



the Seedhead News

It Grows in My Grandma's Back Yard

Thirteen years ago, several teenagers from Tucson's Hispanic community set out to record some of the folk history, life experiences and *cuentos* (stories) about the plants used in traditional healing practices. They interviewed elders, family members, friends, neighbors, and community members to create a charming booklet called *It Grows in My Grandma's Back Yard*. At the end, three of the young women who worked on the book reflected on their own experiences, families, and traditions. Here are their stories.

Heavenly Scents

My grandmother's soothing teas
Sweet with smells of mint
Her green garden filled with wonders,
Large with heavenly scents

Olores Celestiales

Los tés calmantes de mi abuela
Dulces con olores de yerba buena
Su jardín verde lleno de curiosidades
Grande con olores celestiales

Janet G.
Terri M.
Lorri T.



My Mamma

When Lydia was a little girl during the 1930's, eggs were mostly given to the sick, because they were scarce and quite expensive.

Lydia was third of seven children. When she was growing up, her two older sisters were working in another town, sending home money to help out. This left Lydia to take care of her younger brothers and sister while her mother worked as a seamstress. Her farther traveled from town to town as a barber and musician to support his family. Sometimes they went with him to the next village. Other times they stayed and waited for him to send for them. They didn't have luxuries, but enough to live.

When the children were ill, Lydia's mother took care of them at home. She made sure they got lots of rest and gave them natural remedies from her garden just as her mother had taught her many years before.

That was how Lydia learned, too. When she was an adult with children of her own, she often remembered the things her mother had said or done with the herbs of her garden. Now Lydia doesn't rely mainly on old remedies, since she can easily go to the

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A Call for Garden Games & Stories

As Gary Paul Nabhan reminds us in *The Geography of Childhood*, "the percentage of children who have frequent exposure to wildlands and to other, undomesticated species is smaller than ever before in human history." But children don't have to travel to wilderness areas to experience the daily comings and goings of wild animals, fierce predator-

prey battles, and vital acts of cooperation and mutualism. All are as close as your garden.

In this issue we feature activities that connect us to the wildness of any patch of Earth (pages 5-7) and stories about the plants and people that sustain us. We invite you to share your own favorite Earth-enhancing games and stories, to be featured in our Spring issue.

Cultural Equity: The Dialogue Continues

By K. Kendrick

In two past issues (*SN 46 & 47*), we shared our initial efforts to incorporate our recognition of Native Americans' right to protect their cultural symbols and knowledge. We invited readers to join in the dialogue about cultural equity. Several people took the time and thought to express their views in writing, and we greatly appreciate their contribution. Of course, as you'll see in this update, not all agreed with our ideas!

In *SN46*, we printed a letter to Chile Fiesta vendors asking non-Native Americans not to sell crafts incorporating Native American symbols. The letter went on to give examples of how religious symbols, cultural stereotypes, and Native American words were used in ways that could be considered disrespectful.

One correspondent questioned whether using words of another language is disrespectful. "Linguists tell us that the incorporation of 'outside' words signifies growth of a language, which is what keeps languages alive, otherwise they stagnate and die," she wrote.

Our primary concern, however, is the commercial use of Native American words and tribal names in order to market products. For example, one company sells corn products as Hopi Blue and even includes material about Hopi culture on the packaging. But the corn it uses is not Hopi Blue, nor is it grown by Hopi farmers. The tribe receives no benefits from the use of their tribal name and allusion to a corn variety integral to their culture. This is the type of practice that our letter called "at the very least irresponsible, and in most cases highly unethical."

As for the use of Native American symbols, two vendors withdrew from the Chile Fiesta. One correspondent thought that we were promoting cultural segregation and divisive-

ness, and another remarked that designs, images and stories similar to those of Native American cultures are found in other societies as well.

What bothers us is that some artisans use specific symbols that are expressions of particular peoples' relationship to the plants, animals, terrain, spirits, ceremonies, and history of places they know intimately and rely on for survival. In most cases, these symbols have been lifted from living communities without the knowledge of the tribe or any benefit to it. We realize that many artists see their art as expressing admiration and respect for Native American cultures, but we wonder if imitation is really a sincere form of flattery, especially when borrowed without consent.

Finally, one reader wondered if "cultural exchange or borrowing is a one-way street." She suggested that Native Americans refrain from using European-introduced products and modern technology such as cars. Actually, this correspondent in a roundabout way hit one of the nails on the head: Native Americans who want a car go out and pay hard, cold cash for it, just like everyone else. But people who use Native American symbols, ceremonies, and language often simply appropriate them.

In *SN 47* we printed principles endorsed by our board of directors for honoring indigenous knowledge about plants and animals. The board emphasized that tribal communities should be involved in deciding which uses and transfers of knowledge they want to sanction.

One reader replied, "The only way to control knowledge is to keep it secret." While one family wrote to cancel its membership, we received other expressions of support. A writer from a Hawaiian newspaper even asked to print a synopsis of the principles. They "concern some of the needs/views of native Hawaiians and their efforts to preserve native plants and crops," he wrote.

Our ideas about cultural equity will evolve, and we hope readers and members will continue to participate in the dialogue. Even when we don't agree, our exchange of opinions helps us all to understand the issues better.



