AND NOW WHAT ARE WE GOING TO EAT?

Community Foodways Recipes

Growing Justice recipes to return to the commons:
Riverpark Garden of Tierras Milperas
“...And now what are we going to eat?” Is a collective publication between Tierras Milperas and the Community Agroecology Network (CAN).

This publication is the result of the collaboration process that we have been building for the last 3 years with different youth in the Riverpark garden with their mothers, fathers, and grandparents, with our community of farmers, campesinos and agricultural workers, and with the people of the neighborhood of Riverpark on Front St.

In 2020, when the network of gardens became independent and the families organized themselves as Tierras Milperas, we continued the space called Growing Justice, participating together in assemblies and community activities to reweave our efforts towards returning to the land and bringing youth closer to the milpa.

Together we see that it is possible to change the agri-food system, and the way we relate as a community and with the land.

This recipe book documents the knowledge and practice of an intergenerational learning community focused on the recovery of Latinx culinary and traditional farming history. The recipe book gathers the knowledge shared during garden cultivation, workshops, interviews, community dialogues and culturally-significant celebrations. It is a community resource to promote nutritious cultural foodways, especially the production and consumption of culturally-relevant vegetables, including nutrient-rich greens.

This recipe book was born from this.

Watsonville, California
August 2023
Our Foodways

We come to the Riverpark Garden from various places – we are young people, mothers, daughters and sons, members of the community in general, community facilitators, land enthusiasts. We are from the south, the north, the south in the north; we are from where we tend the land in community. We carry our questions like our seeds, and as young people, we ask to know more where we come from. We practice and talk about the history of the land, migration and community foodways, how to plant, how to cook, everything from the milpa. In the milpa we find beans, pumpkin, maize, words to dialogue with our grandparents, the marigold flowers and the living memory of the ones who preceded us, the atole, the corundas, the tortilla chips, the salsa, and all the rainbow of the diversity of the quelites, xakua, and yiwa, and more. We share these ingredients, these crops, with other communities and youth to connect while getting closer to the rhythms of the earth.

Our foodways are sometimes about experimenting but they are always rooted in our community’s memories. With the support and encouragement of the elders in Tierras Milperas we are learning more, and giving meaning to life and the place where we find ourselves. Sometimes we leave, but we know how and when to return. We were in the Riverpark Garden every week: a group of youth, mothers and other elderly people who come to work together, gather, cook, learn and challenge create community.

We saw the need to have a kitchen to prepare and eat culturally-appropriate vegetables from the garden, a space for meetings, celebrations, and of course the sharing of recipes. As a group we made a proposal, and we went to the Tierras Milperas’ Assembly to present our idea. In 2022, while we worked on the construction and redesign of our garden, the mothers and youth created a kitchen network -- rotating the cooking, taste testing, and documentation of our food, work, and gatherings. And every week, one of our elders arrived, always with a smile to ask, “…and now what are we going to eat?” He made us laugh and reinforced that we are all a big family, curiously finding different ways to recreate old recipes and new ones from our garden produce. This is our recipe book to return to the cultivation of land, to the community, and feed ourselves well together here in Watsonville and Pajaro, CA the original territory of the Amah Mutsun peoples.

Transplanting marigold flowers 2021 behind the maize plots in the Riverpark Garden, Tierras Milperas
Nothing is really new, it's just recreated. All of these "new" ideas have been around for a long time, but they have changed and been recreated and at the same time some of these recreations have taken away the humanity of what once existed before them. For example, a supermarket was once a small market for trading, where people traded goods or services with their own goods and services. People were rarely dependent on money, as people place value on different goods. These products, for example, vegetables, eggs, meat, leather, etc., used to be produced by someone and sold according to that person's own will and needs. Before the supermarket there was a community, you knew everyone because you interacted with the producers of the goods you sold or bought. They were the ones who took care of the land, grew their food, but now the intermediary that is the supermarket takes away that feeling of community and that personal connection and relationship that once existed.

WHAT ARE THE IMPORTANT COMMUNITY RELATIONSHIPS THAT YOU WERE ABLE TO FIND AS YOU LEARNED MORE ABOUT THE LAND AND YOUR FOODWAYS?

