

M C Campos

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Noticias de las Acequias

New Mexico Acequi
Association
September 2012

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Remedios: Curarte en Salud

By Estevan Arellano



Yerba buena (spearmint) tea has long been used for nausea and indigestion, heartburn, stomachache, and gas.

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**Upcoming NM
Events**

**Congreso de la
Acequias
SAVE THE DATE**

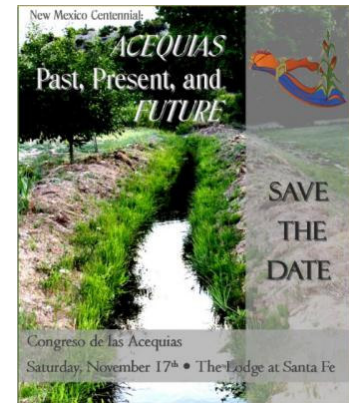
It's that time of the year not only to start drying and freezing fruit and vegetables, but also to start foraging for *remedios*, as has been done in northern New Mexico for centuries.

With today's health crisis, many people are turning to medicinal herbs for their health problems. In northern New Mexico this is nothing new, as people have depended on all types of plants, shrubs and trees, including their roots, to take care of whatever ails them.

Usually people who know a lot about medicinal herbs are known as *curanderas* or *médicas*. Most of them are women, some of who also double as *parteras*, or mid-wives. But the best way to keep yourself from having to go to the doctor is to follow the advice of a traditional refrain or saying, "*curate en salud*," cure yourself while in good health.

This *refran* or *dicho*, is simply telling people to take care of their bodies while healthy, and this usually implies having a good diet, plus a good outlook about life.

There are a number of herbs, or *remedios*, that most people are familiar with, such as *oshá*, which is considered one of the most popular herbs in New Mexico. *Oshá* usually grows in the high sierras in elevations of around 10,000 ft. and the plant when seen in the wild resembles a celery plant. It is used in treating colds and lung infections and many people chew the root to cure sore throats. It can also be used as a skin cleanser. When I was growing up I remember my mother always made sure we had *oshá* root when we went for firewood in mountains because it's supposed to ward off rattlesnakes. And some people even carry the *oshá* root as a charm to keep off witches. It is also said that Pueblo people used *oshá* to put it in their acequias to stop cutworms and other bugs from forming. Maybe that's why today you can also find *oshá* in some acequia banks.




"The New Mexico Centennial: Acequias Past, Present, and Future"

Featuring NM State Engineer, Scott Verhines, as the keynote speaker.

**Saturday, November 17th
The Lodge at Santa Fe**

The Congreso de las Acequias is NMAA's statewide membership meeting. Acequia leaders throughout the state convene to discuss matters related to acequias and vote on resolutions, directing NMAA's policy efforts.

For more info on this year's program contact Quita Ortiz at (505) 995-9644 or email quita@lasacequias.org

Stay up to date on all of our events by visiting www.lasacequias.org/calendar or follow us on Facebook 

Global Acequia



Above (left): *Manzanilla* (chamomile) flowers, consumed as a tea, assists with sleep disorders. *Plumajillo* (yarrow), has traditionally been used for wounds as it helps to stop bleeding, along with many other uses.

Another common *remedio* that is usually grown in gardens is *manzanilla* or chamomile. When someone usually can't sleep, they are prescribed a cup of tea before bedtime. It is good for treating stomachaches and to treat head colds, flu symptoms, and helps reduce fevers. It can also relieve aching joints and many people use it to wash their hair.

Today most people don't recognize the plants outside their doors and many medicinal plants are simply treated as weeds, and thus seen as of no value.

Almost everywhere one can see the *rosa de Castilla*, wild rose, especially along the banks of the acequias. Not only are the rose hips used to make jam, but the leaves and flowers can be used as eyewash or made into a strong tea for treating sore throats. The petals are also used to reduce fevers, especially in children.

In my property, and almost everywhere, we meet up with what, to me, is a very sculptural plant, especially after it dries in the fall, mullein or *punchón*. The leaves can be smoked for breathing difficulties such as asthma. Or, it can be made into tea to treat bronchitis and the tiny yellow flowers can be infused in oil and used to treat earaches.

