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Recipes provided by Chef Elizabeth Mainz

Amaranth Flour Pancakes

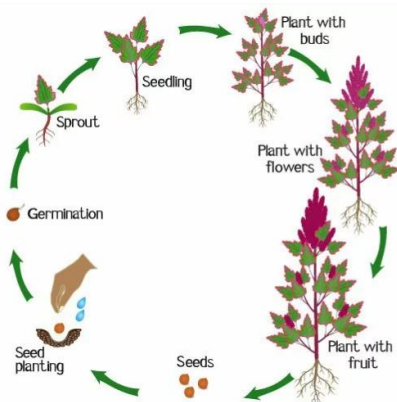
- 1 cup amaranth flour
- 2 TBSP sugar
- 1/2 tsp salt
- 1 tsp baking powder
- 2 TBSP melted butter (or oil for vegan)
- 3/4 cup milk (can be plant-based)
- 1 large egg (substitute - flax egg)



Instructions:

1. Whisk together flour, sugar, baking soda (if using), baking powder, and salt in a large bowl.
2. In a 2nd bowl, whisk together egg and butter/oil until well combined. Then add the milk and whisk.
3. Add wet mixture to dry ingredients and stir until just combined, making sure to incorporate all the flour, especially from the bottom of the bowl, but be careful not to overmix. It’s okay if it’s a bit lumpy.
4. If you have time, let the batter rest for a few minutes to let the baking soda and powder activate.
5. Heat a bit of oil on a hot griddle/skillet. The oil should not be smoking.
6. With a 1/4 c measure cup or scoop or ladle spoon batter onto the griddle/skillet.
7. When bubbles form on the surface of the pancake (2-3 mins) flip and continue to cook until golden brown and delicious.
8. Repeat steps 4-7 with the rest of the batter.
9. Enjoy with favorite toppings (fresh fruit, warm maple syrup, whipped cream).

Planting Amaranth with Master Gardener Mr. Pickle:



Amaranth is heat-loving and should be planted in full sun. You can lay 4-6 seeds on a sheet of toilet paper (to see the seeds), no more than ¼ inch below the surface of the soil. Lightly cover with dirt. Water the seeds well but lightly, not turning the seeds with a strong water force.

Once they start growing, you will need to pick the strongest-looking plant to focus on by “thinning” out the smaller plants. After about six weeks you can harvest and eat the leaves, which are similar to spinach. Pick a few leaves off the plant to eat but leave some behind so the plant stays healthy and strong.

In 3-5 months, harvest the seeds by cutting off the flower heads to let them dry out in a sunny spot. Then put them in a deep tray and crush them with your hands or a small rolling pin until the seeds start popping out. After that, the best way to separate the grassy “chaff” from the seeds is to use a hair dryer on

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cool (no heat) at the lowest airflow setting. One plant can yield half a million seeds, about 2 pounds worth.



Meet your Farmer:

The amaranth seeds included in this kit were donated by the [Native Seeds/SEARCH](#). Native Seeds/SEARCH is a nonprofit seed-saving organization based in Tucson, Arizona. Their mission is to save and promote the arid-adapted crop diversity of the Southwest in support of sustainable farming and food security. They seek to find, protect and preserve the seeds of the people of the Greater Southwest so that these arid-adapted crops may benefit all peoples and nourish a changing world.

History of Amaranth



Amaranth has a long and interesting history and was grown by the Aztecs at least 6-8,000 years ago. In what we now call Mexico, amaranth grew everywhere and was an everyday food for eating and prayer for the Indigenous people living there. Some of the most common ways that amaranth seeds were eaten was in porridge, ground into flour, or popped over the fire. The leaves of the plant are edible as well. When the Spaniards came to North America in the 1500's, they tried to get rid of amaranth forever by burning all of the fields and making the plant illegal for people to grow. While most people around Mexico stopped growing it so that they wouldn't get in trouble, some grew it very secretly so that they could save the seeds and the food wouldn't go extinct! We didn't start eating amaranth again in the US until the 1970s. (Source: *La Semilla Food Center*)

Amaranth is a drought-tolerant or arid-adapted food crop, which means that it has changed over time to survive with very little water. Drought-tolerant plants are very important in hot and dry places, like the Arizona desert, as they allow us to grow food without putting a big burden on our water supply.

Amaranth Nutrition Facts

This plant was an important food source for people in Mexico during times of war or hunger. Amaranth is a good source of plant-based protein, contains 100% of our daily need for manganese, (which is an important nutrient for our brains and blood), is high in antioxidants, fiber, and fat. We usually eat the seeds of the plant but you can also eat the leaves and greens too. The plant can also be roasted, milled and made into a drink called *atole*, which is a traditional Mexican drink.



Culinary Skills

Cooking can be a lot of fun and tasty! Always make sure you have an adult with you when you are in the kitchen so they can help you cut and cook safely. And be sure to clean your space when you are finished.

Science in the Kitchen



Did you know that when you are baking (like making cakes, pancakes, or bread) you are also doing chemistry? For example, when you mix baking soda and baking powder together in your pancake recipe, they come together to make a gas. If you look closely you can see the bubbles in the batter from the gas trying to escape! When you cook the pancake, the heat from the pan heats the gas but also traps the gas in the pancake by making the brown crust that you see when you flip the pancake. Trapping the gas is what makes the batter puff up so you have fluffy pancakes! We call this "leavening".

This kit was made possible due to generous support from: