

cuadernos

Spring 2022 Vol. II, Issue 1

Primavera: Semillas y Viento

(Seeds and Wind)



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This cuaderno was developed for the
Manitos Community Memory Project

Written by Dr. Patricia Perea

Preface

Spring is the waking up. After a long and cold winter, the winds come and the green begins to dust the trees. The days can be tricky. It may be freezing in the morning and hot in the afternoon. Snow in March or even in April is not uncommon and many of us know the last freeze is often not until the middle of May (or later). Spring, for me, is also about Lent. It is preparing for the fast and looking forward to Holy Week and the solemn meditations that come with those days.

It is also the time to plant the seeds saved from the previous season; plan our gardens and our fields; prepare the soil and gather to clean the acequias. In this season of the returning sun, it is time to prepare for the year ahead and to look forward to all that it will bring and all that we will learn.

Growing up, many of us are familiar with the traditional foods and foodways of our relatives. Some of us grew up following these and some of us did not; however, what all of us recognize is the connection between food, family, culture, and history. This was the source of inspiration for Volume 2 of our Cuadernos series and we hope

that these writings and the recipes included in them bring a sense of belonging and communal spirit to all of you.

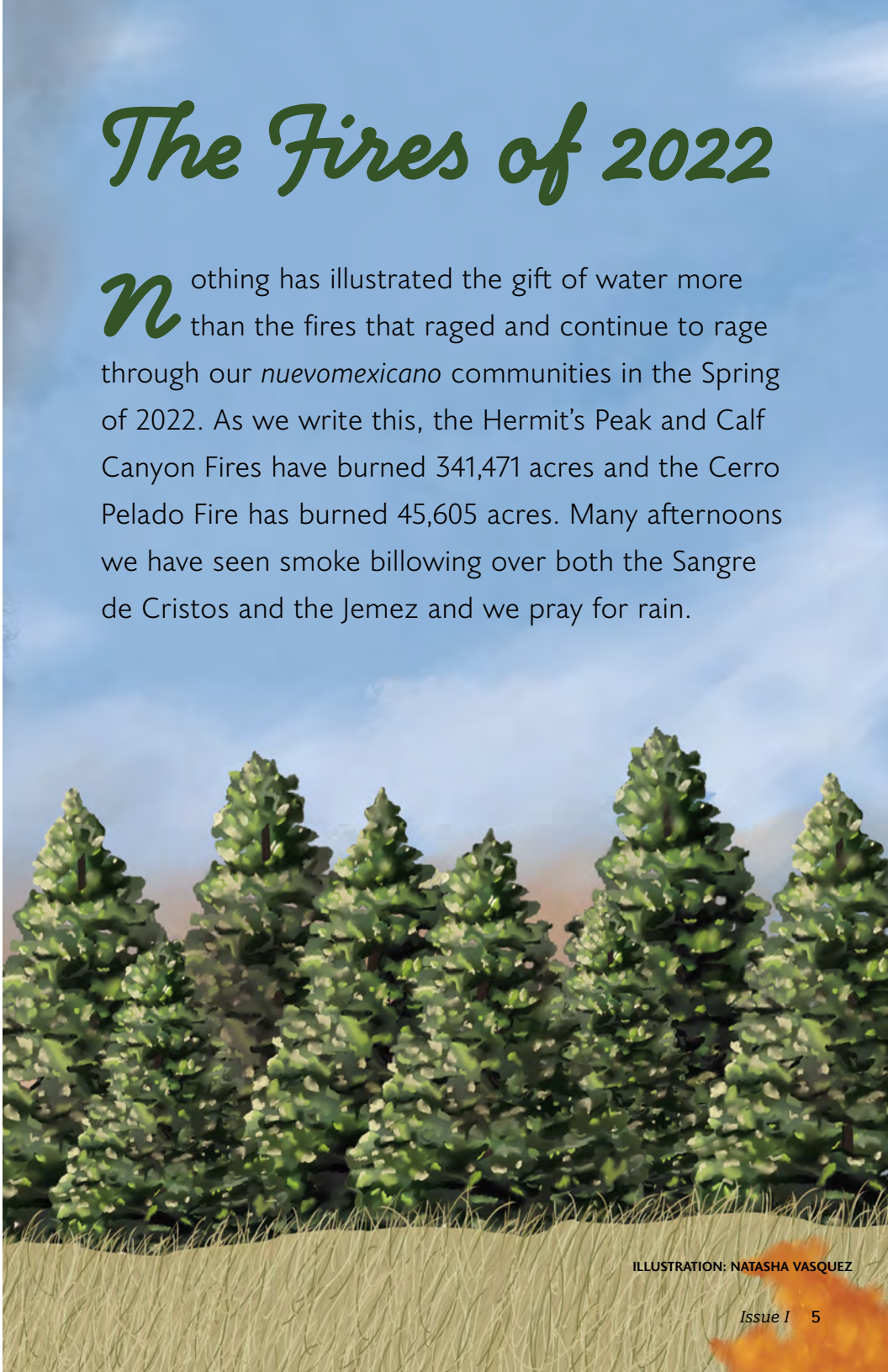
It has been a privilege to work with Jesús Villa of Alcalde and Chihuahua via Arizona State University and our design team at New Mexico Highlands University. Muchisimas gracias to Lauren Addario, Mariah F. Hausman, Lily Padilla, Anais Savariau, Natasha Vásquez, and Brianna Vela.

