CNPS Celebration
A BENEFIT TO SUPPORT NATIVE PLANTS
Featured Speaker:
Chia Café Collective
CNPS 2022 Conference

Featuring

The Chia Café Collective

Cooking the Native Way
Reconnecting with the Land

IN THIS COOKBOOK, WE INVITE YOU TO EXPERIENCE THE NATIVE AMERICAN CULTURES OF SOUTHERN CALIFORNIA THROUGH THEIR FOODS. FIRST-HAND STORIES BRING TO LIFE THE RICH HISTORY AND THE HOPEFUL FUTURE OF THE NATIVE PEOPLE OF THIS AREA—PEOPLE WHO LIVE IN AN EVER-CHANGING CULTURAL AND ECOLOGICAL LANDSCAPE.

Detailed recipes and photos showcase the diversity, health, and flavor of foods made from southern California native plants. These recipes use native plants as primary ingredients, but are combined with other foods for added nutritional value, flavor, and beauty.

We hope our recipes help you reconnect with the land through the gathering, gardening, and cooking of Native foods.

~ Chía Café Collective
Reconnecting with the Land

In this cookbook, we invite you to experience the Native American cultures of Southern California through their foods. First-hand stories bring to life the rich history and the hopeful future of the Native people of this area—people who live in an ever-changing cultural and ecological landscape.

Detailed recipes and photos showcase the diversity, health, and flavor of foods made from Southern California native plants. These recipes use native plants as primary ingredients, but are combined with other foods for added nutritional value, flavor, and beauty.

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~ Chia Café Collective
SOUTHERN CALIFORNIA INDIGENOUS SUSTENANCE AND RESILIENCE
Malki Museum’s
18TH ANNUAL
Agave
HARVEST & ROAST
Torres Martinez Native Foods Workshop

In April 2012, we had the privilege of working with the Torres Martinez Desert Cahulla at a weekend Native Foods Workshop at their cultural center in Hemet, California. The workshop was organized by Daniel Salgado, who had attended the workshop, “Native Plants for Food & Utilitarian Purposes,” taught by us at Idyllwild Arts Center the preceding summer.

The Torres Martinez workshop, a celebration of southern California Native foods, promoted what we like to call a Native-strong cuisine: native plants used as the primary ingredient, but joined with other foods for added nutritional value, flavor, and beauty.
Just a Few of the CORE VALUES Guiding Indigenous Peoples for Thousands of Generations

* Ancestors
* Relational Reciprocity
* Maxaa- (Sharing, Exchange, Giving-Gifting)
* Community
Honoring the Mother Earth Clan

The Chia Café Collective will be forever grateful to the Mother Earth Clan members: Lorene Siquoc, Cindi Alvitre, and Barbara Drake.

The Mother Earth Clan has given us many things over the years, including support, wisdom, and knowledge, and we try to live by the lessons they have entitled, “Clan Rules to Live By.”

1. Everything is sacred and all things are alive.
2. Respect your elders by listening and learning.
3. What you do will come back to you, good or bad.
4. Always give before you take.
5. Only for survival do we take an animal’s life.
6. The Earth is our mother; don’t harm her.
7. Remember who you are and who your ancestors are.
8. Honor the sacredness of your mind, body, and spirit and don’t pollute them.
9. Always be truthful.
10. Respect other’s property.
11. Be a hard worker (don’t be lazy!)
Tonga Creation oral narratives conveyed (through oral tradition via storytelling, song cycles, ceremonial dance (i.e. Eagle Dance) and other cultural practices), that a pre-human 'Aumapavetam (the First People) during a time of great earth changes, transformed themselves and became the landscape (rock/stone, plant, animal) whose families and communities pre-existed human beings emergence on Mother Earth. Some departed to the heavens and became the Sky People (Sun, moon, stars, constellations) and some merged into the underworld and were mostly indelible to humans. They take many shapes and forms and usually appear at nighttime.

Human Beings were the last to emerge/appear on the landscape and because of the "gifts" imparted upon humans by the transformed 'Aumapavetam, i.e. rock/stone/mineral, plant and animal people, humans reciprocated a responsibility and obligation to take care and be a part of, the **whole of the NATURE**, Mother Earth, spirit, the breath, the energy that all living beings share, we are all connected. This includes bodies of water, caves, and natural phenomena. It is the role and responsibility of medicine people in human communities to communicate and balance the other worlds with the middle world, our world *Tovaangar*.