By returning to the land, my community can revalue their relationship with the the soil, as well as the relationships between elders and their traditional practices of caring for the land, foods and how to grow them, all the while relearning traditional knowledge and practices. A practice that stands out to me is the milpa (biodiverse cornfield), how we take care of it and learning how everything is interconnected.
Seeds for Planting
Our Practices, Knowledge and the Garden
Where We Plant Them

As migrant families we constantly feel that we will have to leave a place, that what we have as a land base are mostly now our practices, our knowledge and memories that we carry like seeds wherever we go. We sow until what we take care of flourishes again. For this reason, the garden has been a very important place. These practices and knowledge that we carry now have fertile soil where they can spread their roots; where our sons and daughters can make sense of what we talk about. Building common spaces to weave our community is what has allowed us to make the garden. The youth say that before they did not plant, but learning in the garden, they see how their family, their grandparents, their ancestors did it. It is a very important experience and allows us to organize ourselves better.

Maybe the commons change, now the commons are our practices, the memories we have away from a land base. These practices are within us, the commons are also carried with us. We are a migrant seed that knows how to make mud brick kitchens, eat a variety of herbs and plants that are often called weeds, we know this as a community. The garden is where you return to the natural world. It helps us stay connected as young people because many of us come here very young or were born here in cities. We see that we can also learn from other people, everyone brings knowledge from other places and we put it together, experiment, and practice. Our garden is on the banks of the Pajaro River and we also learn from the river and the environment that precedes us.

We learn and see that we are interdependent with the land and our history.

When sowing and learning about the milpas, we recognize that each seed has its time; it teaches us to have patience.

We care for the garden together with all the families.

We practice what we know and these practices become everyone's daily practices.

We have a space to talk about our concerns and find support in others.
Common Garden

Since 2019 we meet every Wednesday from 3 to 6 pm in the Riverpark garden. There we share food, we have workshops on soils, water, seed care, and on the agro-food system. We make art and listen to the stories and memories that older people share with us. In these spaces our planting is collective, every week we take care of several vegetables together. We harvest medicinal plants, fruits and vegetables that we use to make new recipes or recover those that are falling behind due to the current pace of life. The youngest learn from the elders and the mothers who accompany us.

We come together to build a blueprint of a garden that reflect our community’s needs, where we could remember together how to grow and cook the nutrient-rich greens and vegetables that make us who we are. At the beginning of 2021 we presented our map to the Assembly of Tierras Milperas. With their support we started to transform our garden and it became a small window into what the entire region could be.
Riverpark Garden Design

- Altar area
- Sustainable restroom (in construction)
- Common Garden Beds
- Native Plants
- Fogón Mudbrick Kitchen
- Herb area
- Meeting area
- Compost
- Sink area (in construction)
Maintain the Fire

“WE HAD NEVER COOKED ON A MUDBRICK STOVE”
- KEVIN GJ YOUTH.

“PEOPLE HERE USUALLY DON’T BUILD THEIR OWN KITCHEN FROM NATURE, BUT WE BUILT IT SO WE COULD COOK TOGETHER.” - MARIO

Fogón: Mudbrick Kitchen

- Clay – Starlight Garden
- Hay – Cow farms
- Sand – Near sand dunes
- Plastering – red soil from the north of town
- Bricks – from town
- Effort – community work day with Tierras Milperas elders
- Ancestral knowledge shared between youth and elders
The Bonfire Area

"WE BUILT A BONFIRE TO HAVE A SPACE WHERE WE COULD RELAX, EAT, AND TELL STORIES."

"WE ORGANIZED A BONFIRE NIGHT, WE ALSO COOKED, WE DANCED AND SHARED STORIES, SHARED WITH EACH OTHER RECIPES AND OUR ACTIVITIES IN HARVESTING THEM" - GABY GJ YOUTH

Bonfire ingredients
Sand
Rocks
Bricks
Community work day
Stories and jokes
It is important to know the areas of our community, the spaces that are important to us and the spaces that have yet to be built, some call this the commons. We have been able to go to the beach, the mountains, be in different gardens or visit other communities. We take a moment to ask ourselves where we find nutrition, relief, and learning most important. We met in two intergenerational teams to map:

- Where we find nutrition.
- Where we find relief.
- Where we find learning.
**Community Mapping**

**Gardens:** Place where we can all enjoy, bring friends, be together, by participating we can decide together what it is like and how to take care of it. We take out food and take care of the seeds. We can also find relief in the garden with food and medicine, it lives with people and friends, and we learn from those who participate, so it is a type of school.

**Agro-Industry Zone:** That is where the majority of our community works but we are not taken into account there and a lot of pesticides are used.

**Community area to exercise:** community center, they are very good but they don’t take us into account there either. There we go to exercise.

