

# cuadernos

Summer 2022 Vol. II, Issue 2

## Verano: Sol y Agua (Sun and Water)



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# Verano: Sol y Agua



*Cuadernos*  
VOLUME II, ISSUE 4

This cuaderno was developed for the  
*Manitos Community Memory Project*

Written by Dr. Patricia Perea and  
Jesús Cuauhtémoc Villa

# Preface

Summer 2022 has been one of the most difficult summers I have ever had. At the same time, working on these cuadernos with our Manito Community Memory Project design team has been a consistent shining light that I will be eternally grateful for. Without question, summer is my favorite time of the year. I love the heat, the sunshine and the long days. It makes me so happy to have daylight stretch so long into the summer evening. Some days, you can still feel the heat radiating up from the earth and in that warmth I am comforted. And while summer can be a time to enjoy the weather and get time away from daily routines, like with every other season, it has its work. If spring is when we plant, and fall is when we harvest, summer is when we tend and take care. My earliest summer memories are waking up just before the sun, the smell of the earth still wet from irrigating during the night and picking up the hoe. Weeding had to be done before the morning heat really set in and breakfast often waited until after that early morning work. Summer is also when I had my grandmother to herself. School was done and we could water plants, cruise around town and stop for a vanilla ice cream cone at the Tastee Cream.

In Nuevo Mexico, summer is also when farmers' markets and road vendors are at their peak and we stop to find the freshest produce. It also marks the time when we begin to plan ahead for the fall harvest and the coming winter. For many this is when we pick out the fruit and vegetables that we will can and preserve to last us through the coming months. How many of us have particular recipes for capulin jam? Often the summer makes me think of writer and educator Fabiola Cabeza de Baca of the llano estacado who would travel through New Mexico teaching homemakers how to can; how to preserve; the benefits of refrigeration and pressure cookers. All of these things made housekeeping in summer less stressful. Less time needed to be spent in the heat of the kitchen and food could be kept safe from the heat.

And when the summer nights come, many of us sit on the porch or in the yard, listen to the sound of the water running from the acequia to the fields and enjoy the cooling presence of the moon.

*Patricia Perea*

# Weather: Verano Lluvioso



Summer comes with the longest day of the year. We wake up to early mornings and enjoy late sunsets, some of the most beautiful in the world. The crops are growing in the fields, water is running in the acequia, and the yerbitas are growing proud and green in the dirt. Hollyhocks bloom blood red, pink, or white and sunflowers grow tall, their heads heavy with seeds. As June closes, the day keeps time by the clouds. They appear as afternoon comes in, the air growing cool with the smell of wet earth.

The storm-heads rise and thunder drums through the clouds, rolling across the llano and into the lush river valleys. The rain will stay just long enough to reveal rainbows in the sunset. If we are lucky, we receive an *aguacero*: those roaring downpours that swell the rivers and streams with much-needed water and feel like they wash the whole world clean. Concerned parents and abuelos caution their young ones not to play in arroyos or along riverbanks, lest they be snatched away by La Llorona and her flash-floods. When the rain clears, you may be fortunate enough to receive an evening serenade from a

thousand frogs – from the tiny ranitas, little frogs no bigger than a thumbnail who seem to materialize magically from the mud to the massive *ranas toros* (bullfrogs) who emerge from their ponds and lakes.

It is a time of sweltering heat and blessed moisture. The monsoons have arrived. Summer is here.

