

١- فوزه What are you doing mom ?

وتين M- I make Bakila of dates my daughter .

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جمان And what's the Bakila ?

,M- It's the most famous inherited sweet in Al- jounf region and it's known to this day , it's made of hilwah aljounf dates and alsamah .

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And what's alsamah ?

M- it's a wild plant that grows automatically in the aljounf region and depends on rainwater.

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What are the benefits alsamah ?

M- It is rich in calcium , potassium , magnesium and vitamin B and helps lower blood pressure and calcium .

1let's us help you my mom .

M- I just done but offer dessert and coffee to the attendees .

M- we inherited this dessert from our grandmother and have preserve it to this day.