**The Forest:** It is a place where we can find relief, tranquility, talking with the elders, we wonder if it is possible to find food too, they tell us yes. Where they are from you can hunt turkeys, but here it is not allowed so now the forest has become an area also managed by the cities.

**The Sea and the Beach:** It is an area where we find relief and also food, fish. Although we can't stay very night.

**With Our Neighbors:** We can find nutrition by exchanging meals with neighbors. We also organized ourselves with the neighbors for the December festivities. A community house may decide to take you out. When new neighbors come in who don't know about these parties, they turn it off. Even in your own home there are limits.

**The Schools:** The gardens, the sea, the forest, and the garden can be schools too in addition to the libraries.

“Inside the garden: We see the bonfire as the space for healing the stomach, the bonfire as the sanction of the nervous system for the gatherings, and the altar as the sanction and tranquility of the mind. There we are the ones who agree and decide how to organize ourselves more calmly” - Mari GJ mother
The mothers from the garden neighborhood cooked in turns in a network of kitchens so that we can taste test some of our harvest. In other times we also documented their recipes from asking them at their homes. Although we learn together how to grow our foods how to cook and prepare quelities and all other garden produce it is also a skill we want to acquire so practicing in the garden is important. Then it helped to speak to the mother because as youth we some of us may cook but not with the same seasoning and experience as them and we needed as well this guide specially when making new recipes from the garden produce.

When they cooked we had to go identify the ingredients from the garden or the markets and this also taught us where to find fresh, quality vegetables and be able to identify different varieties of vegetables and quelites. Cooking as youth we experimented with some simple dishes. Every week we would talk about the ingredients and agree on the next recipe.

“The recipes have practically not changed because we use the same ingredients. Sometimes I am curious to experience something different and we start to change a little but they haven't changed overall. I learned from my grandmother and they also learned from their grandparents from their parents. Now we want to teach our children...”

-Adela Ayala
TORTITAS DE CILANTRO
Preparation: Maria Valdez

INGREDIENTS

Cilantro Cakes

• .5 lbs of cheese curd
• 2.5 Bunches of Cilantro
• .5 White onion
• 3 Tea spoons of powder garlic
• 3 Cups of garbanzo flour
• 7 Eggs
• 6 teaspoons of grape seed oil
• Salt to taste

Green Salsa

• 10 Tomatillos
• 2 garlic cloves
• 1/2 of a white onion
• 7 Serrano chiles
• 5 Chile de Arbol seco
• 1 pinch of cumin
• 1 pinch of salt

PREPARATION

Cilantro Cakes

• Mix the garbanzo flour with garlic powder
• Finely chop the cilantro y add to the mix
• In a separate bowl, mix the eggs and cheese curd
• Add it to the garbanzo flour y garlic mixture
• Sauté the onion and add to mixture
• Make cakes with the dough and fry in oil

PREPARATION

Salsa

• Roast the tomatillos, garlic, onion and serrano chile in aluminum foil.
• Roast the chile de árbol with salt in aluminum foil.
• Blend all ingredients with cumin and salt.

INGREDIENTS

Lemonade

• 4 Lemons
• Water
• Unrefined Sugar
• Pinch of mint
SOPA DE CALABAZA

By: Raquel Mandujano
Approximately for 20 servings

INGREDIENTS

Zucchini Soup

- 30 Zucchini, small and tender
- 1 white Onion
- 5 cloves of Garlic
- 4 tablespoons of organic chicken broth
- Sprig of Epazote
- Sea salt

PREPARATION

Zucchini Soup

- Saute Onion and Garlic
- Boil the Zucchini
- Blend the onion, garlic and boiled zucchini
- Add to the pot along with broth and salt
- Add Epazote

“WE PLANTED ANOTHER MILPA AND WE PLANTED BEANS... WE WERE GOING TO PLANT PUMPKIN, BUT ON THE ADVICE OF AN ELDER, WE ARE GOING TO WAIT FOR THE CORN AND BEANS TO GROW A LITTLE MORE, SO THAT THE PUMPKIN DOES NOT GIVE THEM SO MUCH SHADE AND LETS THEM GROW.” - ERIC, GJ YOUTH

“WHEN WE CUT THE CILANTRO, WE GET THE SMELL OF ORGANIC COMPOST AND WET EARTH.” - MIGUEL, GJ YOUTH
ENSALADA DE POLLO
By: Adela Mendez
Approximately for 10 servings