Human existence on Mother Earth was only possible because certain beings enabled others to survive through their very existence. Rock/stone→plants→animal→all 3 + more enabled human survival and sustenance.
Elderberry flowers contain flavonoids and rutin, which are known to improve immune function, particularly in conjunction with vitamin C. The flowers also contain anthocyanins, a nutrient found in blueberries, grapes, and blackberries, which are known for their anti-inflammatory and antioxidant properties.

Blossoms:
- Tea (Fever Reducer)
- Fritters (Food)
- Flavoring Component

Berries:
- (Immune Booster)
- Food - Jam/Jelly/Syrup
- Cough Syrup/Tea
- Dye

The green leaves and stems contain alkaloid compounds, including the alkaloid sambucine, which are also poisonous.

Branches:
- Clapper Sticks
- Flutes
- Whistles
- Container Tubes
- Game Sticks

The gifts of Huukat Elderberry (Sambucus nigra) (subspecies cerulea syn. Sambucus mexicana)

Relationships of Reciprocity, guided by protocol & etiquette

Native Habitat Communities:
- Coastal sage scrub, chaparral, southern oak woodland, open flats, valleys and canyons below 4500
- Northern Baja California to the Oregon coast

Layout Design by Craig Torres
Contact: mvs@virginia.com
Natural Relatives
NOT
Natural Resources
“I go to the elderberry tree and ask the tree for a young straight shoot to make my musical instruments.”

—Marian Walkingsick
2 T chia = 10 grams fiber
2 T chia = 6 grams protein
gathering chia
Prior to the Cultural Burn
Cultural Burn
Six Months after the Cultural Burn
One Year after the Cultural Burn
Elderberry Comparison
Native Superfood
Cookie Trio: Mesquite, Chia & Pine nuts

by Leslie Mouriquand

INGREDIENTS

2 c whole wheat baking flour
(or almond, coconut, or rice flour)
1 c mesquite flour
(6 Tbsp)
1 Tbsp (6 g)
¾ c pine nuts, chopped
(or other nuts)
⅛ c chia seeds, slightly ground
(5 g or 1 tsp)
2 tsp baking soda
¼ c butter (or almond butter, or ⅛ a banana as a low-fat option)
½ c shortening (or almond butter, or ½ a banana as a low-fat option)
⅛ c brown sugar (or coconut palm sugar or organic agave moninoter)
2 tsp
1 Tbsp vanilla extract (or more to taste)

This cookie recipe incorporates three native superfoods: mesquite, pine nuts, and chia seeds to create a snack that is protein-rich and high fiber, with a relatively low glycemic load.

PREPARATION

Set oven to 350°F. In a large bowl, mix together wheat flour, mesquite flour, pine nuts, chia seeds, and baking soda. In a separate bowl, blend butter, shortening, brown sugar, banana, eggs and vanilla. Mix dry and wet ingredients together. Flatten cookie balls with a fork to bake more thoroughly. Bake on an ungreased (or parchment lined) cookie sheet for 12 to 14 minutes.

Yields 24 to 36 cookies.

It’s true... cookies can be healthy!
Mesquite Tortillas

by Abi Sanchez

INGREDIENTS

1 1/4 c unbleached flour
1 c mesquite flour
1/2 tsp salt
3 T healthy oil
1/4 c warm water

The flour from honey mesquite pods has a sweet molasses-like flavor. In the Sonoran village of Desemboque in Mexico, the Seri Indians prepare it as a thick soup, which is tasty and filling. Eating it in the traditional manner is a little too rich for most of my friends. But mixing mesquite with other flours is delicious, and adding it to flour tortillas is scrumptious!

PREPARATION

In a large bowl, mix together flour, mesquite, and salt. Drizzle in oil and mix with a fork. Stir in warm water and form into a big ball. Knead for 2 minutes on a floured board. Cover with a dry, clean dishcloth and let rest 20 minutes. Divide masa (dough) into 12 balls and roll out into a circle. Cook in a dry skillet over medium heat. When slightly browned on one side (about 1 minute), flip and cook 15 seconds more. Remove, stack, and cover with the dishcloth. Eat immediately with butter or rose hips jam, or store at room temperature for 2 to 3 days. For longer storage, refrigerate.

Recipe inspired by the San Pedro Mesquite Company in Desert Harvesters' Eat Mesquite cookbook.
EAT MESQUITE AND MORE

A Cookbook for Sonoran Desert Foods and Living

by Desert Harvesters
Mesquite & Chia
Crispy Crackers

by Deborah Small

INGREDIENTS

- 1/2 c mesquite flour
- 1/2 c almond flour
- 2 t chia seeds
- 1 t coconut oil
- 1 t salt

They’re so delicious that three friends can easily demolish the entire batch within an hour. Keep plenty of mesquite in your kitchen!