Gourd singers and dancers from the Lehi Maricopa Bird Dancers perform at the annual San Juan's Day sunrise ceremony and blessing on June 24. The dance group is from the Salt River Pima-Maricopa community.

Native Seeds and Sonoran Institute to Expand Garden and Conservation Efforts in Sierra Madre

By Dr. Suzanne Nelson

A generous grant from the General Service Foundation will enable Native Seeds and the Sonoran Institute (SI) to expand programs in Mexico's Sierra Madre Occidental that address the issues of food self-sufficiency, deforestation, and conservation.

In 1994, Native Seeds and SI initiated *Proyecto Huertos y Arboles Nativos* to provide potable water and protected garden and orchard space to families in two Tarahumara communities. Now, in conjunction with the State Office of the Tarahumara in Creel, Chihuahua, we will develop eight additional garden/orchard plots in five Tarahumara communities. This will bring the total number of gardens installed under this program to 36. By growing their own fresh vegetables and fruits, Tarahumara families will be able to eat more and better foods, which will lead to better health and vitality, particularly among children.

A second component of the project addresses local concerns about deforestation and soil erosion. Last year, we built a greenhouse in Creel that now houses hundreds of young tree seedlings. With the new funds, we will begin a *bosque modelo* (model forest) reforestation project. Model forests are a simple means by which communities can set aside and protect a chunk of reforested land as "community forests" or "preserves," designed for future use by their

children and grandchildren.

Model forests also provide for educational and economic opportunities. These areas serve as demonstration areas for technical training in soil conservation, water harvesting, and basic forest stand management. There, community members may be able to develop strategies for the sustainable use of both timber and non-timber forest resources, such as:

- re-establishment and management of economically important medicinal plants that are threatened by logging activities, such as chuchupate (*Ligusticum porteri*) and matarique (*Psacalium decompositum*)
- cultivation of nondomesticated species such as mushrooms, *quelites* ("greens"), chiles, herbs and spices
- community use or sale of thinned trees as firewood or posts, and
- managed harvesting of selected trees for use in local craft industries.

Reforested tracts of land that are modeled on the density, spatial arrangement, and species composition of existing local forests will also provide habitat for understory plants and animals and could serve as corridors between areas separated by gaps due to clear-cutting. Equally important, model forests are symbols of the power of local people to reclaim their environmental and cultural heritage from encroachment by outside forces.

A Growing Legacy at the NS/S Seed Bank

For the past nine years as seed curator, Linda Parker sorted and stored, recorded and grew our burgeoning collection of Southwestern seeds, and at the same time nurtured and nourished an ever-growing crew of staff and volunteers.

Linda started as an intern at NS/S in 1985, performing more than 300 germination tests in one season. When NS/S opened its first office, Linda joined Kevin Dahl and Esther Moore as the first employees, backpacking her then-infant son, Clayton, to work as she assumed care of the seed collection. Those were busy times. "We were expanding the office, buying freezers, building storage and drying racks, and commuting to a Safford farm for our first big grow-out," remembered Linda, ticking off the nuts-and-bolts events that marked Native Seeds' growth from home freezers and gardens to regional conservation group.

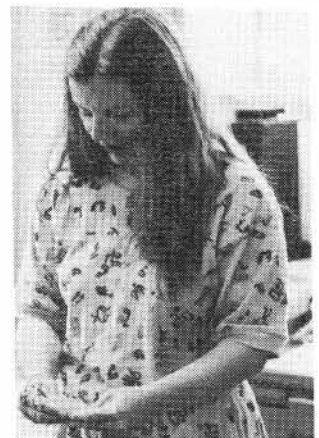
Before she left NS/S to build a country life in southern Illinois, Linda reflected on how far we've come. "Acquiring Sylvester House and creating the grow-out gardens has been truly exciting. For the first time, we can see how the plants grow and respond to different conditions, rather than just processing seeds. It's especially exciting finally to grow out our original collection. Three new squashes and red-seeded watermelons are being grown out this season."

With more than 1300 accessions on hand and more on the way, the seeds of our region remain ever-fascinating.

"It's been a learning experience to see the wide diversity of what is still coming in from northwest Mexico and New Mexico," says Linda.

The new accessions have filled the freezers at Sylvester House. Suzanne Nelson, the new seed curator and head of the Conservation and Research Department, is buying another freezer and our first germination chamber. "I've inherited a huge legacy," she says. "It's a great seed bank."

Pulling out the accession books, Suzanne and Linda note our 45 separate collections of white tepary beans, many of them unique folk races—varieties that a people or culture have adapted over years to their specific environment or growing conditions. One of Suzanne's biggest tasks will be the creation of a seed data bank, with collection information plus details about how the plants are grown and used in their native settings. Suzanne will also be involved in seed collecting in Mexico and new research at Sylvester House.



Linda Parker

It Grows in My Grandma's Back Yard

(continued from page 1)

clinic. But, she hasn't forgotten the words her mother said to her so many years ago. Mint grows in her back yard as well as other natural solutions. The world may be completely different from fifty years ago or from now; but the knowledge and memories are still the same.

— Janet G.

A Man and His Garden

As I approached the small one-room trailer, I had already begun to feel a sense of excitement, like a child when opening a present. From a distance I could see the beautiful roses running alongside the trailer. The door was open and I smelled the aroma of his fresh caldo which was being prepared for dinner.