INGREDIENTS
Chicken Salad
- 1 chicken breast
- 1/2 lb of cream
- 1/2 lb of mayonnaise
- 1/4 cup of garbanzo
- 1/4 cup of Peas
- 2 Carrots
- 1 head of Lettuce
- Pinch of pepper and salt to taste
- Tostadas

PREPARATION
Chicken Salad
- Boil chicken breast with a bit of salt
- Boil the garbanzos
- Chop Carrots and potatoes
- Boil potatoes
- Steam Carrots and Peas
- Pull the chicken breast and mix with pepper, vegetables, cream and mayonnaise
- Serve with tostadas

CAULIFLOWER CEVICHE
By: Adela Mendez
Approximately for 10 servings

INGREDIENTS
- 1 Cauliflower
- Tomatoes
- 1 big white Onion
- 1 bunch of Cilantro
- 2 Cucumbers
- Juice from 4 lemons
- Salt to taste
- Tostadas

PREPARATION
- Steam cauliflower until well cooked
- Let it cool and chop it, including the stems
- Cut Vegetables and mix
- Squeeze juice from 4 Lemons into mixture
- Let soak in lemon juice for a few minutes and mix again. Add salt to taste and Chile
QUINOA & MUSHROOM SOUP

By: Raquel Mandujano
Approximately for 20 servings

INGREDIENTS

Quinoa

- 4 cups of quinoa
- 2 green Squash
- 4 Carrots
- Half a white Onion
- 3 teaspoons of organic chicken broth
- 2 Garlic cloves
- Salt to taste

Mushroom Soup

- 10 lbs of mushrooms
- 1 white Onion
- 3 Garlic cloves
- 1 sprig of Epazote
- 3 tablespoons of organic chicken broth (we find it at the store on Main St)
- Grapeseed oil
- Salt to taste
- Avocado for serving

PREPARATION

Quinoa

- Boil the quinoa in 4 cups of water and broth. Strain quinoa.
- Cube zucchini and carrots
- Sauté the vegetables until tender, but still crunchy, with half of onion and garlic cloves.
- Add and mix with quinoa

Mushroom Soup

- Chop mushrooms
- Finely chop the Onions and Garlic and sauté in oil in the soup pot
- Add mushrooms and water
- Add broth and bring to a boil
CHICKEN SOUP

By: Maria Valdez
Approximately 20 Servings

INGREDIENTS

Chicken Soup with Red Chile

- 1 whole chicken and 9 drumsticks
- 6 Chiles Güeros
- 5 white potatoes
- 5 tender Zucchini
- 1 medium white Onion
- 1 whole Garlic
- 5 Carrots
- 3 laurel leaves
- 4 sprigs of Thyme
- 3 small sprigs of Marjoram
- Serve with tostadas and lemon

For the chile colorado:

- 12 Chiles Guajillos
- 7 allspice
- 4 black peppercorns
- 4 cloves

PREPARATION

- Boil chicken with head of garlic, laurel and thyme for 30 minutes
- Chop and sauté all the vegetables
- Make the chile - boil the guajillos.
- Toast the cloves, pepper and allspice
- Blend the chile with the toasted spices, strain the chile
- Add the chile to the chicken y stir until it mixes into the broth, leave 10 minutes
- Add sautéd vegetables and boil with the chicken; let sit for 40 minutes until the chicken is well-cooked

“Many people mentioned that the chicken broth made us feel good because of the cold. Some of the people who mentioned that they had already eaten but when they uncovered the pot, the smell called to them and they also helped themselves” - Kevin, GJ Youth

“We worked together and took compost from the composting area. We added quite a bit to the soil.” - Brian, GJ Youth
MORISQUETA
(Rice & Beans)

By: Raquel Mandujano
For approximately 10 servings

INGREDIENTS

- 4 lbs of peruvian beans
- 4 cups of jasmine rice
- 3 Tomatoes
- 1 bunch of Cilantro
- 1 Onion
- 1 Lemon
- 6 Puya Chiles
- 6 Tomatillos or Tomatoes
- 1 Garlic clove
- Salt

PREPARATION

Salsa:

- Roast the Puya Chiles, garlic and 1/4 of the onion. Add chiles de árbol to make spicier

To serve: Add the rice, then the beans with their liquid, add pico de gallo and salsa on top.

