



From the Acequia to the Cocina - Family & Community Recipes

Activity provided by the New Mexico Acequia Association - www.lasacequias.org

The water from the acequias help us grow delicious food and medicine plants in our farms and gardens. After *la cosecha* (the harvest), then we get to enjoy processing, preparing and cooking this beautiful food.

Many of our families have special *recetas* (recipes) which are traditions that have been handed down from our grandparents, great grandparents, great great grandparents - or other people in our family or community! These recipes hold secrets and tips to cook the meals and make the medicines which keep us healthy, and also connect us to our history and cultures.

In this activity, we challenge you to talk to a family member (or someone else awesome in your life!) to learn more about a recipe that is an important part of your family or community.

***** Tradition = something that a family or community or culture has done for a long time, and passed down from elders to young people for many generations. It could be a song, or a way of making tamales, or the way to celebrate when a new baby is born - or so much more! *****

Instructions:

1. Ask around until you find someone in your family or community who knows about cooking and can share a story or a recipe that is part of the traditions of your family or community.
2. Use the questions (below!) to learn about the history of the recipe and how they make it!
3. Write down their answers, or use a phone or camera to record them!
4. Bonus challenge = Try to cook the recipe! * Be sure an adult is there to help you cook safely!
5. If you can't find a family or community member who can tell you a story or share a recipe - try to do some research online, at a library, or in a book to learn more about foods and recipes that have been important to people in New Mexico for many generations.



Recipe Questions: write answers in the blank spaces or on a separate piece of paper!

What are the main types of foods and medicines that were grown in our family or the community in the past and now?

Is there any special food that you remember people in our family or community cooking a lot?

Can you tell me any memories of times when someone made that food for you?

Can you explain how to make it?

If you tried cooking the recipe - use this space to write about what you felt, smelled, saw or tasted when you made it: