

**Text Set Title:** *From the Sonoran Desert to your Plate:* Heritage Plants and Recipes of the Sonoran Desert

**Overview of Text:** *This text-set aims to provide resources that showcase the connection of food to the Sonoran Desert and academic learning for our students that live in the Southwest. The text-set will guide teachers to use students' home language, family values/traditions/background, academic / non-academic experiences, and interests that support students' academic journeys holistically. A key fund of knowledge in every culture is food and it can help us in representing the students in their learning subjects and helping them make different connections to the place they live in.*

**Essential Question:**

How does your culture adapt to the natural resources you have in the Sonoran Desert?

**Guiding Questions:**

- How can you use your natural resources to survive?
- What are sources of food in the Sonoran Desert?
- What food recipes emerge from the Sonoran Desert?
- As an educator, how can you incorporate food into your teaching and learning experiences?

**"The Funds of Knowledge Approach."** *Funds of Knowledge Alliance*, 30 Sept. 2021, [fundsofknowledge.org/the-funds-of-knowledge-approach/](https://fundsofknowledge.org/the-funds-of-knowledge-approach/).

- A guiding principle within culturally responsive teaching and learning are "Funds of Knowledge" which promotes teacher-student-family relationships that supports academic, social, and individual growth. A key fund of knowledge in every culture is food and it can help us in representing them in the learning subjects and making different connections.

**"Thompson, Moses, et al. *EL DESIERTO DE SONORA ALMANAQUE DEL JARDINERO ESCOLAR*. School Garden Program, 2023."**

- This is a garden guide to the Sonoran Desert native plants. It gives information on how and when to plant certain plants, as well as food recipes that you can do. Also, it gives additional information about the Sonoran Desert regarding the land, culture, and climate. There are three different versions, we used all to inform our project. Additionally, we used a lot of its visual arts on the website.

**"Star, Arizona Daily. "A Map and 120+ Photos of Tucson's Beautiful Murals." *Arizona Daily Star*, 7 June 2023, [tucson.com/news/local/a-map-and-120-photos-of-tucson-beautiful-murals/col\\_3543709a-6f3c-11e8-bd83-e7539f28be25.html#124](https://tucson.com/news/local/a-map-and-120-photos-of-tucson-beautiful-murals/col_3543709a-6f3c-11e8-bd83-e7539f28be25.html#124)."**

- Murals in Tucson depicting the Sonoran Desert and our connections.

## **Books**

### **Fiction**

1. *Sopa de Frijoles / Bean Soup: Un Poema Para Cocinar / A Cooking Poem* by Jorge Argueta
2. *Paletero Man* by Lucky Diaz
3. *Fry Bread: A Native American Family Story* by Kevin Noble Maillard
4. *The First Tortilla: A Bilingual Story* by Rudolfo Anaya

5. Carlos and the Squash Plant / Carlos y La Planta de Calabaza by Jan Romero Stevens
6. Nopalitos para la Comida by Maria Luisa Barrera
7. Cactus Soup by Eric A. Kimmel
8. La Fiesta de Las Tortillas by Jorge Argueta
9. Ziiniyah/Zinnia: Hait'eego Naadaa' Shonaozt'e' /How The Corn Was Saved [Navajo] by Patricia Hruby Powell
10. Yum! !MmMm! !Que Rico! Americas' Sproutings by Pat Mora
11. The Cazuela That the Farm Maiden Stirred by Samantha R. Vamos
12. Big Moon Tortilla by Joy Cowley. Tohono O'odham. When Marta ruins her homework and breaks her glasses, Grandmother soothes her with an ancient story and one of her delicious tortillas.
13. The Pancake Tree by Jacky Turchick and Laurie Melrood
14. Kamalata's Kitchen: Taste Buds in Harmony by by Derek Wallace, Sarah Thomas, Alexandria House, et al.