Patricia Perea



The Fires of 2022

Nothing has illustrated the gift of water more than the fires that raged and continue to rage through our *nuevomexicano* communities in the Spring of 2022. As we write this, the Hermit's Peak and Calf Canyon Fires have burned 341,471 acres and the Cerro Pelado Fire has burned 45,605 acres. Many afternoons we have seen smoke billowing over both the Sangre de Cristos and the Jemez and we pray for rain.



Corrido Los Bomberos de Mora

*En el verano dos mil veinte y dos
Llegó el fuego de picacho y cañón
Devorando todo lo que encontraba
Sea roble, álamo o piñón.*

*Nos dijeron que teníamos que irnos;
Dijo el gobierno: “¡evacuad ahora!”
Pero quedó un regimiento noble
¡Los bomberos voluntarios de Mora!*

*[Coro]
El fuego ardió, sus corazones más
Los bomberos de Mora nunca miraron pa'trás
Con agua y tierra y nervios de acero,
¡Puro Nuevo México! ¡Viva los bomberos!*

*Rescataron nuestra linda historia
Lucharon contra el dragón voraz
Protegieron la morada y las casas
Y a nuestro pueblo ha vuelto la paz*

*Damos gracias a Diosito Lindo
Y damos gracias a Nuestra Señora
Pero sobre todo damos mil gracias
¡A los bomberos voluntarios de Mora!*

*[Coro]
En la primavera dos mil veinte y dos
Llegó el fuego de picacho y cañón
Devorando todo lo que encontraba
Sea roble, álamo o piñón.*

To commemorate the fires and our communities who worked to save our cultural heritage, one of our community archivists, Jesús Cuauhtémoc Villa, wrote the following corrido.

*In the Spring of 2022
There came the fire of peak and canyon
Devouring all that it found
Whether it be oak, cottonwood, or piñón*

*They told us we had to go;
The government said, “Evacuate now!”
But a valiant regiment remained
The volunteer firefighters of Mora!*

*[Chorus]
The fire burned, their hearts burned more
The firefighters of Mora never looked back
With water and earth and nerves of steel
Pure New Mexico! Long live the firefighters!*

*They rescued our beautiful history
They fought the voracious dragon
They protected the morada and the houses
And peace has returned to our village.*

*We give thanks to beautiful God
And we give thanks to Our Lady
But above all we give many thanks
To the volunteer firefighters of Mora*

*[Chorus}
In the Spring of 2022
Came the fire of peak and canyon
Devouring all that it found
Whether it be oak, cottonwood, or piñón*