His garden, only a few feet away from his door, seemed to have been treated like royalty, with a great deal of care.

Just before I knocked, he hurried towards the door wearing a pair of old blue jeans and sandals. On the floor were his boots and orange construction hat.

"Como esta?" he asked.

"Muy bien, gracias," I answered. "I have come to ask you a few questions about your garden."

Ramon seemed eager to tell me about it, like a proud father boasting of his child. Ramon's plants, herbs and vegetables somehow reflected his character.

In the back of his garden grew many stalks of corn and in two separated rows grew garlic, parsley and spearmint leaves. Ramon talked of ajo and its many uses, not only for cooking, but for healing processes. I turned red as a rose when he mentioned that ajo inserted into the anus relieves nervousness. I had never realized how useful plants and herbs could be and how our ancestors relied on these plants and herbs for many of their daily necessities.

Ramon's enthusiasm amused me and for a moment he seemed to have a "give and take" attitude with the land. One could tell he derived much pleasure in his garden by the smile on his face.

As he escorted me to the gate and bid me "Adios," I knew I would return to learn more about his wonderful garden and healing ways of long ago.

— Lorri Ann T.

The Next Morning

It is the next morning and everybody is gone. The sun lies low with the clouds. It almost looks like the sky is mourning with us.

We've shed our tears and paid our respects to the lady we knew and loved.

She was always young at heart and always trying to be with the modern folks, but she stayed close to the old beliefs.

She raised six kids with very little. She brought them

into this world with only prayers and a gentle, old and wise midwife.

She taught us our prayers and how to treat people right. Taught us how to work the little garden behind the house and how to treat minor illnesses and pains.

Grandma was wise and always trying to accept the new ways. But now most of grandma's secrets are lost; lost with time and age. They're buried under the new technological world and with grandma.

La Próxima Mañana

Es la próxima mañana y ya se fueron todos. El sol reposa bajo con las nubes. Parece que el cielo lamenta con nosotros.

Hemos llorado y pagado nuestro respeto a la mujer que conocíamos y queríamos.

Siempre era llena de vigor y trataba estar con la gente moderna, pero quedaba con las creencias viejas.

Tuvo seis niños pero no tuvo mucho dinero. Los trajo al mundo solamente con oraciones y una partera benévola, vieja y sabia.

Nos enseñó las oraciones y como tratar a la gente. Nos enseñó como cultivar el jardín chico que quedaba atrás de la casa y como tratar enfermidades y dolores menores.

Nana era sabia y siempre trataba aceptar los modos nuevos. Pero ahora muchos de sus secretos están perdidos, perdidos con tiempo y edad. Están enterrados con nana abajo del mundo nuevo y tecnológico.

— Terri M.



(The project that created *It Grows in My Grandma's Back Yard* was initiated by Matrix, the drug-prevention arm of Tucson Awareness House, Inc., which sought a way to enhance cultural identity and communication between parents and children, as well as preserve one aspect of cultural heritage. Over the years, Tucson Awareness House evolved into Amity, a nonprofit organization that provides services to children and adults with substance-abuse problems and to those at-risk for substance abuse.

Reprinted with permission from *It Grows in My Grandma's Back Yard*. Published by Tucson Awareness House, Inc. Copyright 1982. Many thanks to Barry Lindstrom, Rex Patton, and all the others at Amity Firehouse who secured us reprint permission. The booklet can be found in Tucson-area libraries.)

A Celebration of Garden Wild Places

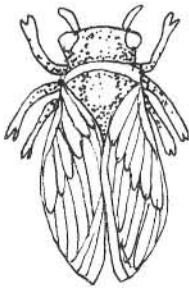
By Karolyn Kendrick, Jan Waterman, and Felipe Molina. Illustrations by Bettina Martin.

Your Own Place

All Together

This game will sharpen your children's observations of the web of interactions that sustains them and the place you live.

Gather 10–12 natural objects from your garden or home surroundings—typical rocks, soil, seeds, plant parts, a chewed leaf or other sign of animal activity, perhaps a live insect or two held briefly in a bottle. Place them all under a scarf, and gather the kids around. Tell them that you've collected common objects that they will be able to find in the immediate area. Lift the scarf and give them no more than 30 seconds to observe and memorize the objects. Then send them on a 5-minute hunt to find as many as possible. Gather again, and as you pull out the objects one by one, have the children who found an object like it tell where they found it and how it contributes to your own special place. Perhaps a rock is a toe-stubbing rock, a garden-border rock or a hoe-clanging rock, while an insect might be pollinating your plants or eating your dinner. (Adapted from an activity in Joseph Cornell, *Sharing Nature with Children*. Nevada City, CA: Dawn Publications, 1979.)