Most of the time we are surrounded by the different *remedios*

Symposium

"Acequias and the Future of Resilience in Global Perspective"

**March 2nd & 3rd, 2013
Convention Center
Las Cruces, NM**

Project partners include NMSU, UNM, Sandia Laboratories, and the New Mexico Acequia Association

For more information contact NMAA at (505) 995-9644.

Santa Fe County SLDC Public Review

Santa Fe County's Sustainable Land Development Code (SLDC) contains detailed regulations to guide future growth and development in the County in accordance with the Sustainable Growth Management Plan (SGMP)

**Public Review
Series will take place
between Wednesday,
Sept 26th - Oct 18th in
various communities
throughout the county.**

Click [here](#) for a complete schedule of meetings.

Spañapoolooza 2012

**Saturday, October 6th
Española Skate Park**

but since we are so removed from nature we don't see them. Usually where there is *punchón* one will also find cottonwoods; or up in the high sierras aspens. Both yield many medicinal applications. A tea made from the leaves was used as a spring tonic and blood purifier; the bark when boiled and drunk help to reduce fever. Both aspens and cottonwoods are poplars, which are in the willow family, and yield salicin type chemicals, the precursor to aspirin.

The flowers of the *chamiso blanco* or rabbitbrush yield a rich yellow dye, and were used as a tea to break fevers through sweating. A strong tea was used in the bath to reduce the pain and swelling of arthritis.

A lot of these plants and trees were found in the commons of the land grants, either in the *dehesas* (llanos), *montes* or *sierras*. Some were used for medicinal purposes and others for food, such as *chimajá*, wild parsley, found in the llanos of Ohkay Owingeh-Alcalde, as well as the Pojoaque-Cuyamungue area in the spring.

Also found usually on the side of the arroyos at around 6,500 ft. elevation is the *encino de la hoja ancha* or Gambel's Oak/Scrub Oak. The branches are boiled and the liquid used to treat gum inflammation, scratches and abrasions. The bark was used much like quinine to treat recurring fevers.

The *sabina* or Rocky Mountain Juniper have been used to protect against negative influences of all kinds. The needles were made into a tea to reduce fevers and deal with urinary tract infections. The berries were added to flavor alcohol and used as a digestive bitters.

The *piñon* tree is mostly associated with its pine nuts which are eaten roasted and are a delicacy for us *nuevomexicanos*. Along with *carne seca*, there is no better trail mix. Of all firewood, the preferred is the dried *piñon* wood. In the past the needles have been steeped and drunk to treat syphilis, and the sap - *trementina* - has been used to draw splinters, as a varnish ingredient, waterproofer, a dye and as an adhesive when grafting trees.

Also growing wild in meadows in the *sierra* is *poleo*, or wild mint, which also grows along streams and acequias. It is used as a stomach anesthetic and for indigestion. It's *primo* is *yerba buena*,

Noon - 6:00pm

This event features live painting, poetry, live music, skate and BMX competitions. In addition there will be food and informational booths from various local organizations and non-profits.

Spañapalooza fosters a safe environment for young people to gather and share their talents. It's an important voice for young people in northern New Mexico and has proven itself to be unique.

For more info email spanapalooza@gmail.com or call (505) 927-9631

AGO Road Show

Presented by the Office of the Attorney General

Thursday, October 11th
UNM Campus
Science and Technology Park
(Rotunda- 1st Floor-East).
801 University Blvd SE
Albuquerque, NM
 1:00 to 4:00pm

New Mexico Attorney General Gary King's office is hosting a workshop on Open Meetings Act and Inspection of Public Records Act designed to provide assistance to local governments, members of government boards and commissions, and the general public.

or spearmint, which has a strong, cleansing and uplifting scent and the aroma is used to sharpen the senses. The tea helps with nausea and indigestion, heartburn, stomachache, and gas. Spearmint is also considered excellent for headaches and women use it for menstrual cramps.

Another plant that is widely used by the *nuevomexicanos* is the *oregano de la sierra*, which is as an antiviral, antibacterial and antifungal and is also used for cooking. Probably one of the most sought after *remedios*, which can even be found along highways, is *cota* or Indian tea. Not only is it a flavorful but it is also used as a diuretic, kidney cleanser and to control blood-sugar levels.

These are only a few of the *remedios* that can be found around the house, *acequia*, *monte* and *sierra* and all contributed to what people call "*una vida buen, sana y alegre*," a good, healthy and joyful life.