Weather: Primavera Ventosa

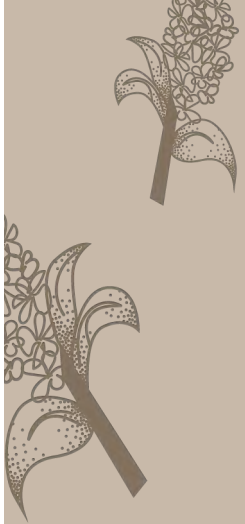
As the days get longer and the sun slowly begins its journey North, we know the time to plant is getting close. We watch for the slightest shades of green to show themselves on the trees and hold our breath because we know there will be more freezes. The temperature will drop a few more times; snow will fall and we will bring out our shovels to join our families and our friends in the cleaning of the acequias.

The land is waking up. The winters are often long and we are excited when the ground is finally soft enough to hold our first seeds.



ILLUSTRATION: LILY PADILLA





Seeds: Antepasados en El Campo

What will we plant? In northern New Mexico, the winters are bitterly cold. The spring is windy and often dry. What are the foods we can grow in our semi-arid landscape? Before the Spanish, our Indigenous ancestors had been cultivating maíz for thousands of years. With squash and beans, the family was complete. These are the three sisters – *calabazas, frijoles y maíz*. The sisters are not simply plants that are native

to our environment; they are familia. They complement one another in important ways. They grow better when they are planted together, and they provide us with some of our most important and traditional dishes. In addition to the three sisters, we also plant chile, onion, garlic, different kinds of tomatoes and numerous types of herbs. Often, we save seeds from year to year and plant different generations of the same seed.

ILLUSTRATION: NATASHA VASQUEZ



Día de San Isidro Labrador: Santo de los Campesinos

May 15 is an important day in the Spring calendar. This is the day some of us celebrate San Isidro, the patron saint of farmers and agriculture. It is also an indicator of the time of year when it was safe to plant. After May 15, freezes were unlikely and plants would survive. Obviously, there was no exact date; however, this became part of our traditional practice and it is common to see processions for San Isidro in the fields throughout New Mexico.