Beans:

- Cook the beans until tender and smooth, add salt to taste

White rice:

- Heat rice in water at a low temperature
- Add a bit more water to the rice and take care not to burn

Pico de gallo:

- Cube tomatoes, onion and cilantro, add lemon juice and a pinch of salt
RIZ W‘DJAJ Y ENSALADA
(Rice & Chicken)

By: Rose Cohen
For approximately 10 servings

INGREDIENTS

- 3 cups of onion, chopped
- 2 tablespoons of oil
- 1 chicken
- 1 tablespoon of salt
- Pinch of white pepper
- 1 heaping tablespoon of ground allspice, cinnamon, cardamom and turmeric
- 3 cups of rice (basmati)

PREPARATION

- Sauté the onions in oil
- Add the chicken with enough water to cover the chicken
- Add salt and white pepper
- Cook the chicken until tender and can be pulled from the bone. When the chicken is ready, remove it from the pot.
- Keep 4 1/2 cups of broth in the pot (save the remaining broth for another recipe)
- Pull the chicken and add back into the pot
- Add 4 spices
- Boil the water
- Add the rice and mix
- When the rice boils again, lower the temperature and cover
- Cook at a low fire for 45 minutes or until the rice is ready

INGREDIENTS

Salad

(Carmen)

- 1 Cucumber
- Half a bunch of cilantro
- 1 Morron Chile
- 1 small head of Lettuce

Dressing:

- 1 lemon
- 3 tablespoons of olive oil
- 2 cloves of Garlic

PREPARATION

- Cut the lettuce and mix with following vegetables
- Slice the cucumber and chile morron
- Chop the cilantro
- Finely chop the garlic and combine with 6 tablespoons of olive oil and lemon juice
- Other combinations: add thinly sliced radishes
SHRAB AL LOZ / AGUA DE ALMENDRA DULCE

By: Rose Cohen
For approximately 10 servings

INGREDIENTS

- 2 cups of almonds
- 2 teaspoons of rose water
- Sugar to taste

PREPARATION

- Blend the almonds in a food processor until it has the consistency of a fine paste
- Whisk the almond paste with one cup of water and rose water
- Add 10 cups of water and sugar to taste
Sparks in the Kitchen
Youth led Recipes
Growing Justice
**La Discada**

**INGREDIENTS**

- 4 lbs meat
- 4 Onion
- 6 Red Morron Chiles, 3 yellow and 3 green
- 5 Garlic cloves
- 4 Serrano Chiles
- Tortillas for 20 people
- Serve with beans and salsa

**PREPARATION**

- Start the fire in the wood stove and keep it burning!
- Chop all the vegetables
- Cook the meat in a cast iron skillet over the fire
- Sauté the vegetables with garlic
- Add chile and enjoy with hand made tortillas made on the wood stove

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**Milpera**

**Growing Justice**

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**QUESADILLAS W/ JUSTICE**

**INGREDIENTS**

**Quesadillas**
- Quesillo
- 12 Tortillas from local family market

**Guacamole**
- 4 Avocados
- 2 Lemons
- 1 pinch of salt
- 1 bunch of Cilantro
- Half an Onion
- 3 Tomatoes

**Salsa**
- 15 Chiles from the garden
- 1/4 of an Onion
- 2 Garlic cloves
- Pinch of salt
- 10 tomatillos from the garden
- Molcajete (mortar) and guidance from the mamas
Tortas de Frijol con Papitas y Ñames

By: Growing Justice
For approximately 8 servings

INGREDIENTS

Bean Tortas
- 8 fresh bolínos (bread)
- 2 1/2 cups of Peruvian beans
- 4 Avocados
- 3 Tomatoes
- 2 heads of Lettuce
- Sour cream
- 1 lb Queso Fresco
- Chiles in vinegar
- 2 tablespoons of salt

Pickled Onions
- 1/2 purple Onion
- Juice of 4 Limes
- 1 pinch of salt
- 1 pinch of Oregano

PREPARATION

Bean Tortas
1. Boil the beans. When they are ready add two tablespoons salt. Mash them. We decided to not use much salt since the cheese and cream have salt.
2. Remove the inside of the bread and spread beans on each bolillo
3. Wash and cut vegetables, add them to each bolillo with a bit of cream and queso fresco. Add chiles in vinegar to add spice or picked onions to taste.
4. Pickled Onions
    Thinly slice the onion, add the lemon juice, a pinch of salt and oregano. Cover the onions and soak for at least 40 minutes.

