

Take The Tortillas Out Of Your Poetry

Provides an overview of the role of cuisine in Mexican culture, including a food history, ingredients, preparation techniques, regional differences, and food for celebrations.

Presents a collection of essays focusing on books that are most frequently challenged in schools and libraries.

New Mexico is a single volume presentation of the fascinating succession of events and characters that make up our state's past. This revision of the 1988 edition takes the reader to the opening years of the twenty-first century. What they said about the earlier edition: "New Mexico covers a lot of ground. . . . It's chock-full of little known facts and fascinating anecdotes that give fresh perspective to the past."--New Mexico Magazine "We can recommend that every library place this book on the reading shelf and if possible place a copy on the reference shelf."--Rota-Gene

TASTY TORTILLAS, DELICIOUS POSSIBILITIES Stuff, wrap, roll, bake, fry—there's no limit to what you can do with them. Tortillas to the Rescue goes way beyond the Mexican classics, showing you how to make dozens of tortilla creations: • Philly Cheese Steak Tacos • Caviar-Edamame Nachos • Shrimp Po' Boy Wrap • Pork Tortilla Wontons • Carne Asada and French Fry Burritos • Smoked Salmon and Egg Stackers • Mozzarella, Olive and Tomato Pizza-Dillas • Crunchy Cilantro Slaw • Spiced Sausage Lasagna • Chocolate-Ricotta Cannoli • Churros with Mexican Chocolate Dipping Sauce Packed with step-by-step instructions and helpful tips, Tortillas to the Rescue teaches you to take that pack of tortillas you already have in the fridge and quickly and easily turn them into something amazing.

This is a story of Mexican family that arrived in America in the 1920s for the first time. And so, it is a tale of immigration, settlement and cultural adjustment, as well as generational progress. Carlos B. Gil, one of the American sons born to this family, places a magnifying glass on his ancestors who abandoned Mexico to arrive on the northern edge of Los Angeles, California. He narrates how his unprivileged relatives walked away from their homes in western Jalisco and northern Michoacán and traveled over several years to the U.S. border, crossing it at Nogales, Arizona, and then finally settling into the barrio of the city of San Fernando. Based on actual interviews, the author recounts how his parents met, married, and started a family on the eve of the Great Depression. With the aid of their testimonials, the author's brothers and sisters help him tell of their growing up. They call to memory their father's trials and tribulations as he tried to succeed in a new land, laboring as a common citrus worker, and how their mother helped shore him up as thousands of workers lost their jobs on account of the economic crash of 1929. Their story takes a look at how the family survived the Depression and a tragic accident, how they engaged in micro businesses as a survival tactic, and how the Gil children gradually became American, or Mexican American, as they entered young adulthood beginning in the 1940s. It also describes what life was like in their barrio. The author also comments briefly on the advancement of the second and third Gil generations and, in the Afterword, likewise offers a wide-ranging assessment of his family's experience including observations about the challenges facing other Latinos today.

Censored BooksCritical ViewpointsScarecrow Press

Introducing the lifesaving cookbook for every mother with kids at home—the book that solves the 20 most common cooking dilemmas. What's your predicament: breakfast on a harried school morning? The Mom 100's got it—Personalized Pizzas are not only fast but are nutritious, and hey, it doesn't get any better than pizza for breakfast. Kids making noise about the same old lunch? The Mom 100's got it—three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years. Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. The Mom 100 is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. "Fork-in-the-Road" variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don't). "What the Kids Can Do" sidebars suggest ways for kids to help make each dish.

Since 1973, TEXAS MONTHLY has chronicled life in contemporary Texas, reporting on vital issues such as politics, the environment, industry, and education. As a leisure guide, TEXAS MONTHLY continues to be the indispensable authority on the Texas scene, covering music, the arts, travel, restaurants, museums, and cultural events with its insightful recommendations. #1 New York Times Bestseller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical advice for eliminating processed foods from your family's diet. Inspired by Michael Pollan's In Defense of Food, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks "Real Food" anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more.

In the past few years, Austin has grown--and its appetite has kept up Tiffany Harelik, Austin's resident food truck ambassador and cookbook author, digs into her hometown's vibrant food truck scene for a third helping of local recipes. Meet the chefs behind the trucks and their sweet and savory specialties while gaining an insider's view of local recommendations. From basil spritzers and mint limeades to lomo saltado, chicken in mushroom-caper cream sauce and fried strawberries and everything in between, the recipes within are certain to inspire.