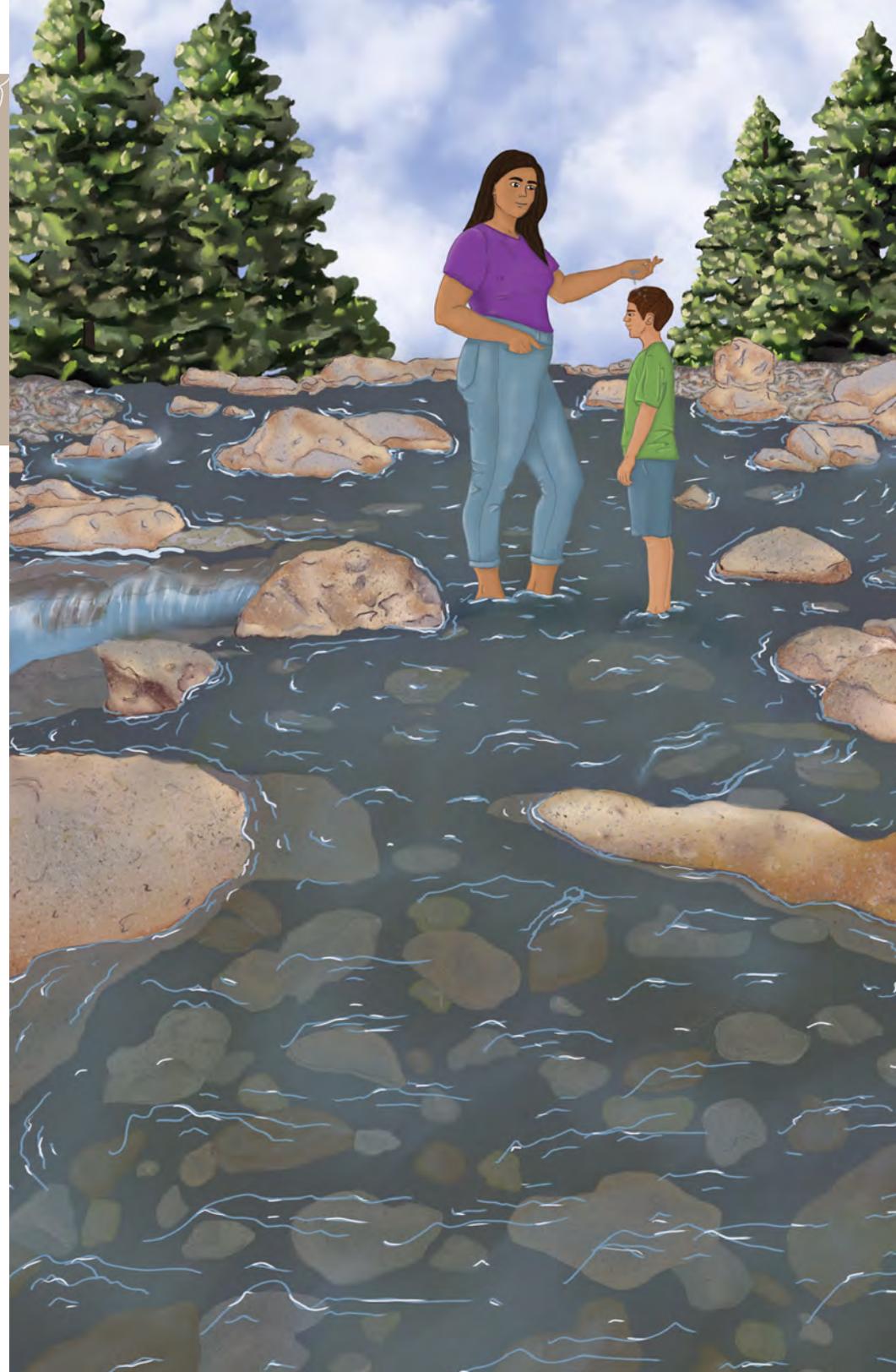


# Tending the Fields: Comida en la Tierra

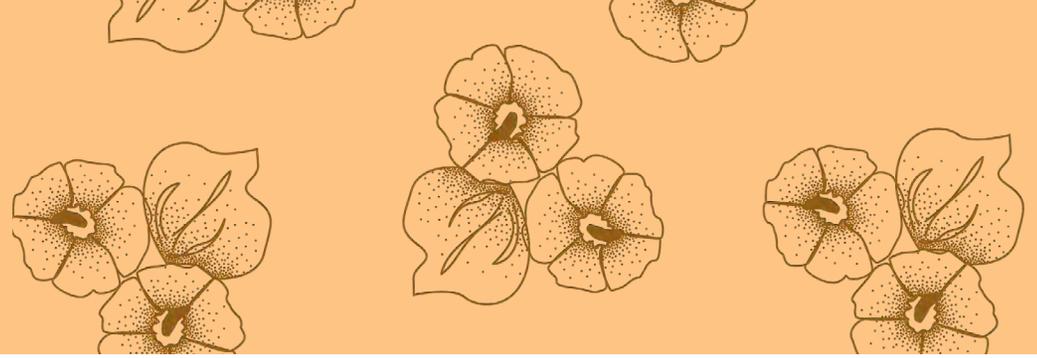
Days begin early in the fields. The sun is barely up as we enter with *pala* and *azada* in hand. The wise workers wear work gloves, long sleeves, pants, bandanas, and hats, which protect against the clouds of mosquitoes that swarm until the sun beats them back. Layers may be rolled back or shed as the day continues, but are generally left in place to protect against the harsh rays of the high desert sun. The main work is chopping weeds, clearing them away from the growing green stalks and spreading vines. Some weeds may be kept to make *quelites* later; most are discarded in large piles to be composted or burned. Before breakfast, it is all done. It will get hotter throughout the day. Just as we seek the *resolana* in the winter, we seek the shade and cooler air in the summer. For centuries, our houses were built of adobe, their thick walls keeping the heat out all summer, offering refuge from the brightest part of the day. Some of us will return after dark to watch the water under the moonlight and listen to the crickets' nightly concert.