INGREDIENTS

Chips de Papa y Camote
- 10 potatoes and 4 sweet potatoes
- 1/2 cup of white vinegar
- 1 tablespoon of salt
- 1/16 cup of grapeseed oil
- Baking sheet

PREPARATION

- Thinly and uniformly slice the potatoes and sweet potatoes
- Mix the vinegar and oil with a tablespoon of salt and submerge each potato and sweet potato in this mixture
- Spread them onto the baking sheet and bake for 20-30 mins at 375 F degrees

“Every year we transform the garden together. But this year was very strange. While we cut the grass and did some arrangements in preparation for planting, we were sweating a lot from the sun. The temperature reached 80° F degrees this week. This heat had not been felt in this time.”

- Adela
AGUA FRESCA COCOCHATA Y POSTRE PIEDRA DE CHOCOLATE

By: Growing Justice Youth
Enjoy as a desert with the Bean Torta

INGREDIENTS

**Agua Fresca Cocochata**
- 5 whole cinnamon sticks
- 1 tablespoon cinnamon powder
- 1 cup of rice
- 4 cups of coconut milk
- 2 cups of water
- Sugar to taste

**Chocolate Rocks**
- 2 cups of cocoa powder
- 3/4 cup coconut butter
- 2 cups of almond flour
- 2 tablespoons powdered sugar
- 1 spoon of vanilla

PREPARATION

**Agua Fresca Cocochata**
- Soak a cup of rice with the 5 whole cinnamon sticks in water the night before.
- The next day, blend the rice with cinnamon sticks and water.
- Strain the large pieces of cinnamon and rice.
- Mix with coconut milk and add sugar to taste and ice.
- Finish with a little cinnamon powder before enjoying.

**Chocolate Rocks**
- Mix the chocolate powder with the almond flour.
- Melt the coconut butter and mix in the vanilla.
- Mix everything together until it does not have a sticky consistency.
- Bake for 10-15 mins at 400F at the end, surround them with powdered sugar to taste.

“You have to give the body the good stuff, without chemicals and take care of sugar. We have family members with diabetes, we have to cook deliciously but not too much salt or sugar.” – Graciela
GORDITAS DE TINGA DE POLLO Y SALSA VERDE

By: Growing Justice
For approximately 11 servings

INGREDIENTS

Gorditas Tinga de Pollo

- 6 Chicken breasts
- 6 Tomatoes
- 2 medium white onions
- 1/2 chipotle chiles in adobo
- 1 bay leaf
- 10 black peppers
- 1 tablespoon oregano
- 1/2 tablespoon grapeseed oil
- 1/2 purple cabbage
- 1/2 pound panela cheese

Tinga

- Boil the chicken breasts with pepper, bay leaf, and a little salt.
- Boil the tomato and blend with the chipotle chili.
- Cut the onions into thin slices and sauté them with the oil until they are transparent.
- Add the tomato and chipotle mixture.
- Shred the chicken and add it as well as about 5 tablespoons of chicken broth.
- Let it cook for about 15-20 minutes.
- Chop the cabbage finely

Salsa

- Herb the chiles and garlic.
- Boil the tomatillos separately.
- Remove the water where the tomatillos were boiled.
- Blend everything and add salt to taste.

Gorditas

- 3 cups of dough
- 1 and a half cup of water

We heard the chiquiriquí of a river rooster and the cawk cawk of a crow, the wush wings of a red-tailed hawk that flew away quickly carrying food on its legs and the crow behind it.

“We saw a lot of gray, brown, and green. Many dry leaves indicated that a frost had happened. We investigated and found that the temperature dropped to 34°F during the early hours of Monday and again during the early hours of Tuesday. For two consecutive days he could see the leaves of these plants that were more sensitive to the cold charred. We look at garbage, car oil bottles with a bright yellow color that we collected and from there we started planting native plants.” - Mario
INGREDIENTES

Chickpeas
• 3 and a half cups of cooked chickpeas
• 3 garlic cloves
• Quarter bunch of Coriander
• Quarter bunch of Parsley
• 1 tablespoon of cumin
• 1 tablespoon of Paprika or add bell peppers.
• lemon
• 4 tomatoes
• 1 purple onion
• 2 tablespoons grape oil

Rice
• 3 cups of Basmati
• 4 mint leaves

PREPARACIÓN

• Boil until the chickpeas are soft.
• Sauté the sliced red onion and finely chopped garlic in the grape oil.
• When they are translucent, add the tablespoons of cumin and smoked paprika.
• Let season for 30 seconds, trying not to over toast the spices.
• Cut the tomatoes into cubes and add them.
• Wait until it becomes juicy and add pieces of cured lemon and the cooked chickpeas.
• Let season for 15-20 minutes over low heat.
• When finished, turn off the heat and add cilantro and finely chopped parsley and serve with the basmati rice.