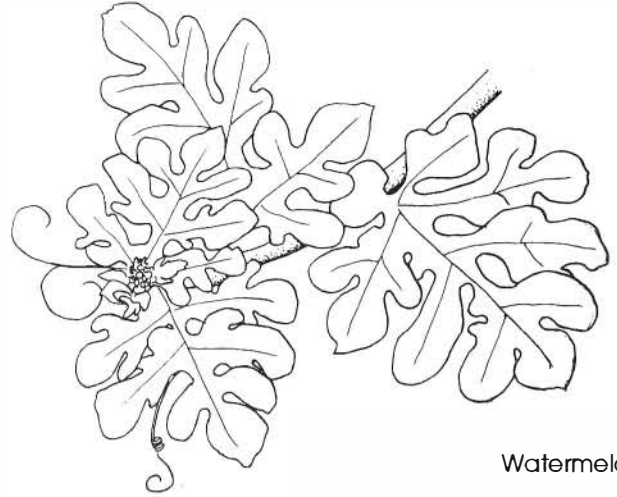


Cicada

Explorer's Log

Encourage your child to keep a personal journal of their garden explorations. Call it Explorer's Log, Secret Diary, or whatever appeals. Supply a book of blank pages (or make your own) and a variety of pencils, pens, crayons, paints, scissors, glue, and tape to spark the imagination. Be ready with a few suggestions to renew flagging interest:

- Record the temperature, wind direction, and weather at a certain time each day. Monitor the rain gauge.
- Visit the garden, and write down a happy thought.
- Draw a garden plan.
- Weigh or count your harvest and record for the next year.
- Sit silently in the garden for two minutes with your eyes closed, and record all the sounds you hear. Which come from plants and animals? Which from humans?
- On a breezy day, listen to the sounds the wind makes



Watermelon

passing through different plants. Try to imitate the sounds. Then try to put each plant's special sound into writing.

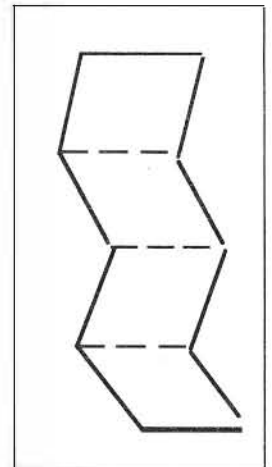
- On a rainy day, clip flower and plant pictures from magazines and paste them down to create a dream garden. Or design a fort, tree house, or secret place for the garden.
- Create magic places for fairies and other beings out of mosses, leaves, mirrors, acorns, flowers, and other objects. Draw pictures of your creations.
- Follow and map an ant's progress through the garden. Mark where it interacts with other ants or critters.
- Create riddles about the plants and animals in the garden.
- Each week, find the weirdest or most beautiful thing in the garden, and draw a picture of it.

Native Codex

Yaqui educator Felipe Molina takes children on local hikes to observe and learn about the uses of native plants from specific habitats. Later, as a lasting memory of the outing, the children draw pictures of the plant, on a strip of paper folded into an Aztec-like codex. Under their drawings, the children name the plant and record some of its uses.

Then they fold up their personal codex accordion fashion.

Which of the plants in your yard and garden are native to your region? How did Native Americans use these plants? If you don't know, help your children research your home habitat in the library, interview knowledgeable people, or attend programs with Native American educators. Make your own codex of the native plants that you live with.



Take a Little Hike

Anyone who has ever watched or participated in a toddler's endless fascination with ants and other insects will appreciate little children's fondness for little things. Give your children magnifying lenses and spend 5 minutes with them on your bellies surveying a stretch of ground inch by inch. Be on the lookout for predator-prey battles, food-gathering activities, scouting expeditions, rare beauty, and monstrous critters. Make up stories about the critters you see as you explore your patch of earth.



Yoeme Basil

Growing Things

Play-House Gardens

I install gardens in schools and teach the kids how to learn by observing. The kids love it because we make kid-designed gardens. The book I just purchased from you, *The Geography of Childhood*, is lovely. How true it is that kids have the nesting instinct! Instead of gardens with neat rows, we make play-house gardens—little intimate spaces surrounded by tall sunflowers and grasses. I wouldn't have known, but it's what the kids said they wanted! Mown grass and clipped hedges are as boring for them as sitting in a classroom all day.

— Bonnie Austin, Dale, TX

Ancestors' Garden

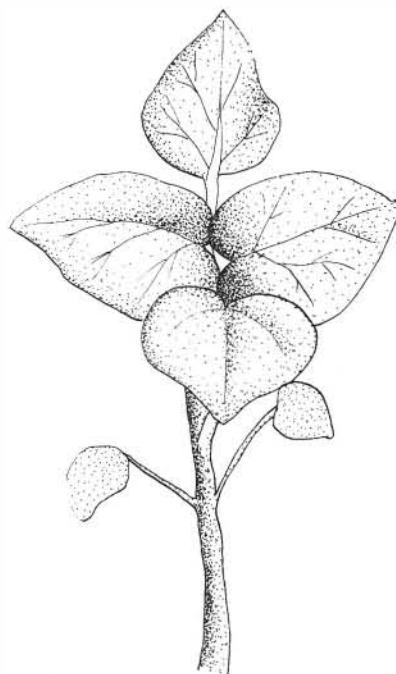
Encourage your children to interview their grandparents or other elders about the foods, flowers, herbs, gardens, and garden crafts they remember as children. Ask for names of favorite garden crop varieties and recipes to go with them. Grow a garden of these old favorites, and plan a feast with the harvest.

Leaf Diary

Make a scrapbook of the growing stages of your child's favorite garden plant. Once the plant is up and growing, let your child pick a leaf every week or two. Put a thin sheet of paper over the leaf, and show the child how to make a leaf rubbing by gently rubbing over the leaf with a soft-lead pencil, crayon, or pastel chalk. Bind the pages together, and ask your child to write or dictate to you the date and a sentence or two about the plant and how it is growing. The leaves themselves can be pressed and added to the diary, along with flowers, seeds, and any pictures the child wants to draw. At the end of the growing season, your child will have a unique life history of a well-loved plant.