# Día de San Juan Bautista: Saint John the Baptist

Just days after the Summer Solstice has passed, June 24 brings *Día de San Juan Bautista* – the day of St. John the Baptist. It is a day of celebrating water. It is considered to be the first day on which the summer rains begin. Throughout the day, we will wade into the rivers, lakes, acequias to be blessed by the water. It is common to see people sprinkling water onto themselves and others. Although the story around Saint John the Baptist is specific to the Christian tradition, it has taken on the traits of the communities it was brought to. The feast day for the pueblo of Ohkay Owingeh is June 24 and with that feast day come specific dances and ceremonies. Nuevomejicanos who practice African diaspora religions like Vodoun or Lukumí celebrate San Juan on the night of June 23rd, known in English as St. John's Eve. Everywhere in our arid landscape, water is sacred.

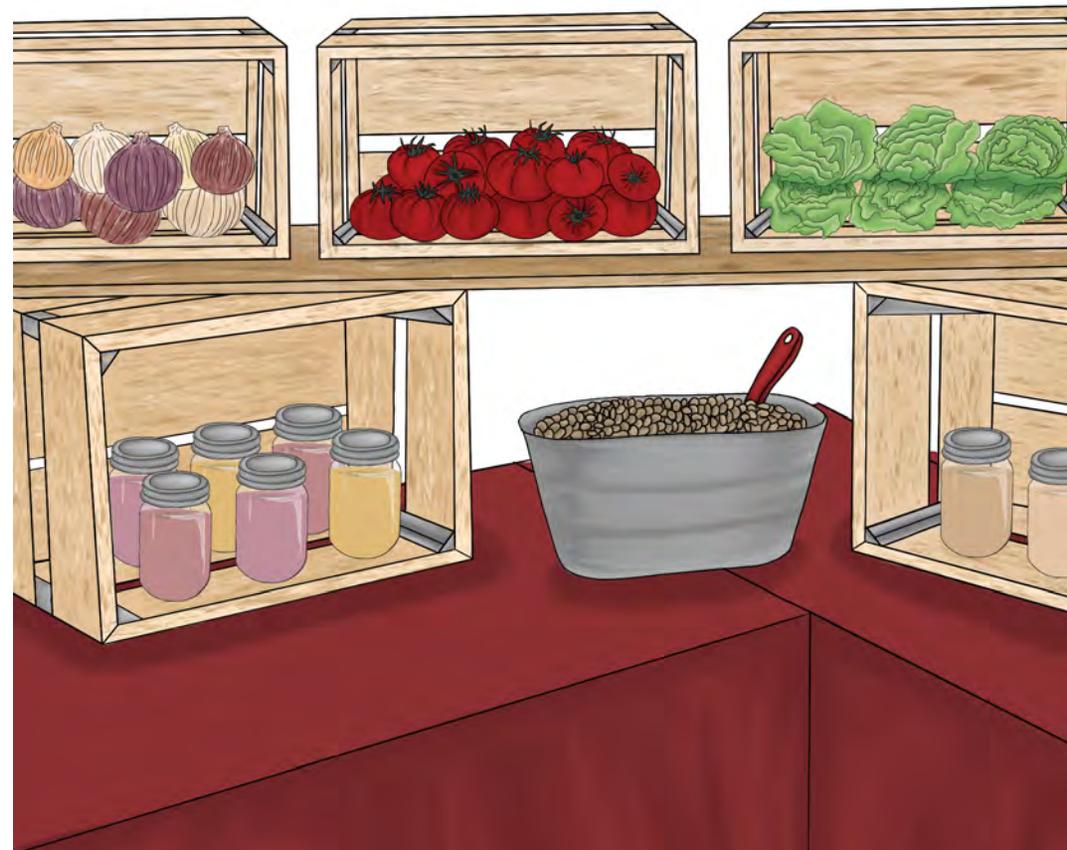


# Preparing for the Fall



Most of our crops won't be ready to harvest until well into the Fall, but there are some exceptions. Summer squash and cucumbers are harvested for use in tasty dishes like *calabacitas*, for example, and beets can be grown and harvested just about any time of year. Fruit is the real star of the show during summer, though: apricots, cantaloupes, honeydew melons, nectarines, peaches, plums, raspberries, tomatoes, watermelons, and many others all become ready to harvest in the summer months. Some of these sweet treats are eaten immediately: for example, there's nothing like a crisp slice of *sandía* on a boiling summer day, especially when dusted with some good New Mexican chile rojo, some lime juice, and maybe a little salt. However, with the cold months coming, much of the harvest is reserved for canning, drying, and pickling. These are time-honored traditions throughout much of our *querencia*. Most fruits are boiled with sugar to become jams, jellies, preserves, or syrups – perfect for drizzling over a stack of blue corn pancakes on a cold Fall or Winter morning. Jitomates become cans of stewed tomatoes, rich tomato paste,

chunky tomato sauce, and everything in-between. Cucumbers that escaped the *calabacitas* pot are packed into brine to become *pepinos* (pickles) – another favorite summer treat. A similar fate awaits watermelon rinds, sliced yellow summer squash, beets, and many other types of summer produce good for pickling.



