



Please visit Bluewatermelonproject.org and “Resources” to find this kit’s video Recipes provided by Shannon Reina, Food Service Director, Salt River Schools

Poshol, 2 servings

- 1 cup brown tepary beans “S-oam Bavi”
- 2 TBSP. Pima wheat berries “O’las pilkan”
- 2 TBSP. roasted corn kernels “Huun ga’l”

Recipe Instructions:

1. Sort and rinse the beans.
2. Add all ingredients to a large pot and cover with water.
3. Make sure you have at least 2 to 4 inches of water over the beans.
4. Simmer for about 6 hours or more depending on how thick you want the juice to be. More water may need to be added during cooking.
5. The beans should be tender.
6. Great when cooked in a Crock Pot!



Planting: Wheat is from the grass family. Plant the seeds one half inch or less into the soil and give them an inch or more of space between plantings so the roots have room to expand below the surface. If you have room in your garden, spread the seeds out about 2 inches apart. **Watering:** The seeds are small and planted close to the top of the soil so be careful watering the plants, you don’t want to turn the seeds and soil up with a heavy stream of water. After planting, keep the soil moist by watering daily; once the wheat gets to about 2 inches high, you don’t need to water daily. Stop watering the plant in May to allow it to dry.



Harvesting (or threshing) your wheat: The wheat plant should dry out for harvest in mid to late May or June before the summer monsoon rains in July. The plant will turn from a green (grass-like color) to brown. You should be able to harvest before school gets out for the summer. If not, harvest and keep the dry plants till the students return in the fall. The seeds grow out at the top of the plant in what’s called “wheat heads”. The wheat seeds are called “wheat berries.”

One process to separate the berries is to cut off the seed heads at the top of the plant and put them in a pillowcase. Whack the case against a hard surface like the floor or wall to loosen the berries from the stem. Pour out the content of the pillowcase and find your wheat berries separated from the seed heads. You can also use a technique called “winnowing” where you use a fan to blow away the lighter pieces of the seed head, the “chaff”, leaving the heavier, more dense seed berries behind. Note: If birds are a problem, cover the seeds with leaves, straw, a light mulch or place a lightweight see-thru cloth over the seeds such as “tulle” until the seeds sprout. Tulle can be used to keep animals from eating a lot of different seeds after planting.

We love to hear from you!

Share your experience on Facebook or Instagram and tag us @BlueWatermelonProject & #chefinthegardenaz

Meet your Farmer: Ramona Farms is operated by Terry and Ramona Button on the Gila River Indian Reservation near Sacaton, Arizona. The farm has been passed down through generations, mainly growing corn, beans, wheat, cotton, and other traditional heirloom, and non-traditional food products. Terry and Ramona are deeply connected with their community and even worked to prevent the extinction of Tepary beans, and sell their products at local markets.



Education Concepts: Poshol is a traditional O’odham soup that has been consumed in Arizona for thousands of years. Poshol can be made in many different ways but the Tepary beans (S-oam Bavi) are a consistent ingredient. HUUÑI GA’I is made by roasting whole ears of 60-day corn picked in the milk stage over a mesquite fire. The corn is sun-dried and then shelled and stored for later use. Wheat berries (O’las pilkan) are a more recent introduction after the 17th Century.

Tepary beans are native to the Sonoran Desert. They are thought to have been first domesticated from wild plants in Northwest Mexico and have been grown by indigenous peoples of Arizona for 4,000 years. However, in the 1930's, with the increase of mechanization and irrigated agriculture, plants traditionally grown for their drought tolerance, such as the Tepary bean, were no longer as highly valued. By the 1950s, Tepary beans became extremely rare. Recently, Tepary cultivation has been revitalized and dozens of varieties are being grown again.

Tepary beans are an arid-adapted crop or a crop that has changed over time to grow in the hot dry conditions of the desert. The Tepary bean has developed small roots that branch out far and deep into the soil so it can pick up as much water as possible. Its leaves are small and don’t lose a lot of water to the sun. These features mean that they use less water than other beans. As Arizona becomes hotter and drier, making use of arid-adapted plants becomes more important.

Culinary Skills: Food preservation plays a key role in allowing us to grow food today and eat it at another time in the future. Preserving foods keeps them from going bad or spoiling after it has been harvested (plants) or slaughtered (meat). Food spoilage is any change that makes food unfit for human consumption. These changes may be caused by various factors, including contamination by microorganisms or infestation by insects. Dehydration is one of the oldest food preservation techniques and works to prevent spoilage by removing the moisture from foods which helps prevent the growth of microorganisms. All of the ingredients in your Poshol were dehydrated after they were harvested. By adding water and letting them cook over a long period of time, water is added back and they more closely resemble their original form.

Bacteria and fungi (yeasts and molds) are the principal types of microorganisms that cause food spoilage. Foods may be contaminated by microorganisms at any time during harvest, storage, processing, distribution, handling, or preparation. Microorganisms like to grow in warm and wet environments so when we remove the moisture in the dehydration process, we are making it difficult for microorganisms to grow.

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