Partners

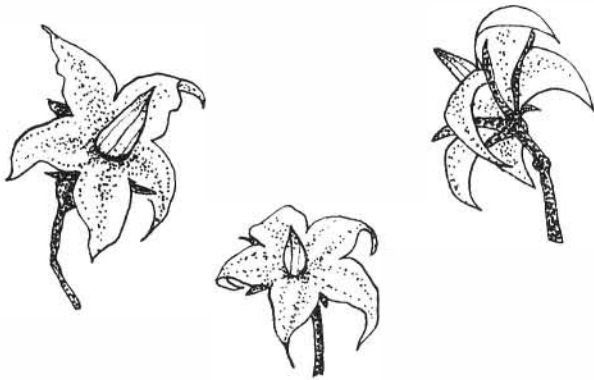
Plant squash, beans and corn together. As they grow, have children observe the community they create. The squash rambles on and shades the ground, conserving moisture, while the corn grows straight and tall, and the beans twine up the corn to catch the sun. Challenge kids to model the community—one sprawling on the ground to represent the squash and the bean child clinging to the corn. Then send pairs or small groups of children into the garden to discover other interactions and communities among plants and animals. Give the kids a little time to practice their charade, then have them act out or model the community for all to guess. Encourage the children to become the plant or animal they are modeling.



Devil's Claw

Quick Sketch

We asked Bettina Martin to spend about 30 minutes doing quick sketches of garden life. The illustrations on these pages are the result. No matter what your artistic ability, spend a few minutes sketching garden scenes with your child. Choose a critter (roly-polies are great fun for little kids) or plant that will stay put, and observe its parts as you sketch. Young children tend to draw idealized versions of objects unless encouraged to really look at what they are sketching. Keep a portfolio of your sketches over the growing season, and see how they change and evolve.



Chiapas Wild Tomato

After the Harvest

Sunflowers Forever

Little hands gain motor control by using and manipulating objects. Give your little ones a big pair of tweezers and set them to work picking out sunflower seeds from harvested sunflower heads. Then have them help you pick the seeds to save for next season's crop. Which seeds will you keep? The biggest, the fattest, the shiniest, or a mix of types?

Seed Sort

Young children are among the best seed sorters and bean pickers at Native Seeds/SEARCH. They have good eyes for buggy beans, quick fingers, and more interest in the game than you might think. Much of the fun for the kids is in working together with friends and family. So spread your harvest of dried beans or other seeds on a screen or in a shallow basket or pan, show the kids which seeds to pick out for discard, and go to it!

A more formal game can be played by mixing together dried beans, corn kernels and other pretty seeds from your harvest. First, challenge the kids simply to sort the seeds by variety. Then, have them suggest a category for sorting—perhaps all the oval seeds or seeds over a certain size. Once everyone has the idea, extend the game by having all the players think of a secret sorting scheme of their own. Each player then assembles a selection of seeds that

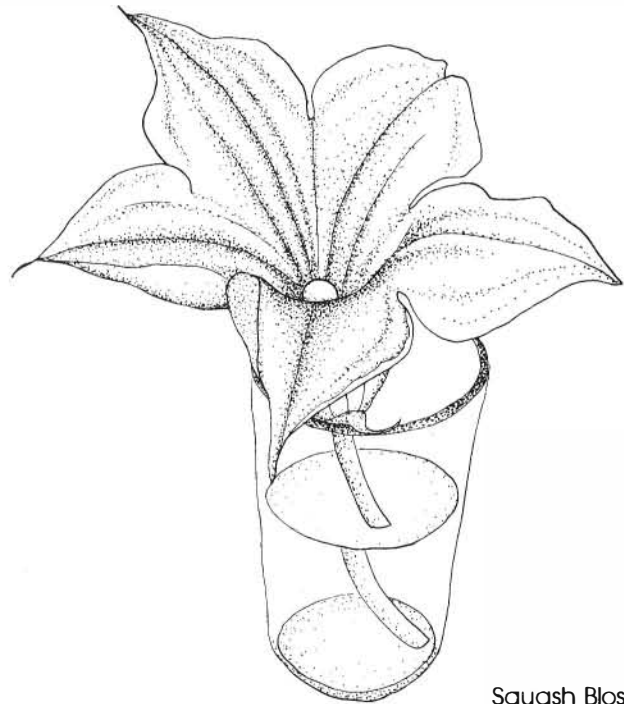
fits their theme. (To avoid mid-game changes, players can write or tell an uninvolved person what their theme is.) Then each passes their seeds to another player to guess what all the seeds have in common.

Cobbled Art

After you shell your dried corn, save the corn cobs for paint dabbers for art projects. Put some washable paints in long shallow pans, dip a cob in a color, and dab or roll the cob on paper to make lovely, textured designs.

Memory Designs

As grasses dry, seeds mature, and flowers bloom, gather natural objects, and form designs with them on paper or fabric backing. Glue them down, and hang them where your child can remember a season of growing and exploring.