Food Traditions in Northern New Mexico

By Quita Ortiz



In early September, Elena Arellano's red chile took 1st place overall at the Dixon Cook-off.

Similar to other regions, the autumn season in northern New Mexico is marked with changing colors and cooler weather, providing us with a welcomed reprieve from the summer's heat, especially this year. The plants and trees are retiring for the season, and soon enough will yield to the winter. Food traditions are alive and well in the fall and if we're prepared, some of us have preserved much of our harvest for future consumption in the forms of drying, canning, or freezing.

No charge, but please RSVP to the Civil Division's La Verne Roller at Irolleitnmap.aov or 505-827-6063.

Healthy Eating and Diabetic Cooking Classes and Luncheon

FREE sessions focusing on healthier lifestyles, understanding diabetes, weight loss, food substitutions, and culinary techniques

October 25
November 15
December 13

To register call the Taos County Economic Development Corp at

(575) 758-8731 or email taosfoodcenter@tcedc.com

"Bug Nights"

Presented by New Mexico State University, Rio Arriba County Cooperative Extension Service, and Alcalde Agricultural Science Center

This series provides an opportunity to learn about both beneficial insects and common pests associated with fruit and vegetable crops: how to recognize them, the damage they cause, and different approaches to their control.

Our communities still rely on the traditional foods and dishes of northern New Mexico to fill their plates. From *calabacitas* to *tamales*, we covet them all. Elena Arellano is no exception and when it comes to food, her skills are well-known and highly regarded in and around her community of Embudo, NM.

She remembers growing up nearby in Cañoncito, "Since I was little I remember helping out on the farm. I always liked to help outside more than in the kitchen, but I was expected to help with dinner when I came home from school," suggesting that her culinary skills didn't really blossom until later in life. "When I got married I started experimenting more. It was interesting to me to try different foods and recipes," she said, "but we still eat a lot of traditional foods like *quelites* and *verdolagas*."

Elena's culinary evolution stemmed from her creative side. She said she's always been interested in art and photography and it fueled her food endeavors. "The color and texture of food was very important to me," she said, "If it doesn't look pretty it's not going to taste as good." She has taken on catering opportunities throughout the years, but nowadays only caters occasionally and prefers small events. "The larger you get the less creative you can be," she said.

Like many of us, one of Elena's favorite traditional food is *tamales*. She's working with her local co-op in Dixon to organize a workshop there this fall, where she'll demonstrate the process of making tamales. "I'm going to show them how to prepare the *masa*, and how to wash the *hojas* (corn husks), and how to cook the meat," she said. The workshop will be interactive, allowing participants to both observe and assist with the process.

Elena asserts that if you're going to prepare *tamales*, you better do it right. "A lot of people take short cuts in ingredients and you can't do that," she says, "You need to use good meat, good *chile* and good *masa* with good *manteca* (lard). I won't spread my *tamales* until I taste my *masa* and know that it's good and spreadable."

Elena realizes the importance of knowing the source of what we eat, especially our youth. "A lot of people have no idea where food comes from. For them, food and supermarket are one and the same," she said. She told me that she often has *atole* (ground blue corn served as a hot cereal) for breakfast instead

**September 27th
6:00 pm@ the Alcalde
Agricultural Science
Center**

Click [here](#) to view flyer. There is no charge for attending any of these events, but we do ask you to pre-register by calling 505-685-4523 as numbers may be limited.

Technical Assistance

HOW DO WE PROTECT
OUR WATER RIGHTS?
HOW DO WE GET
FUNDING TO IMPROVE
OUR ACEQUIA? WHAT
CAN OUR ACEQUIA DO
TO PROTECT OUR
EASEMENTS? WHAT
PROGRAMS ARE
AVAILABLE TO SUPPORT
FARMERS AND
RANCHERS?

The NMAA offers technical assistance on Acequia Governance and USDA programs for landowners. If any of these questions apply to you or your acequia, please submit a [Request for Technical Assistance](#).

Become a Member!

[Become a member of the New Mexico Acequia Association!](#) Parciante and Supporter Memberships are \$20/year and includes a quarterly newsletter subscription.

of the store-bought cereals. "It's healthy," she says, "It makes me feel good when I drink a cup of *atole* compared to eating a bowl of Corn Flakes."