# Summer Recipes

The best ingredients are ones you can find fresh, and in some instances, from your own garden. Here are some recipes that are inspired by fruits and vegetables you can find in your garden or at the local farmers market.

**Raspberry Jam**  
 1 cup of Granulated Sugar  
 1 cup of lemon juice  
 Fresh ripe raspberries and dry them.  
 mix sugar, sugar, and lemon juice in a large pot on par.  
 it to a boil and stir frequently while mashing the  
 a spoon. Boil until desired thickness.  
 into freshly boiled jars so that you are not poisoning  
 seal the jars, you must boil them.

The preferred squash for  
 course squash. It tends to be  
 thick skinned, and great  
 with butter till the color chang  
 ter hue. Then add an equal  
 of yellow corn, chopped roasted an  
 green chile to taste and fry into a  
 Scoop up with a folded tortilla.

...art, add thawed pork  
 to the slow cooker.

... a bag of posole. It can be  
 ed or frozen, but I prefer  
 ed.

... use three cups of  
 chopped pork and  
 in a large saucepan.  
 take 1/4 cup of flour

... acid  
 beef. This  
 served  
 pinto bean  
 tortilla.

... 1/2 cups  
 Habaneros  
 of Cilantro  
 Teaspoon of Garlic  
 Shakes of Onion Powder  
 lime juice  
 small cans of Tomato Sauce  
 Taste

15 oz White  
 15

## Guacamole

4 Avocados  
 Small, Roma Tomatoes (Optional)  
 1/4 Teaspoon Salt (or to Desired Taste)  
 1/4 Teaspoon Black Pepper  
 1/4 Teaspoon Red Chile Powder  
 1/4 Teaspoon Onion Powder

Sugar  
 two cups of sugar and  
 melt it into a brown liquid  
 water hits the hot  
 brown crystal-like  
 would separate  
 cook on ?

## Salsa

- Spicwick
- Green Onions
- Mauteca or Oil

Take the green onion  
 spoon of mauteca or  
 spicwick and add the  
 are reduced. Quelite  
 served with a spicwick

The  
 all  
 brown.  
 amount of  
 your taste.

# Salsa

*Recipe from Natasha Vasquez*

*Chips and salsa are the perfect snack and appetizers before meals, and are a staple to northern New Mexico and southern Colorado. It's best made with fresh ingredients that can come from your homegrown garden or the farmer's market.*

*- Natasha Vasquez*

## INGREDIENTS:

- 3-4 Tomatoes
- 3-5 Jalapenos
- 1-2 Fresh Habaneros
- Handful of Cilantro
- 1 Heaping Teaspoon of Garlic (Fresh or Jar minced)
- Couple Shakes of Onion Powder
- 1/2 Fresh Squeezed Lime
- 2 small cans of Tomato Sauce
- Salt to Taste

## INSTRUCTIONS:

Add all the ingredients to a blender and blend. If the salsa is too hot add more tomato sauce.