Squash Blossom

We're Closed in August

As usual, the Native Seeds/SEARCH office and mini-museum will be closed to the public during the month of August. Catalog items can be ordered through the mail. Until August, we are open every Tuesday and Thursday from 10 am to 4 pm.

Your Garden Reports



Illustration by Bill Singleton

From Susan J. Fernandes, Freetown, MA

Here is my annual update on how your seeds fared this past season (1994).

The **panic grass** grew great, but unfortunately my horses managed to get into the garden housing that and the **corn**, so I am reordering more seeds this year. The **sunflowers** were not put in early enough, so they did not get mature seeds. This year, I will plant earlier outside and try starting some indoors also. The **devil's claw** did not come up at all, so I will try starting them indoors this time. All of the **melons** and **squashes** I ordered last season did terrific, and I have plenty of seeds to duplicate them this year at home and on the local Wampanoag reservation (it is open to members of any native tribe). The **peppers**, **tomatoes**, and **tomatillos** didn't do very well, but I think they just needed a longer season, so I will start them indoors this time.

As to seeds that I have saved from previous years: The **red amaranth** is producing so well that I am using the leaves and grain in dishes at local powwows. I have given seeds to many local natives and some as far away as Canada and Florida. Some plants grew to over 9 feet last year. They were absolutely majestic, and the hummingbirds loved them. The **cilantro** continues to reseed itself as well as provide plenty of seeds for my own cooking and that of my friends. I continue to save seeds from the **lemon basil** and have given it to many natives as well as scattering it on the reservation. All of the **melons** and **squashes** I have from the past are continuing to provide fruit and seeds, and I am passing them along to others. I always let enough of the **orach** go to seed to start the next year's crop, but we seem to consume it as fast as it grows, so I do not have enough to share seeds with others yet!

From Mary Macke, Cove, OR

I could not get **epazote** to germinate in my garden with our unpredictable cold spells. This year I started it indoors, and it is doing great. Can it take some frosts? (*Yes. Epazote has naturalized at least as far north as New York City—ed.*) I tried **Apache Dipper Gourds** twice; they grow beautiful green fruits, but the frost came too soon for them to mature. I have grown "Hopi beans" (multicolor, lots of purples, black, tans) from a handful passed on from someone in Arizona. They have done well for me for many years.

From Doug Feuerbach, Blacksburg, VA

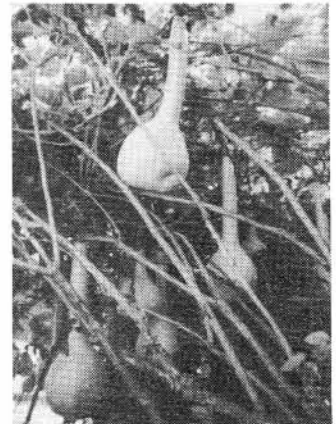
I planted **Rock Corral Chiltepin**s outside. They died by late Fall. The growing season is too short here in the mountains of southwest Virginia for chiltepin

s. I got about 12 inches high. I don't know how tall they are supposed to get. Only harvested 5–10 ripe fruit. (*Chiltepin*s can grow into large, bushy shrubs with hundreds of fruit—ed.) I'm going to try planting in pots this year and bring them indoors in the fall.

From Frank and Earlean Kurtin, Milwaukee, WI

While on vacation in Arizona recently, we had an opportunity to finally visit you. We enjoyed a great, informative visit and mentioned how well some of our gourds for 1994 turned out. The lady that helped us said, "Send us a photo," so here it is.

We start the seeds indoors in mid-April, harden them off around the third week of May, and finally plant outdoors at the end of May. We still cover them for a



week or so. The vines trailed up a fence and onto a "host" honeysuckle, and finally up a 30-foot high pine tree. We harvested around 30 to 35 gourds from three vines. The average weight was around 7–8 pounds each. Several friends and some strangers came to view the gourds, which looked like green ornaments.

We're hoping to have some new experiences this year with our seeds. So far, you've never let us down.

P.S. Our **devil's claw** did super, too.

From Francis Galli, Sarona, WI

Last spring I ordered **Tohono O'odham white corn**. I've been farming organically for 25 years in northwestern Wisconsin. We have a real short growing season. Sometimes we get killing frosts at the end of June and early September. The **Tohono O'odham corn** likes it here. It did real well on our sandy loam soil. We had a cold wet spring last year, a dry summer and a wet fall. We actually had 7 days in a row where the temperature at night stayed above 60°. (*Golly, here in Tucson last year we had a record 99 days with the temperature above 100°!—ed.*) I planted the corn on May 18, about a quarter-mile from any other variety and fertilized with a buckwheat green manure plowdown and composted horse manure. The plants grew about 6 feet tall with long, slender ears, 1–2 on a stalk. I pruned all the

sucker stalks. We didn't get a killing frost till mid-October, which made the **Tohono O'odham** corn a great success. We dried and shelled the kernels, and we've been eating this delicious corn as Johnny cakes all winter. I got such a good crop that we'll have enough to eat for two years and then some. Thank you for all your hard work in keeping these ancient seeds propagated.

Our Recipe for Cornbread

- 2 cups cornmeal
- 3/4 cup maple syrup
- 4 teaspoons baking powder
- 2 eggs
- 1 cup milk
- 1/4 cup oil

Blend and pour in a 9x9x2-inch pan. Bake at 425° for about 25 minutes. Add berries or fruit if desired.