#### Non Fiction

15. The Neighborhood Forager: Finding and Preparing Delicious Wild Foods Anywhere by Robert K. Henderson
16. Eat Mesquite and More: A Cookbook by Desert Harvesters
17. Food Plants of the Sonoran Desert by Wendy C. Hodgson
18. Sonoran Desert Food Plants: Edible Uses for the Desert's Wild Bounty by Charles W. Kane
19. Fruits of the Desert by Sandra English
20. Nopalito: A MEXICAN KITCHEN [A COOKBOOK] by Gonzalo Guzmán and Stacy Adimando
21. Tomatoes, Potatoes, Corn, and Beans: How the Foods of the Americas Changed by Sylvia Johnson
22. Cooking the Wild Southwest: Delicious Recipes for Desert Plants by Carolyn Niethammer

#### Connections with Plants of the Sonoran Desert

23. The Night Flower: The Blooming of the Saguaro Cactus by Lara Hawthorne

24. The Seed & the Giant Saguaro by Jennifer Ward

## Connections with Gardening in the Sonoran Desert

Sonoran Desert School Gardener's Almanac

25. [https://schoolgardens.arizona.edu/sites/schoolgardens.arizona.edu/files/220223%20Garden%20Almanac\\_SPREADS%20%281%29.pdf](https://schoolgardens.arizona.edu/sites/schoolgardens.arizona.edu/files/220223%20Garden%20Almanac_SPREADS%20%281%29.pdf)

26. [https://schoolgardens.arizona.edu/sites/schoolgardens.arizona.edu/files/230606\\_2022\\_23%20Garden%20Almanac%20Spreads%20Final%20Draft.pdf](https://schoolgardens.arizona.edu/sites/schoolgardens.arizona.edu/files/230606_2022_23%20Garden%20Almanac%20Spreads%20Final%20Draft.pdf)

27. <https://schoolgardens.arizona.edu/sites/schoolgardens.arizona.edu/files/Garden%20Almanac.pdf>

28. Blue Watermelon Project

## Connections with Family, Place and Personal Histories

1. Arroz con leche: Popular Songs and Rhymes from Latin America by Lulu Delacre
2. Tamalitos: Un poema para cocinar / A Cooking Poem by Jorge Argueta
3. Meals and Memoirs by Tani Sanche
4. What's Cooking at 10 Garden Street?: Recipes for Kids from Around the World by Felicita Sala
5. Salsas Stories By Lulu Delacre
6. Salsa by Salsa: Un Poema Para Cocinar / A Cooking Poem by Jorge Argueta
7. My Tata's Remedies / Los Remedios de Mi Tata by Roni Capin Rivera-Ashford
8. My Nana's Remedies / Los Remedios de Mi Nana by Roni Capin Rivera-Ashford
9. Meals and Memoirs II: Recipes and Recollections of African Americans in Tucson, Arizona by The Afro-American Historical and Genealogical Society-Tucson Chapter and Tani Sanchez, PhD

NEH Multimodal Text Set Project, 2023

D. Teran, S. Alvarez, T.Miranda

10. Feels Like Home: A Song for the Sonoran Borderlands by Linda Ronstadt and Lawrence Downes
11. Recuerdos y Recetas: Memories of Recipes of Mexicano Families by Patricia Preciado Martin located 7/18/23 from NRPR selling Canoa Ranch recipe books to help with restoration project (kold.com)

## Class Resources and Extensions

Meals and Memories - How to Create Keepsake Cookbooks

Blue Watermelon Project / Chef in the Garden

School and Community Garden Workshop Almanac

Green Academy Workshops for Tucson Unified School District Educators (Open to all educators)

??School and Community Garden Email List??

Worlds of Words Language and Culture Kits and Global Story Boxes

[https://arizona-primo.hosted.exlibrisgroup.com/primo-explore/search?query=any,contains,food%20novels&tab=default\\_tab&search\\_scope=Everything&vid=01UA&facet=library,include,CLEB&lang=en\\_US&offset=10&came\\_from=pagination\\_1\\_2](https://arizona-primo.hosted.exlibrisgroup.com/primo-explore/search?query=any,contains,food%20novels&tab=default_tab&search_scope=Everything&vid=01UA&facet=library,include,CLEB&lang=en_US&offset=10&came_from=pagination_1_2)