Rice

• Boil it in 6 cups of water.
• When it is finished cooking, turn off the heat, add the mint and simmer the pot for two minutes.

Serve: Add cilantro and finely chopped parsley on top and eat with rice. It also tastes great with some fresh cheese.
INGREDIENTS

Nopales Salad with Radish & Papalo

- 15 medium-sized prickly pear stalks
- 1 medium onion
- 1 bunch of Coriander from the garden
- 5 tomatoes
- 3 garlic
- 1 small bunch of Papaloquelite
- 2 radishes
- 1 lemon
- A pinch of oregano
- 2 serrano chiles, chopped

PREPARATION

- Cut the nopales into cubes
- Boil them in their own water with garlic and oregano.
- Take them out, strain them and cook them in a little grape oil.
- Mix them with vegetables and chopped garlic. Add thinly sliced radishes and papalo.
- Add lemon
- Scratch-off toast (those with fewer ingredients—corn, lime, water, oil)
- 1 pound fresh cheese
- 1/2 lb. of black beans boiled with a small bunch of epazote, salt, and a garlic.
TABOULEH (ENSALADA DE PEREJIL CON QUINOA)

By: Growing Justice
Approximately 10 servings

INGREDIENTES

- 1 and a half bunch of parsley
- 1 and a half cups of quinoa
- A half bunch of mint
- 2 tomatoes
- Juice of 3 yellow lemons
- 1 cucumber
- Half red onion
- 3 tablespoons olive oil
- Salt to taste
- 2 cloves of garlic

PREPARATION

- Boil 1 and a half cups of quinoa in 3 cups of water for approximately 15 minutes. Remove and strain excess water.
- Chop all the vegetables well and mix them together.
- Add lemon juice, olive oil and garlic.
- Let soak for 20-30 minutes

Serve and enjoy with grilled chicken
CREMA DE GARBANZO

By: Growing Justice
For approximately 7 servings

INGREDIENTS

• Half a pound of chickpeas
• 4 yellow lemons
• 7 cloves of garlic
• 3 tablespoons of tahini (sesame cream).
• 1 cup olive oil

PREPARATION

• Boil chickpeas in water
• Strain the chickpeas and add to a blender to mix with the juice of 4 lemons, 7 cloves of garlic, the 3 tablespoons of sesame cream (tahini) and the cup of olive oil.
NIEVE DE FRESAS ORGANICAS DEL JARDIN

By: Growing Justice
Approximately 10 serving

INGREDIENTS

Snow–Ice Scream

- 4 cups of milk cream
- 4 cups of whole milk
- 6 tablespoon coarse salt
- 1 spoon of vanilla
- 1/4 cup of jam from organic strawberries grown in the Milperas Lands
- 2.5 cups of Sugar
- Dry ice and regular ice
- 1 small pot and one large pot
- Drill
- Ladle
- Edible garden flowers

PREPARATION

- Mix heavy cream, whole milk, sugar and salt until the sugar and salt are dissolved.
- Add vanilla and jam and put in the first small pot.
- Add dry ice and regular ice with 5 tablespoons of coarse salt in a large pot and put a small pot inside, putting ice all around the small pot. Mix with a mixer for 15 minutes, rest for 10 minutes and continue for another 15 minutes. Repeat until the cream starts to make snow.

ORGANIC STRAWBERRY, CHEESE AND JAM SNACK

INGREDIENTS

- 1 cup of garden strawberries
- 3 tablespoons of sugar

PREPARATION

- Cut and boil the strawberries with a little water. Stir until it thickens.
- Add cottage cheese to a cinnamon cookie and add strawberry jam and finish with a sprig of mint
Quelites
Gatherings
from the
Milpa
QUELITES FROM THE MILPA

ALACHE (VIOLETAS)
BY: AURELIA Y NATALIA

INGREDIENTS:

- 1 bunch of tender alache leaves from the cornfield, white salt, 1 tender zucchini, and water

PREPARATION:

- Boil water
- Remove all thick or hard stems, leaves and flowers.
- A tender pumpkin
- Add alache when it is boiling. Add salt and turn off the heat.
- Strain them and add to a good tortilla accompanied by sauce.