Despite the grave truth about the masses being unaware of the origins of what they consume, our food traditions in New Mexico are, after centuries, still thriving. We eat what we grow, and we love what we eat. *Frijoles*, *posole*, *chicos*, and *chile*; followed by *natillas*, *bizcochitos*, or *pastelitos* to satisfy the sweet tooth - they're New Mexico's soul foods and we cherish them. Ending on a high note, Elena says, "Anything we can grow here keeps us going."

ELENA'S GREEN CHILE STEW



Elena Arellano shares her green chile stew recipe with us, which recently won 1st place in the green chile category at the Dixon Cook-off in September. Her recipe was also featured in *Saveur* magazine in 2001.

INGREDIENTS

- 8 medium-hot fresh green chiles
- 2 tbsp. vegetable oil
- 1 lb. boneless beef chuck, cut into 1" pieces
- Salt to taste
- 1 medium yellow onion, peeled and coarsely chopped
- 1 clove garlic, peeled and finely chopped
- 5 new potato, peeled and halved (if using larger potato, cut in small squares)
- 2 medium fresh tomatoes, cored and diced

Membership for an Acequia is \$40/year including a newsletter subscription for all four officers.

The NMAA is a charitable, educational non-profit organization that relies on membership contributions and foundations for its general operating expenses. We rely on folks who join as members and to contribute membership dues and donations to support our work. It has never been more important to have a united front to protect our acequias and strengthen our food and agricultural traditions.

Thank You!!!

The New Mexico Acequia Association greatly acknowledges the support and dedication of the many parciantes and supporters who are NMAA members and who have made donations.

Thanks to our foundation supporters including (in alphabetical order) Catholic Campaign for Human Development, The Christensen Fund, Marguerite Casey Foundation, New Mexico Community Foundation,

- 3 carrots, peeled, sliced
- 1 tsp. cumin

1. Roast

chiles, peel and coarsely chop.

2. Heat oil in a large heavy bottomed pot. Generously season beef with salt after it has been cubed. Add meat to pot and cook slowly, stirring often until browned on all sides. Add onions and garlic, cook, stirring frequently until onions are soft, (about 5 minutes). Add 3 cups water scraping any browned bits stuck to pan. Reduce heat to medium, partially cover pot, and simmer until meat is tender when pierced with a fork, about 30 minutes.

3. Add sliced carrots and cut potatoes to pot, reduce heat to medium-low and continue cooking, partially covered, until soft but not mushy (about 20 minutes). Add tomatoes, cumin reserved chiles and salt to taste and simmer for a little bit, (not too much, chile tends to get hotter if boiled) only until meat is tender when pierced with a fork. Adjust seasonings to your liking. Serve with warm homemade tortilla. Enjoy.

Greenhouse Construction: Lessons Learned

By Margaret Campos



It's been a year now that we purchased and set up our heated

McCune Foundation,
Panta Rhea Foundation,
and the W.K. Kellogg
Foundation.

We also greatly appreciate the financial support provided to us by state and federal sources: the U.S. Department of Agriculture's Office of Advocacy and Outreach; and the State of New Mexico's Department of Finance Administration.

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green-house. In that time there has been a lot to learn and it's worth noting so that one does not repeat mistakes in the future. For example, next time we set up a greenhouse with radiant heat, I would hope we would remember to do so in a different order. This time around we first poured concrete pillars and placed anchor bolts at the point where each greenhouse purling would connect to an anchor. Then approximately 18" of dirt was removed where the greenhouse would be situated. Then 2" rigid foam insulation was placed around the entire perimeter. The mistake was in the next step: the greenhouse was first assembled and then the dirt inside was replaced manually with a wheel barrow, a very labor intensive mistake. We should have first filled the area with the tractor, then built the greenhouse. However, the Pex tubing for radiant heating along the floor wasn't available in time, so the assembly began before the fill.

