polish with olive oil.*



\*This was taught to me by Huda Giddens (b. circa 1930), a Palestinian-American living in Seattle who is a tireless advocate for Palestinian people. She spent her childhood in Jerusalem and Cairo and dyed eggs in this way with her family there.

## The Egg Tapping Game – نفقس – Nafa'ess

**This family from Bteghrine, Lebanon plays “nafa’ess” every Easter. It exists in various forms all over the world from “knocking” in America to “koni-juj” in Assam, India and “eiertikken” in the Netherlands.**

### How to Play:

- (1) My understanding is that the eggs should be boiled pointy side down so that the air pocket is on the larger end of the eggs.
- (2) After decorating, every player carefully selects their egg for “battle”
- (3) The two players agree together who is holding and who is tapping.
- (4) The holder wraps his hand around his egg exposing just the top, while the tapper taps the egg.
- (5) The holder of the uncracked egg then faces off with another holder of an uncracked egg until there is only one left uncracked.



The holder of this egg must eat his egg to prove that he wasn't cheating, then s/he is declared the winner with bragging rights and good luck for the year. Other cultures confer the longest life or best health on the winner.

Enjoy – إنبستو فها