QUELITE CENIZO
BY: DOÑA IMELDA Y DON ELI

INGREDIENTS:

1 bunch of quelites, tomatoes, onions, serrano chiles, oil, and water

PREPARATION:

- When the tender quelites are harvested,
- Remove the leg (root) it is also called the root
- You wash it, well washed
- Pass it through a sieve
- Put it to boil
- Cut tomato, onions, serrano peppers and make it as a puree to add it as sauce and sauté.
- Another way, if you don’t want it with chili, is just with tomato.
- After this sauté after straining the quelites well.

“The quelites gathering is organized with a lot of food. It is a meeting that Tierras Milperas calls. In 2022 we met in the garden of the meetings where we identified 11 varieties of quelites among which we met and ate very delicious.”

Quelites cenizo (morado y blanco)
Alache
Amaranto
Verdolagas
Quintoniles
Hierba Santa
Epazote...
QUELITES FROM THE MILPA

VERDOLAGAS IN GREEN SALSA
BY: GROWING JUSTICE YOUTH

INGREDIENTS:

- 3 pounds of purslane
- 10 jalapeno peppers
- green tomatillo
- 5 Serrano Chiles
- 2 cloves of garlic
- 15 tomatillos
- pinch of garlic

PREPARATION:

- Wash the purslane and clean it, cut off the thick trunks
- Boil the tomatillos
- Boil the chilies and garlic
- Grind chiles and tomatillos
- Sauté the purslane and mix to cook with the chili

VERDOLAGAS IN RED SALSA
BY: GROWING JUSTICE YOUTH

INGREDIENTS:

- 1 pound purslane
- 5 guajillo chiles
- 6 tomatillos
- 1 clove garlic
- salt pinch

PREPARATION:

- Clean the purslane
- Toast the guajillo and tomatillos chiles, grind them together
- Sauté the purslane and add the chili to cook
Squash Gathering

MENU

- Squash Flower Quesadillas with Cheese in Handmade Tortillas and Green Salsa
- Pumpkin Tea with Molasses
- Milpa Stew with Squash Tomatoe, Cilantro, and Onions
- Beans
“At this time we were harvesting the corn leaves to make corundas for the Day of the Dead celebration. There we young people learn how to separate the leaves.”
Once upon a time there were some seeds of cactus, castor, peanut, chia, reed, pumpkin, corn and teosinte, guamuchil, and amaranth.

Once upon a time there was a carpet of grass covering all the land.

The little seed is looking for a place to live
And the grass was looking for where else to spread
The seeds reached a place but the grass was spread
The grass saw that the rain was coming and quickly grew and took all the water it could.

But the seeds were gone because they were saved for the winter.

He cared little about the grass because the seeds were also going to return to the earth.

Meanwhile the little seeds

had to start growing but in the little corners they found
The grass grew so big and kept taking in all the water it could.
The little seeds were worried that they would not have a place to grow.
Although the grass wanted to grow more and more, it suddenly took up all the water and dried out.
Finally the little seeds were able to spread from their shell... Fin
Feed the People!

No Evictions

Los Jardines para familias

Feed the People!
Our Dead,
Our Histories
Our Dead,
Our Histories

“We brought these stones from the Pajaro River. We carried them to build the altar area. We recognize those who passed and the four directions. Now this altar is in front of the bonfire and from the street you can see its candles and flowers in front of the bonfire. It is very significant because we also grow all the flowers for this day and we make handmade corundas and tortillas. It is a collective altar and we all bring” - Gaby GJ Youth
Relief
Special Herbs
Seeds planted in May 2022

- Mexican Tarragon
- Oregano
- Lemon Balm
- Rue
- Rosemary
- Basil
- Lavender
- Chamomile
SALVE FOR SORE MUSCLES
By: Growing Justice

INGREDIENTS

- 2 tablespoons of beeswax
- 3 tablespoons of shea butter or 4 tablespoons of olive oil
- 12 drops of arnica oil
- 5 drops of lavender oil or aromatic herbs

PREPARATION

- Boil the shea butter or olive oil with the aromatic herbs or lavender oil
- Add beeswax
- Add drops of arnica oil
- Pour the contents into a recycled bottle or metal canister and let cool for 20-30 minutes

“I worked too hard and my feet are very swollen.” - GJ mother Graciela
“...And now what are we going to eat?”
Community Foodways Recipes

La Central Community Foodways Recipe Book for returning to the commons: Riverpark Garden, Tierras Milperas

Watsonville, CA

www.tierrasmilperas.org
www.canunite.org
https://arcg.is/18C1bi Digital Story Map

August 2023