This recipe is gluten free, protein rich, high in fiber, and has a low glycemic load.

PREPARATION

Mix all the ingredients to form a stiff dough. Chill 45 minutes in the fridge. Preheat oven to 375°F. Roll dough between two sheets of wax paper to a 1/4 inch thickness. Remove the top layer of wax paper. With a knife, slice the dough into squares or triangles. Place on a foil-lined cookie sheet. Bake for 6-8 minutes, watching closely because they will burn fast!

Makes 1 to 2 dozen crackers, depending on the size.

VARIATIONS

Add a pinch of herbs to taste: Cleveland sage, black sage, desert oregano, or rosemary.

If you don’t have almond flour on hand, try using cashews or another type of nut ground in a coffee grinder.

Recipe inspired by Dancy Blue French’s recipe in EAT Mesquite. by Desert Harvesters.
Mesquite & Chia Sage Pancakes
by Ahi Sanchez

DRY PANCAKE MIX INGREDIENTS
2 c mesquite flour (11/2 lb [680 g])
2 c whole-wheat pastry flour
1/2 c chia seeds
1 t baking powder
1/2 t baking soda
3/4 t salt

PREPARATION
Whisk together the egg, oil and milk. Stir in dry pancake mix. Add water as needed to achieve the desired consistency. Ladle 1/4 cup onto a lightly oiled griddle on medium-low heat. Mesquite burns easily so be careful. Lower the temperature of the griddle as needed. Watch the bottom of the pancakes for the desired brown color. Before flipping, drop a whole fresh sage leaf on uncooked side, flip and cook through. Serve with organic agave nectar, prickly pear syrup, mesquite honey, or rose hip jam.

PROCEDURE
Inspired by the Desert Harvesters' Eat Mesquite cookbook.

Pancreas tested by the Desert Harvesters' Eat Mesquite cookbook.

Top these bite-sized pancakes with a single sage leaf or fresh fruit.
prickly pear cactus fruits
burning off cactus tuna spines and glochids
processing prickly pear cactus fruits
sherman indian high school students prepare prickly pear jam
Prickly Pear Cactus
Frozen Treat

by Leah Moursund

INGREDIENTS

<table>
<thead>
<tr>
<th>3 c</th>
<th>cactus fruit juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c</td>
<td>diet Sprite, 7 Up, or Fresca</td>
</tr>
<tr>
<td>2 t</td>
<td>chia seeds, soaked</td>
</tr>
</tbody>
</table>

VARIATIONS

WILD GRAPE FROZEN TREATS

<table>
<thead>
<tr>
<th>3 c</th>
<th>wild grape juice</th>
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</thead>
<tbody>
<tr>
<td>1 c</td>
<td>diet Sprite, 7 Up, or Fresca</td>
</tr>
<tr>
<td>2 t</td>
<td>chia seeds, soaked</td>
</tr>
<tr>
<td>½ c</td>
<td>fresh blueberries (optional)</td>
</tr>
</tbody>
</table>

CHIA LEMONADE FROZEN TREATS

<table>
<thead>
<tr>
<th>3 c</th>
<th>fresh-squeezed lemon juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c</td>
<td>diet Sprite, 7 Up, or Fresca</td>
</tr>
<tr>
<td>2 t</td>
<td>chia seeds, soaked</td>
</tr>
<tr>
<td>🍌</td>
<td>small chunks of fresh banana (optional)</td>
</tr>
</tbody>
</table>

PREPARATION

Combine all ingredients together and pour into popsicle molds or plastic disposable cups. You can eliminate the soda pop and add another cup of juice for an all-natural treat. Insert popsicle sticks through the bottom center of a cupcake liner for each one and turn the liner upside down over the cup like a lid so that the stick stays upright and centered while freezing. Freeze for at least 10 hours. Remove the cupcake liner and enjoy.

The ratio used above is 3:1, which yields 4 cups. You can adjust quantities for the size and number of popsicle molds you are using. Use 4-ounce popsicle molds for 8 servings or 2-ounce plastic disposable cup molds for 16 servings. I often double and triple the amounts of juice, soda, and chia seeds for large groups.
Prickly Pear
Marinated Quail with Mesquite Rub

by Abe Santiago

INGREDIENTS

6 dressed quail, whole or butterflied (or chicken or any firm fish)
2 lemon or limes
salt and pepper
2 c cactus fruit juice
1 c mesquite flour

¼ c olive oil

1 c coconut oil (or other healthy cooking oil for frying)

This recipe became one of our favorite dishes prepared by students each summer at UCLA's Plimu (Catalina Island) Archaeology Field School. The students cook native foods in an outdoor kitchen overlooking the ocean. To avoid splattering and to seal in the flavor of the prickly pear marinade, we place the butterflied quail in the sun to dry them out before frying. We squeeze lemon juice on the quail to deter yellow jackets from landing on the birds.

