



Nopales Medicine Water with Basil

by: **Chef Felicia Cocotzin Ruiz**

Yield 8 servings; 4 ounces each

Equipment List

- Blender
- Knife
- Cutting Board
- Juicer or Spoon (optional)

Recipe Ingredients

- 1 cup fresh nopales, despined, rinsed, chopped
- 1 cup fresh basil
- 2 limes, juiced
- 1-inch piece fresh ginger, peeled
- Natural sweetener to taste (honey, maple syrup, stevia)
- 4 cups water
- Serve over ice (optional)



Allergy Indicators:



Chef Felicia Cocotzin Ruiz is a native Arizonan, living in one of the most edible and medicinal landscapes in the world. Following her family's lineage, Felicia began training as a curandera (medicine woman) in her early twenties, working in cafes and coffee shops to make ends meet. Eventually Felicia would find success as a restaurateur, and later join over twenty-five years of Indigenous healing practices with food as medicine. Chef Felicia is recognized for her work with Indigenous foodways and decolonizing wellness, Felicia is passionate about sharing food + lifestyle as medicine across many platforms.

Instructions

1. Cut nopales (cactus pad) into smaller, penny-sized pieces. Add to the blender.
2. Peel ginger if desired. Cut ginger root into smaller pieces just like the nopales.
3. Add basil and water into the blender.
4. Roll limes against your cutting board to help release the juice when squeezing. Slice both limes in half and squeeze the lime juice into your blender. Be careful to eliminate the seeds before adding to blender.
5. Add natural sweetener to taste.
6. After all ingredients have been placed into your blender, pulse until smooth. Add more water if needed to achieve desired consistency.
7. Serve chilled or over ice.

Meet your Basil Farmers:

The Rade Family farm is located in Paulden, Arizona, about 30 miles north of Prescott. Established in 1995, the farm started as a productive backyard garden. Today the family grows on 15 acres, where over 100 varieties of vegetables and flowers are grown year round. The farm does not use synthetic fertilizer or chemical pesticides and instead builds healthy soil systems using cover cropping, crop rotation, beneficial insects, crop diversity, and more. Cory is a self-taught farmer who really loves his vegetables, especially a variety of chilies. Shanti began as a high school intern, moved onto other internships to apprentice and has earned a degree in Agroecology from Prescott College. She manages the farm's crop planning, seed starting and flower program.





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Planting Basil

Planting Supplies

- Garden pot or space cleared in the school garden
- Soil
- Basil transplant
- Water source



Common Varieties of Basil:

Holy basil is also known as "tulsi" which means "the incomparable one" in South Asia. It is highly fragrant with a spicy, sweet musky scent.

Thai basil (Siam Queen Thai) has smaller dark pointed leaves and boasts a spicy, licorice flavor. Asian dishes often feature Thai basil and is known to keep its flavor at higher cooking temperatures as compared to other types of basil.

Sweet basil is probably the most common variety of basil. It is very popular in pestos, salads, and marinades. Sweet basil is a medium green color with a rounded cup-shaped leaf. Sweet basil has been known to repel mosquitos. (Source: culinaryherbs.com)

Planting Instructions

1. In a new pot, add fresh garden soil about halfway to the top. Or, dig a hole in your garden that is as deep as the transplant liner (about 4-5 inches deep).
2. Holding the plant in place with your fingers, turn your basil transplant upside down, so that the leaves are facing your shoes. Gently squeeze the liner to loosen the roots just enough to pull the liner away from the plant's root system.
3. Flip your basil plant right-side up, so that it's facing you and gently place it in the hole in the remaining space of your garden pot. Fill the remaining space with soil.

Basil Origins -

Some food historians believe that basil originated in Asia and Africa. It is thought that basil was brought to ancient Greece by Alexander the Great (356-323 B.C.E), to have made its way to England from India in the mid 1500's and arrived in U.S. in the early 1600s. It was grown in medieval gardens. (Source: herbsociety.org) .

Southwestern Varieties:

The Mayo Indians are an indigenous group living in the Río Mayo valley in Southern Sonora and the Río Fuerte valley in Northern Sinaloa. They are one of many groups of Indigenous peoples who continue to live and maintain their culture in what today is Mexico—a diverse and multicultural country. (Source: statemuseum.arizona.edu)

Mayo/Yoeme Basil and Yaqui Basil (Alvaaka) are lesser known varieties that have a strong floral or licorice smell. This plant has medicinal properties and is commonly used as a tea to relieve stomach aches. (Source: nativeseeds.org)

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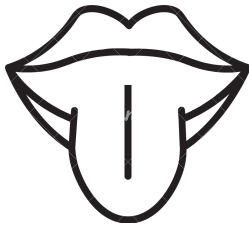
Student Feedback Sheet

Basil

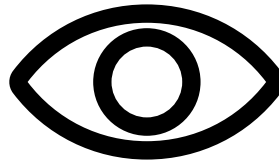
Can you Describe Basil using the five senses?



Basil Feels Like



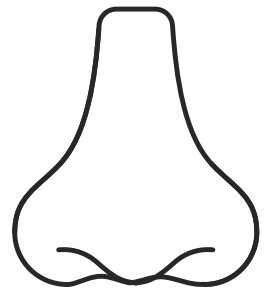
Basil Tastes Like



Basil Looks Like



Basil Sounds Like



Basil Smells Like

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Student Feedback Sheet

Basil

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