ILLUSTRATION: BRIANNA VELA

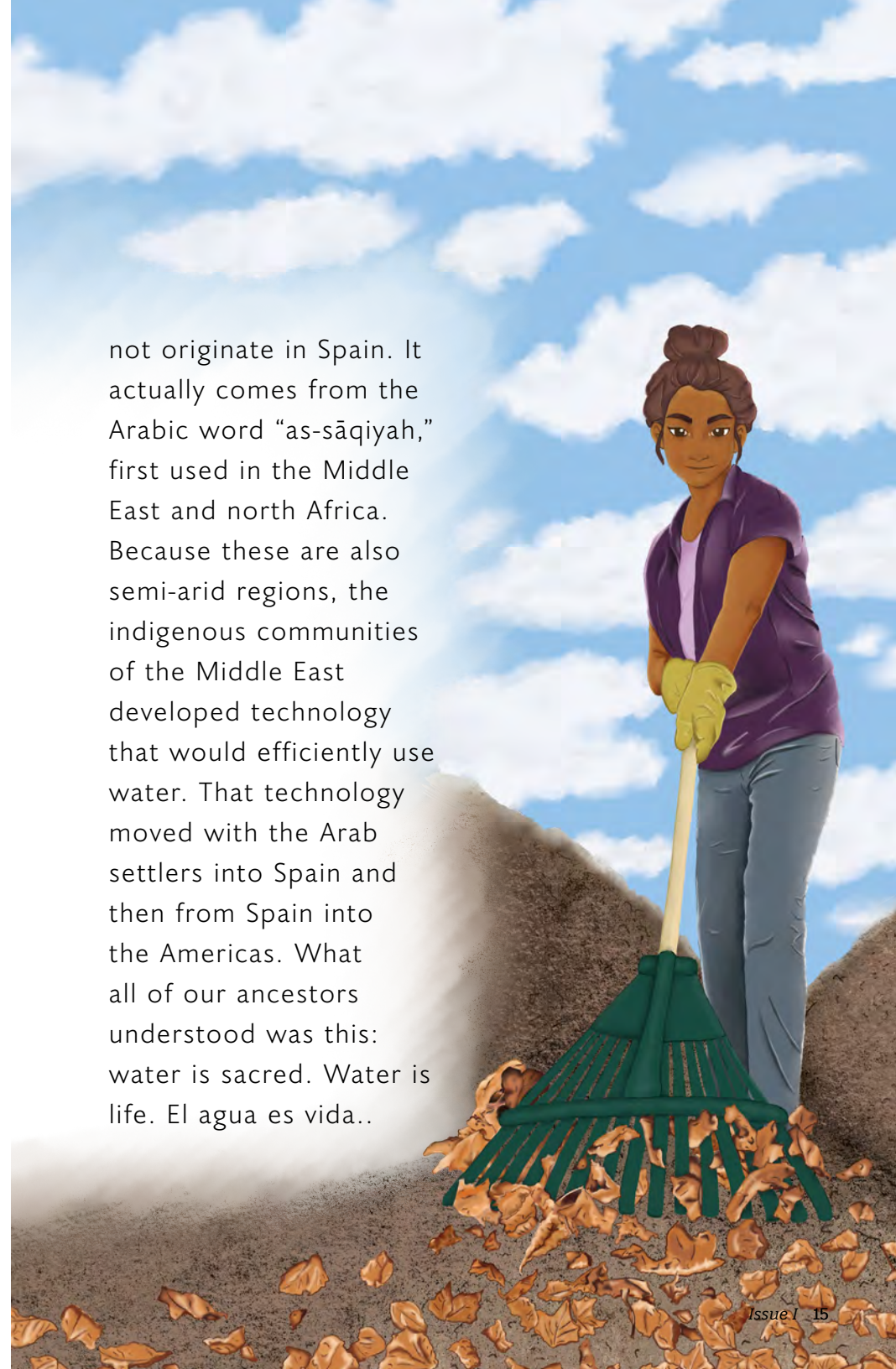
Acequias: El Agua es Vida

Acequias are the waterways that are used to irrigate our fields. They deliver water from the rivers to our fields. Throughout New Mexico there are between 800 and 1,000 functioning acequias. Acequias are carefully managed in order to conserve water because as we know water is often scarce in our region. Throughout the Americas, Indigenous communities had already established waterways to irrigate their crops for thousands of years. Evidence of these kinds of waterways can be found all over North and

South America. The Inca in Peru, the Mexica in Mexico, the Hohokam in Arizona and the Pueblo communities of the Rio Grande Valley all knew the science of irrigation and using water in the most effective ways. When the Spanish arrived in what is now Mexico and the Southwestern United States, they saw the advanced irrigation systems of the Indigenous peoples and called them by the only name they knew to describe this technology: “acequias.” The term “acequia” came with the first Spanish entradas; however, the term did

not originate in Spain. It actually comes from the Arabic word “as-sāqiyah,” first used in the Middle East and north Africa. Because these are also semi-arid regions, the indigenous communities of the Middle East developed technology that would efficiently use water. That technology moved with the Arab settlers into Spain and then from Spain into the Americas. What all of our ancestors understood was this: water is sacred. Water is life. El agua es vida..

ILLUSTRATION: NATASHA VASQUEZ



Spring Recipes

So what do we eat in the Spring? What did we traditionally eat in the Spring? For some of us, most of the late Winter and early Spring is associated with Cuaresma. Over the centuries, certain dishes have become associated with Lent.



Quelites

Recipe from *Natasha Vasquez*

When the rains come to the deserts of New Mexico along the springs and acequias grow wild spinach. It is tradition to go out and gather the tender greens removing some of the harder stem leaves. My mother remembers going with her mom and grandma to collect them. From my grandma's garden they would harvest green onions.