PREPARATION

Squeeze lemon juice over birds. Salt and pepper them. Marinate in the prickly pear juice for 2 hours or overnight in the refrigerator. The dark red or orange-colored juice will stain the raw meat a beautiful color, but the cooked meat will not retain the color. Remove birds from marinade and pat dry. Brush with olive oil. Rub with mesquite flour.

TO BAKE

Preheat oven to 350°F. Lay birds on a baking sheet and bake for 45 minutes or until brown and crispy. Butterflied birds will cook faster than whole birds.

TO FRY

Place in hot cooking oil, and turn over until golden brown.
prickly pear cactus pads
Nopales Salad
by Abe Sanchez

INGREDIENTS

4 handfulls Roma tomatoes, chopped
1 fresh jalapeno or serrano chilli, chopped
1 c onions, chopped
1 c pinto beans, drained (or fresh cooked beans)
1-2 cactus pads, cooked and chopped
1 lemon, chopped
1 c fresh cilantro
Salt to taste
1 c queso fresco (or feta cheese) (optional)

PREPARATION
In a large bowl, combine the tomatoes, chile, onions, drained beans, cilantro, lemon juice, and cactus (which has been cooked, chopped and cooled). Salt to taste. Toss to mix evenly. Serve salad topped with crumbled queso fresco.
tortillas de nopal
Nopales Tortillas

When I was in Oaxaca, I noticed vendors were selling many different kinds of corn tortillas. I assumed that these creative ways of preparing the tortillas must enhance the locals’ daily corn tortilla consumption. Fresh corn tortillas are delicious, but when you eat them every day, a little change in flavor can make meals a lot more exciting. By mixing masa harina with greens—nopal, lamb’s quarters, nettle, or amaranth, you have two vegetables in one, with enhanced flavor.

**PREPARATION**

Blend the nopal (cactus pad) in water until liquified. In a separate bowl, mix the masa harina and salt. Slowly stir in the blended nopal mixture until the dough can be shaped into a ball. Knead a few times by hand. Form into a large ball and let sit for 30 minutes. Divide dough into 8 sections and roll into small balls.

Cut a gallon-sized freezer bag around the edges to create 2 sheets of plastic. Place a ball of dough between the plastic sheets and use a rolling pin to flatten it into a circle. Being careful of the edges of the tortilla dough, slowly peel back the plastic sheets.

Drop into a hot non-stick or cast iron pan. Let cook for one minute. Flip and cook one minute more. The tortilla should start to puff up while cooking. If it doesn’t, flip it one more time.
Nopales Stir Fry

by Lorraine Stolz

INGREDIENTS

1/4 c onions, chopped
3 garlic cloves (or to taste), chopped, minced
1 c non-GMO corn (fresh, frozen or canned)
2 cactus pads, cooked and chopped (makes about 1 cup)
1/4 c olive oil (or other healthy oil)

Salt and pepper

PREPARATION

If using fresh corn: Remove kernels from the cob. Stir-fry onions in olive oil about 3 or 4 minutes until translucent. Add garlic and fresh corn. Cook until corn is soft. Add the cooked and chopped nopales (cactus pads). Stir until mixture is heated.

If using frozen or canned corn: Stir-fry onions in olive oil about 3 or 4 minutes until translucent. Add garlic. Stir-fry for another 1 or 2 minutes. Then add the corn and cooked nopales. Stir until mixture is heated.

Season with salt and pepper to taste.
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White Tepary Beans - Brown Tepary Beans - Roasted Corn - Ga’ivsa
Roasted Corn Flour - Pima Club Wheat - White Sonora Wheat
Garbanzo Beans - Black Eyed Peas - Stone Milled Heritage Flours

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White Tepary Beans – STOTOAH BAVI
Tepary Tart & Fruit Compote

by Craig Torres

INGREDIENTS
- 3/4 c mesquite flour
- 1 c coconut flour
- 1 c almond flour
- 3/4 c coconut oil (solid)

THE CRUST

PREPARATION
Mix flours together evenly. Add coconut oil and blend with your hands until it resembles graham cracker crust. Pour into an 9” springform pan and use the bottom of a rounded measuring cup to compact the crust into an even thickness. Set aside and refrigerate.
THANK YOU!