**Note:** *Taste as you add each pepper for heat. Leave in pepper seeds if you want a hotter salsa.*



# Guacamole

*Recipe from Lily Padilla*

## INGREDIENTS:

- 3-4 Avocados
- 1 Small Roma Tomato (Optional)
- 1/4 Teaspoon Salt (or to Desired Taste)
- 1/4 Teaspoon Black Pepper
- 1/4 Teaspoon Red Chile Powder
- 1/4 Teaspoon Onion Powder
- 1/8 Teaspoon Garlic Powder
- 1 Teaspoon Lime Juice (or to Desired Taste)
- 1/2 Teaspoon Crushed Red Peppers

## INSTRUCTIONS:

- 1** Cut avocado in halves, remove seed and scoop avocado out with a spoon into a bowl. Crush and break up avocado with a fork to desired chunkiness.
- 2** Add salt, black pepper, red chile powder, onion powder, and garlic powder. Mix together into crushed avocados.
- 3** Add lime juice to the guacamole and mix in well.
- 4** Dice a small Roma tomato and add into the guacamole mixture.
- 5** Once guacamole is done, sprinkle crushed red pepper on top.



# Raspberry Jam

Recipe from Natasha Vasquez



## INGREDIENTS:

- 8 Cups of Fresh Raspberries
- 4 ½ Cups of Granulated Sugar
- 2 Tablespoons of Lemon Juice

## INSTRUCTIONS:

- 1 Wash the fresh ripe raspberries and dry them.
- 2 Put raspberries, sugar, and lemon juice in a large pot or pan. You can adjust the amount of sugar and lemon juice based on how much fruit you have.
- 3 Bring fruit to a boil and stir frequently while mashing the fruit with a spoon. Remove foam when it forms on top. Boil until desired thickness. You can test the thickness by dipping a cold spoon into the jam.
- 4 Ladle jam into freshly boiled jars so that you are not pouring a hot liquid into cold jars. You can boil the jars and lids for just a few minutes.

5 To properly seal the jars, you must boil them. Place a rack inside of a large pot and place the jars on top of the rack so that they do not touch the bottom of the pot. This will ensure the jars do not get damaged or the jam does not burn in the jar. The pot should be large enough for the jars to have at least 1 inch of water above the lids. Place them over medium heat and boil the jars for ten minutes, but this time can vary based on your elevation.

6 Take jars out of the water using tongs and place them on a towel to allow them to cool. After they have cooled, check the jams have been properly sealed and enjoy.

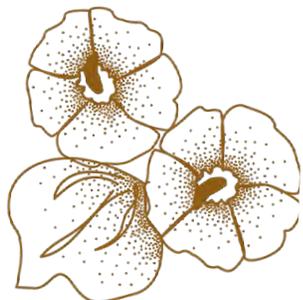
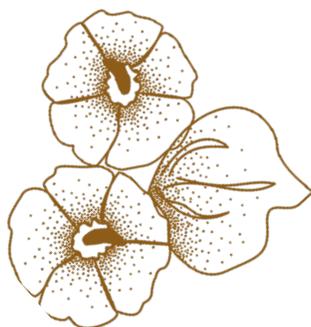
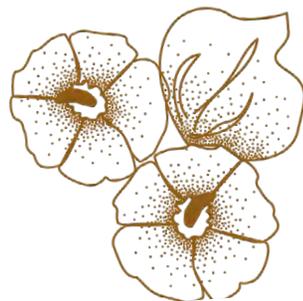


**Note:** If you are above 6,000 feet in elevation, jam must be processed for another 5 minutes to be properly sealed..

# Word Translations

**Verano:** **Sol y Agua:** Summer: Sun and Water  
**Verano Lluvioso:** Rainy Summer  
**Comida en la Tierra:** Food in the Earth  
**Día de San Juan Bautista:** Day of Saint John the Baptist

**Abuelos:** Grandparents  
**Aguacero:** Downpour  
**Azada:** Hoe  
**Calabacitas:** squash or zucchini  
**Chile Rojo:** Red Chile  
**Jitomates:** Tomatoes  
**Nuevomejicanos:** New Mexicans  
**Pala:** Shovel  
**Pepinos:** Pickles  
**Querencia:** Homeland, the place where your heart lives and that your heart desires when you're away from it.  
**Ranas Toros:** Bullfrogs  
**Ranitas:** Frogs  
**Resolana:** The sunniest south-facing wall of a home or other building  
**Sandia:** Watermelon  
**Yerbitas:** Herbs