In everything that we do, there are lessons learned. Whether we use the lesson is up to us, but sometimes remembering the details when you're about to repeat a process is nearly impossible. I tend to forget the details and for that reason, I keep a journal and recommend others do the same. It get's even harder when you try to think back from a year ago, and so much more difficult when remembering back five, ten years or more. *Son los años, comadre!*

We have kept a careful journal of what we have done over the year that we began our greenhouse project, for several reasons:

- 1) We hope to improve the production process in the future, expecting this greenhouse will provide cherry tomatoes to support our expansion to year-around production and distribution.
- 2) We built the greenhouse from USDA-NRCS (Natural Resource Conservation Service) EQIP funding, and therefore, needed to keep track of invoices and expenses to be able to receive our cost-share reimbursement.
- 3) After completion of the greenhouse we had to keep careful record of actual production because our greenhouse cherry tomato production is part of a USDA Western Sustainable Agricultural Research & Education project (Western SARE) to ascertain the profitability of this venture.

Our project "*The Assessment of the Economic Viability of High-Value Greenhouse Production*", hopes to calculate the period of time it will take before we see a profit or return on investment. And I can tell you, without having calculated the exact time, I think in roughly two to three years, the cherry tomatoes would pay for the greenhouse

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Lori Spillman, Administrative
Asst.

Elena Misumi, Bookkeeper

Call us at 505.995.9644 to schedule a meeting with us. We do one-on-one consultations with acequia officials on water rights, water management, bylaws, easements, infrastructure planning, and referrals to other resources.

www.lasacequias.org

kit, the labor to erect the structure, connect the electricity and water, install the heating system, cooling fans, and begin to actually show a profit. However, when you factor in the EQIP grant from USDA, the profit starts much sooner. The great part is that after it pays for itself, it is one more cash-flow stream that we can count on during the winter months when traditionally we've had to rely on farm income. The project brings us one step closer to fulfilling our long-term plan for sustainability.

Over the course of the year, we also learned that we don't like the drop-down sides of the greenhouse. The water fills in the plastic that lay on the floor, and in the end, the plastic gets mucky and there is not much you can do to keep it clean other than remove and replace as needed; but that would be a nuisance. (Note to self: next time, install roll-up sides!) We've learned that when the weather turns cold, the grasshoppers have found our oasis on the farm as well, so we bring out the NoLo Bait, biological grasshopper control. We found a new way to trellis the vines to accommodate more plants per square foot, which means more profit, sooner.

There is much to learn from keeping track of the dates you plant: the lunar cycles, watering sequence, amendments, etc. Sometime, when in the middle of a project, you are too close to the vine to see the field. Many a time, upon later reflection there may be a pattern that you missed in the moment. Those are the gems of knowledge we hope to find as we continue to log and note, the changes in this new bio-region that we have created right here in the heart of the Embudo Valley.

Eremita and Margaret Campos invite you to come and see a demonstration of their greenhouse project, and share in the details of their findings, on Tuesday, October 23, 2012 at 10:00 a.m to 1:00 p.m. For more information and/or driving directions, please e-mail algonativo@cybermesa.com or call (505) 852-0017. For more information on the USDA Western SARE Competitive Grants, please refer to wsare@usu.edu or <http://wsare.usu.edu> or call (435) 797-2257.

USDA's Updates/Deadlines

Value Added Producer Grant for FY 2012

The USDA - Rural Development's Value Added Producer Grant program helps agricultural producers enter into value-added activities.

Grants will be awarded competitively for either economic

planning or working capital projects directly related to the processing and/or marketing of value-added products. Generating new products, creating and expanding marketing opportunities, and increasing producer income are the end goals of the program.

The deadline to submit applications is October 15, 2012. For more information, visit Rural Development's VAPG webpage.

Form 1099-G and 1099-MISC for FSA Producers and Vendors

This calendar year 2012 brings several changes to the way FSA reports a producer's farm program payments to the producer and to IRS. In past years, IRS Forms 1099-G would be issued to show all program payments received from the Farm Service Agency, regardless of the amount.

Starting with calendar year 2012, producers whose total reportable payments from FSA are less than \$600 will not receive IRS Form 1099-G (Report of Payments to Producers). Additionally, producers who receive payments from more than one county will only receive one Form 1099-G if the total of all payments from all counties is \$600 or more. Producers who receive less than \$600 in combined payments should consult a tax advisor to determine if these payments must be reported on their tax return. If the payments were subject to voluntary withholdings or subject to backup (involuntary) withholdings a Form 1099-G will be issued regardless of the total amount of the payments. The same changes will apply to producers and vendors who normally receive IRS Form 1099-MISC from FSA.

For more information regarding IRS reporting changes, contact your local County FSA office or visit www.fsa.usda.gov

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