Exploring our New Mexico Cultural Projects

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New Mexico Cultural Projects

New Mexico Flavor
For 4-H Members

An Introduction to New Mexico's Culture

Cooperative Extension Service
College of Agriculture and Home Economics

Uniquely New Mexico
THE ENCHANTING LAND OF NEW MEXICO

An Introduction to New Mexico's Culture From Growing to Eating

New Mexico State University is an equal opportunity/affirmative action employer and educator.
NMSU and the U.S. Department of Agriculture cooperating.

New Mexico Roundup
(NEW MEXICO FLAVOR III)
AN INTRODUCTION TO NEW MEXICO'S RANGELAND TRADITIONS AND CULTURE

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New Mexico Flavor

- Is designed to be used in sections.
- The topics are diverse.
- To gain the maximum learning experience from New Mexico Flavor’s diverse topics, one section should be covered at each club meeting.
New Mexico Flavor

• As a project, *New Mexico Flavor* can help you appreciate the state’s rich culture and learn more about the importance of agriculture in New Mexico.

• You will learn:
  – The history and tradition of the state.
  – How to grow chile.
  – How to make a chile ristra.
  – How to prepare unique foods from NM products.
New Mexico Flavor

• Things you can exhibit:
  – A plate of six green chiles.
  – A plate of six red chiles.
  – A chile ristra YOU made.
  – A plate of three homemade flour tortillas.
  – A recipe box.**
  – A New Mexico style craft article.
Uniquely New Mexico

• Is designed to teach you about New Mexico’s rich culture.
• Will help you gain an awareness and appreciation of the culture of NM.
• Through your education, you will help to preserve the heritage that makes NM unique.
Uniquely New Mexico

• You will learn:
  – History and tradition of the state of New Mexico.
  – How to grow corn.
  – How to make a cornhusk doll or cornhusk necklace.
  – How to make a piñata.
  – How to prepare foods unique to New Mexico.
Uniquely New Mexico

• Things you can exhibit:
  – A recipe box with recipes**
  – A piñata
  – A cornhusk doll
  – A plate of three biscochitos
  – A plate of three ears of corn
  – A journal about your county trip
  – A plate of three homemade corn tortillas
New Mexico Round-Up

• The information and activities in this project book should be covered in the order in which they appear in the book.

• It is important that participants first develop an understanding of the NM Foodscape and are able to use that understanding to achieve the maximum benefit from other project activities.
New Mexico Round-Up

- As a project, *NM Round-Up* can help you appreciate the state’s rich culture.
- Learn more about the importance of agriculture in NM.
- Learn how to use the *NM Foodscape* to help plan healthy meals and snacks.
- Using NM products as part of a balanced diet.
New Mexico Round-Up

• You will learn:
  – About some of NM’s history and traditions.
  – How to grow pumpkins.
  – How to prepare foods from NM’s agricultural products.
  – How to plan a one-day menu using the NM Foodscape.
  – How to twist or braid rope and use it in a craft project.
  – How to weave miniature saddle blankets for mug rugs.
New Mexico Round-Up

• Things you can exhibit:
  – A project made from rope.
  – A set of four mug rugs.
  – A plate of 3 sourdough biscuits.
  – A plate of beef jerky (4 strips)
  – A pumpkin YOU grew.
  – A rodeo flag.
NM 4-H Home Ec School
NM Cultural Projects Track

- Guest speakers-
  - Harvey Girls history
  - Native American history

- Crafts completed
  - Cornhusk dolls
  - Recipe boxes
  - Mug rugs
Cornhusk Dolls
Rope Articles