From Camelia Frieberg, Toronto, Ontario, Canada

Last summer I had a very successful crop of **Mrs. Burns' Famous Lemon Basil**. The **Zuni** tomatillos took over a considerable patch of my garden, but I was never quite sure what to do with them other than appreciate their luxurious growth. (*Try grinding or blending tomatillos with hot chiles, garlic, onion, cilantro, a pinch of sugar, and a little water for an addictive salsa. We'll print any tomatillo recipes that readers contribute in the next issue.—ed.*) The **Mitla Black Beans** and **Hopi Purple String Beans** have come up very well in my indoor trays. The problem is that spring here has been very cool, and they are more than ready to go outdoors, but I don't think they'll survive the cold nights. They're actually flowering indoors!

Cooking with Native Seeds

Chicken Marrakesh with Green Chile Powder & Mrs. Burns' Famous Lemon Basil

4 boned and skinned chicken breast halves

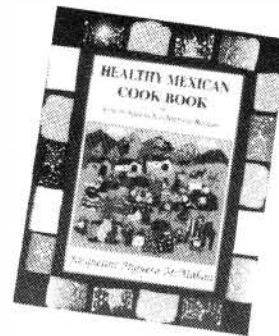
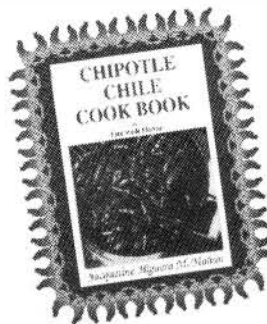
Marinade:

- Grated rind of 1 lemon
- Juice of 2 lemons
- 3-4 cloves garlic, pressed
- 1/2 teaspoon tumeric
- 1 teaspoon green chile powder
- 1 teaspoon dried Mrs. Burns' lemon basil, or 1 tablespoon fresh, chopped fine
- 1/2 teaspoon dried thyme, or 2 tsp. fresh thyme, chopped fine
- Salt & pepper to taste

Preheat oven to 350°. Spray or coat a shallow baking dish with olive oil. Mix the marinade in the dish. If the marinade is too thick, add a tablespoon or two of dry white wine. Wash the chicken, trim away fat, and pat dry. Place the chicken in the baking dish, and allow to marinate for at least 20 minutes. Bake about 20 minutes, or until the juices run clear when cut.

— Peggy HacsKaylo

Two Great Mexican Food Cookbooks



Chipotle Chile Cook Book (\$14.95, paper) & **Healthy Mexican Cook Book** (\$16.95, paper). By Jacqueline Higuera McMahan. Lake Hughes, CA: Olive Press, 1994.

By Lois Friedman

Here's a busy author—updating a classic and compiling a new cookbook, all in one year. The new *Chipotle Chile Cook Book* has everything you want to know about the chipotle chile, a dark, smoky delight with ancient Aztec beginnings. The one-thousand-year-old cooking secret is a smoked, dried jalapeño chile. Not long ago, very few North Americans had heard of chipotles, much less used them for cooking or discovered them in restaurants. Now this trendy chile is enjoying a blaze of glory.

Definitions, the author's experiences in discovering authentic Mexican smoking techniques, present-day home smoking, and ways to store and use chipotles begin this readable book. About 75 recipes featuring the chipotle are highlighted. They range from soup to nachos, breakfast through dessert, with plenty of salsas thrown in to spice up any meal. This enjoyable book will add smoke and fire to your life and fiestas.

With the *Healthy Mexican Cook Book*, you can enjoy the whole enchilada. This expanded version of McMahan's earlier *The Healthy Fiesta* has inspired a fresh approach to Mexican cooking as part of a healthy diet. The first chapter has recipes for traditional foods like chiles rellenos that are baked, not fried; enchiladas with less fat; and turkey chorizo. Other chapters zero in on salads, *sopas* (soups), seafood, the Holy Trinity—beans, corn and chiles—*licuados* (fruit drinks) and *indulgences* (dessert splurges). As an added bonus, many of the ingredients are available at NS/S: Hatch chile powder, Mexican oregano, chipotles, Anasazi and tepary beans, posole, and atole.

A healthy Mexican food pyramid is mapped out. More than one hundred recipes with chatty, friendly observations and tips are featured. One of my favorite tips is to cook beans without pre-soaking, as McMahan's grandmother did. This well-produced book will show you how to make your favorite recipes minus the fat.

Both books can be ordered from Native Seeds at the publisher's price, plus shipping and handling. Enjoy!

(Volunteer Lois Friedman leads cooking classes in Omaha, Nebraska, when she's not trying out new restaurants in Tucson — ed.)

Letters to Native Seeds/SEARCH

When Bill Bierce, a long-time member, passed away last year, his family asked, in accordance with Bill's wishes, that friends direct their memorial contributions to Native Seeds/SEARCH to support our conservation efforts.

Recently Development Director Andy Robinson received a letter from Bill's brother, C. Richard Bierce. Here are excerpts:

Dear Andy,

As you know, Bill believed deeply in the value of the word of Native Seeds and its importance for the sustainability of the land and its people. He succeeded in making this clear to me, and you have been very helpful in providing materials to strengthen that message.