Publication Date: February 2023

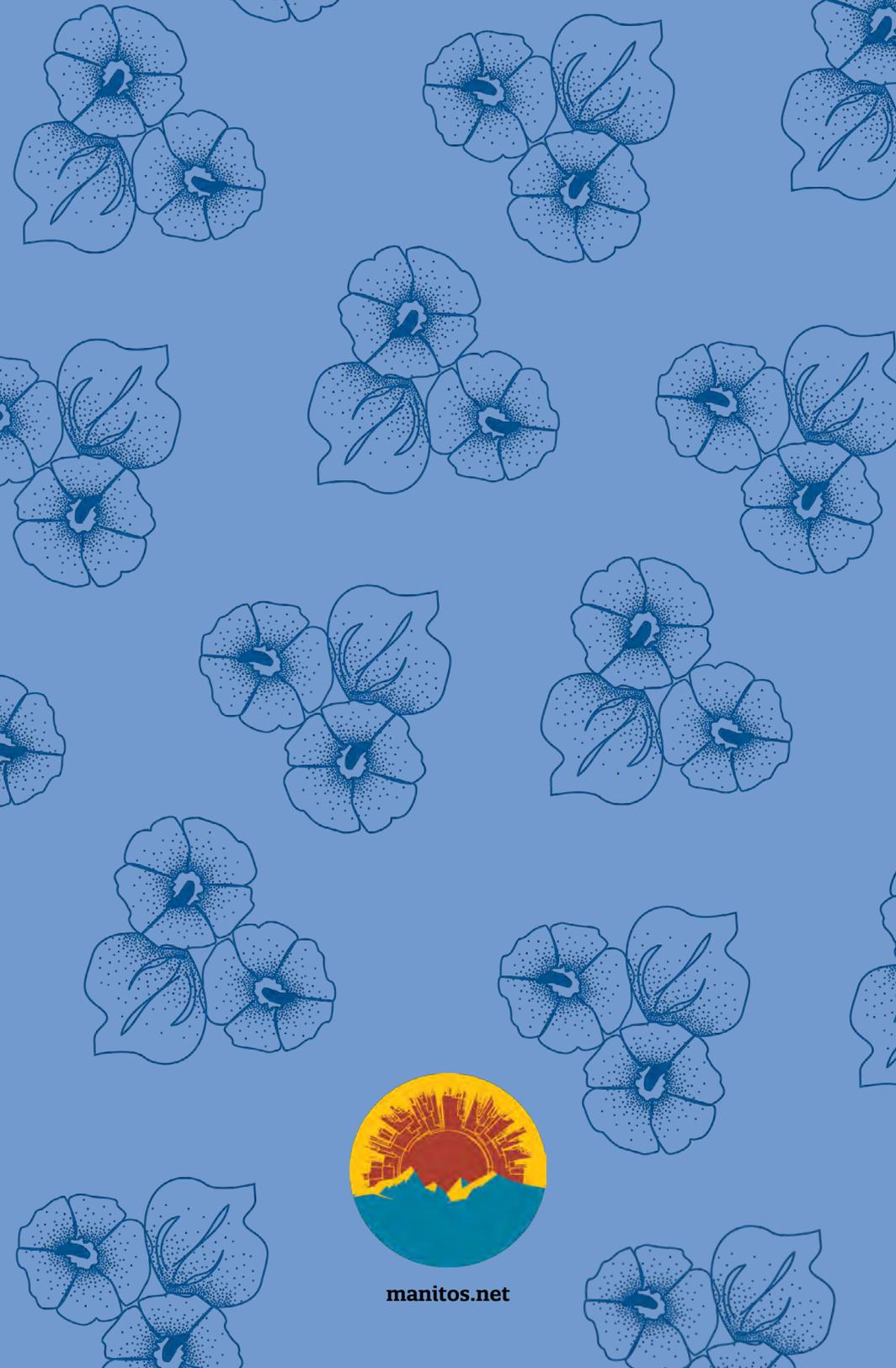
The *Manitos Cuadernos Series* is made possible thanks to a National Endowment for the Humanities grant to the Manitos Community Memory Project, a collaborative initiative of the Department of Media Arts and Technology at New Mexico Highlands University, Las Vegas, New Mexico, the New Mexico Humanities Council and the Cultural Technology partnership with the New Mexico Department of Cultural Affairs.

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