- *Natasha Vasquez*

INGREDIENTS:

- Spinach
- Green Onions
- Manteca or Oil



INSTRUCTIONS:

- 1 Take the green onion shoots, chop about $\frac{1}{4}$ cup and place them into a large pan and fry them in a tablespoon of oil of your choice or like my grandma a good old-fashioned spoon of manteca or lard.
- 2 After the onions have taken on a darker green hue, take the large bowl of freshly washed spinach and add them to the onions cooking till they are reduced. Quelites can be substituted with a variety of other leafy greens.
- 3 Quelites are best served with a sprinkle of chile pique, fresh pinto beans, and a warm tortilla.



Pinto Beans

Recipe from Lily Padilla



A staple food in many households, beans are often cooked as a main course or a side dish for meals. The conversation of how beans are cooked is broken down into two methods, cooking with a pressure cooker or a crockpot with the argument of one way of cooking better than the other.

- Lily Padilla

INGREDIENTS:

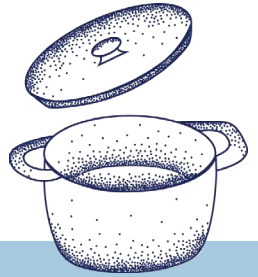
- 16 oz. Pinto Beans
- 1/2 Teaspoon Salt
- 1 1/2 Tablespoons Oil
- 7 Cups Water

INSTRUCTIONS FOR PRESSURE COOKER:

- 1 Rinse beans under cold water.
- 2 Put beans into the pressure cooker and add oil, salt, and water.
- 3 Close the lid and turn on the heat to high until the weight starts shaking. Lower the flame and cook beans for 1 hour and 10 minutes.
- 4 Carefully place the pressure cooker under running cold water until it is relieved of steam.
- 5 Beans are done and are ready to serve.

INSTRUCTIONS FOR CROCKPOT:

- 1 Rinse beans under cold water.
- 2 Add water, beans, salt, and oil into the crock pot.
- 3 Turn on the crockpot to low heat and let it sit for 6 hours.
- 4 Beans are ready to serve.



Note: Salt and oil not only adds flavor but keeps the skin from flaking off the beans.



Every Easter is marked with a dish my grandma would make only for this holiday. Panocha can vary in taste and consistency depending on who makes it. My great-great grandmother Anita would bake hers into a loaf in an old wood oven. My grandpa fondly remembers that his favorite part was the small crusts that formed on the edge of the pan. My grandma makes hers into a thick pudding she likes to eat with nata (cream). My mom makes hers into a fine, thin liquid that she served warm over ice cream.

- *Natasha Vasquez*



Panocha/ Indian Pudding

Recipe from Natasha Vasquez

INGREDIENTS:

- 15 oz White Flour
- 15 oz Panocha Flour
- 2 cups Granulated Sugar
- 5 cups Water



INSTRUCTIONS:

- 1** One of the best parts of making panocha is making the caramelized sugar water that gets poured over equal amounts of panocha flour and white flour.
- 2** In a saucepan take two cups of sugar and over low heat and melt it into a brown liquid, then add three cups of water.
- 3** As the cold water hits the hot melted sugar it forms brown crystal-like candies that my mom would separate as treats for me and my siblings.
- 4** In a crock pot cook on low for three to four hours. More sugar can be added during the cook time to taste. It should be stirred every 20 minutes, and if you are looking to make a thin ice cream topping using the eggbeater instead of a spoon would ensure a fine topping with no lumps.
- 5** Keep a bowl with water close by for the spoon or beaters and in between mixes soak in the water for easier clean up.

Word Translations

Primavera: Semillas y Viento: Spring: Seeds and Wind

Antepasados en El Campo: Ancestors in the Field

Primavera Ventosa: Windy Spring

Santo de los Campesinos: Saint of Farmworkers

El Agua es Vida: Water is Life

Acequia: Irrigation ditch or canal

As-sāqiyah: Water channel

Calabazas: Squash

Cuaresma: Lent

Entradas: Expedition

Familia: Family

Frijoles: Beans

Maíz: Maize

Quelites: Greens



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