As you may recall from the memorial service, we spoke of Bill's struggle to acknowledge his own spirituality, so strongly evident in his reverence for the land, and of his difficulty in expressing a relationship with God. I believe that there is a direct relationship between one's belief about stewardship and in heeding the will of God. I recently came across a biblical passage which expresses that relationship in a parable which aptly describes the work of Native Seeds. With your indulgence, I would like to share this extract from Luke 8: 11 & 15.

This is the meaning of the parable. The seed is the word of God. ... the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering, produce a crop.

I know that Bill heard the word. I know that Native Seeds has heard the word and will persevere to produce the crop. Thank you.

C. Richard Bierce

Dear NS/S staff,

I have been ordering seeds and receiving your newsletter for a few years now. It warms my heart to know that the work you do goes to help the People—my ancestral bloodline. So one of my dreams was to go to Arizona and visit NS/S and Sylvester House, which I got to do this April. Unfortunately, your office was closed. But your gardener Henry Soto took the time to meet up and show us around the gardens and open the office for us. He was great! As well as knowledgeable. It was truly fascinating to see the different gardening techniques used. It's refreshing to meet someone who is dedicated to his work and looks forward to doing more out in the growing fields.

Sandra Young

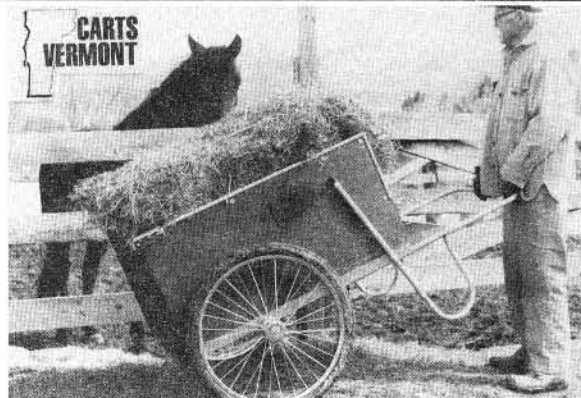
Notes & News

A Round of Applause for our foundation and corporate supporters!. Since the first of the year, we've received grants from the **Biodiversity Support Program, Finova Capital Corporation, Foundation for Deep Ecology, General Service Foundation, HKH Foundation, Quinney Foundation, Stocker Foundation, Valentine Foundation, Wallace Genetic Foundation,** and the **World Wildlife Fund Innovation Grants Program.** Thank you one and all for your enthusiasm and generosity.

New Board Member—We are very happy to welcome our newest board member, Rosa Delia Caudillo Felix. "Rosie," who lives in Hermosillo, Mexico, is director of the Red Fronteriza de Salud y Ambiente, a network of environmental groups in northern Mexico. She has a strong background in community development and organizing.

Rototiller Resurrection—Our thanks to long-time member C. W. Ashcraft of Palestine, Texas. In the course of cleaning out his garden shed, he discovered a Troy-Bilt rototiller, circa 1977, which he shipped to us for use at Sylvester House. It's still under warranty! Head gardener Bob Stone is coaxing it back to life.

The Greening of Sylvester House— On May 24, Native Seeds/SEARCH received an "Excellence in the Environment" award from the City of Tucson for our work in restoring Sylvester House and developing the site into a



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News & Notes

Southwestern oasis of traditional crops and fruit trees. The letter of commendation—etched in copper, framed and signed by Mayor George Miller—recognized our “selfless commitment, leadership, and devotion.” The award was accompanied by a lovely lithograph of Mexican poppies by artist Erni Cabat. It’s now hanging in Sylvester House. Head gardener Bob Stone and garden intern Virginia Boone accepted the award.

They hear Voices!—Nearly 200 members and friends filled the Tucson Center for Performing Arts on May 4 for another chapter in our ongoing literary series, Voices of the Land. Authors Simon Ortiz, Byrd Baylor, and Gary Paul Nabhan wowed ‘em with tales of wildflowers, blue jeans, desert vistas, tricksters, thunderstorms, tourists, mud, human frailty and resilience.

A good time was had by all, and we netted almost \$2,500 in support of our conservation programs. The benefit was sponsored by Books West Southwest, Prescott College, Summit Hut, Tortuga Books, the Tucson Weekly, and the University of Arizona Press.

Future readings are tentatively planned for the fall in Las Cruces, New Mexico, and next spring in Tucson. Stay tuned for details.

Spanish Language Ethnobotany Collection—Gary Paul Nabhan has donated to the Sylvester House library more than 100 Spanish language books on ethnobotanical themes. Once the collection is catalogued, we plan to open it to scholars for reference. We are seeking additional donations of Spanish language books about botany, ethnobotany, anthropology, agriculture, and ecology. If you can add to this valuable resource, call Bettina or Jan at 327-9123.



Pueblo Seed Corn. Photo by Linda MacElwee

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Native Seeds/SEARCH

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Photo by K. Kendrick

Mary Luna, of New Pascua Village, blesses celebrants at the San Juan's Day sunrise ceremony on June 24. Jessie Bustamante assists at right. The Lehi Maricopa Bird Dancers also performed at the event (see page 2). Native Seeds/SEARCH, Tucson Botanical Gardens and the Origins Society sponsored the ceremony to bless the seeds, the soil, and the farmers and to pray for rain.

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