"The ordinary tortilla was an extraordinary bond between the human and divine. . . . From birthdays to religious ceremonies, the people of Mesoamerica commemorated important events with tortillas. One Maya tribe even buried their dead with tortillas so that the dogs eaten as dinner during life would not bite the deceased in revenge."—from Tortillas: A Cultural History For

centuries tortillas have remained a staple of the Mexican diet, but the rich significance of this unleavened flatbread stretches far beyond food. Today the tortilla crosses cultures and borders as part of an international network of people, customs, and culinary traditions. In this entertaining and informative account Paula E. Morton surveys the history of the tortilla from its roots in ancient Mesoamerica to the cross-cultural global tortilla. Morton tells the story of tortillas and the people who make and eat them—from the Mexican woman rolling the mano over the metate to grind corn, to the enormous wheat tortillas made in northern Mexico, to twenty-first-century elaborations like the stuffed burrito. This study—the first to extensively present the tortilla’s history, symbolism, and impact—shows how the tortilla has changed our understanding of home cooking, industrialized food, healthy cuisine, and the people who live across borders.

130 wholefood recipes for health, wellness and a little extra sparkle from Australia's favourite nutritionist, Lola Berry. Happiness is within your grasp and it starts with eating well. These recipes are not about substitutions or restrictions, they're about eating food in its purest and most delicious state. Lola Berry's cooking is fresh, vibrant and jam-packed full of flavour - a little like Lola herself! Based around nutritionally dense wholefoods, Lola's recipes are gluten- and wheat-free, with very little dairy and no refined sugar. This truly is food that will make you glow with good health, inside and out. High-energy breakfasts include Crunchy Paleo Granola, Vanilla and Blueberry Oaty Pikelets and 18 different smoothie combos. Vegans, vegetarians and meat-eaters alike will find exciting new lunch and dinner options, from Raw Falafel with Cashew Aioli or Spicy Pepita, Kale and Buckwheat salad to Chicken Mole with Lime Quinoa and an Aussie beef burger on a paleo bun. While eating well is vital for good health, it's just one piece of the puzzle. As well as sharing her nutritious recipes, Lola discusses the other key pillars of good health - including exercise, mindfulness and mental health - offering insights both professional and personal. This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

South Eastern Huastec, a Mayan language from Mexico, has never before been written down. Although the master storytellers of the language are long gone, today’s older generations preserve the vast knowledge of their culture in speech. That spoken heritage in South Eastern Huastec—ranging from traditional house-building techniques to herbal remedies and funerary practices—is gathered here and transcribed for the first time. Collected and recorded by Ana Kondic in the village of San Francisco Chontla in La Sierra de Otontepec, Veracruz, Mexico, between 2007 and 2011, and translated into English and Spanish, the accounts in this landmark trilingual collection provide a rare opening into South Eastern Huastec traditions, oral literature, and daily life. Kondic divides South Eastern Huastec Narratives into five thematic sections: traditional practices, contemporary life, stories, songs, and customary foodways. Within these categories, eighteen Huastec narrators describe local beliefs, religion, rituals, and cosmology as observed in cleansing ceremonies and celebrations. They detail building methods and traditional craftsmanship, the care of children, daily routines, and use of the South Eastern Huastec language itself. They recount stories and legends—of killer coyotes, drunken horsemen, and encounters with death—and explain the preparation of tamales, coffee, and hand-pressed tortillas. Wherever possible, Kondic retains in her transcriptions the unique characteristics of each speaker’s voice—the self-corrections, repetitions, and pauses. Her morphological analysis of South Eastern Huastec will help experts understand the language more deeply. An accompanying audio-video DVD-ROM allows readers the rare chance to hear and see these narrators tell their stories in their own language. Of the approximately 100,000 people who speak the Huastec language, only about 12,000 use the South Eastern variety presented here. As the only book recording and analyzing this endangered language, this collection of narratives is a crucial document for preserving the South Eastern Huastec language, and the remarkable culture it conveys. The book includes a CD-ROM with both audio and video tracks.

The lives of two different couples--wealthy Los Angeles liberals Delaney and Kyra Mossbacher, and Candido and America Rincon, a pair of Mexican illegals--suddenly collide, in a story that unfolds from the shifting viewpoints of the various characters.

Ultima, a curandera, one who cures with herbs and magic, comes to Antonio Marez's New Mexico family when he is six years old, and she helps him discover himself in the magical secrets of the pagan past.

Warm, fresh homemade tortillas beat store-bought any day of the week. Dotty Griffith reveals how easy it is to make these authentic and rustic round flatbreads, with scrumptious recipes for corn and wheat tortillas, gluten-free tortillas, and tortilla spin-offs like gorditas and sopos; great ideas for exciting flavored tortillas, using spices, tomatoes, spinach, and chile peppers; and loads of expert wisdom about how to use and love your tortilla press, whatever kind you own. Plus she serves up more than a hundred ways to turn your hand-crafted tortillas into tonight’s dinner, with recipes for all the very best homemade Southwestern, TexMex, and Mexican sauces, toppings, and fillings you need to turn out soul-satisfying enchiladas, fajitas, tacos and taco salads, chalupas, quesadillas, burritos, and more. “What a fun book! Dotty Griffith begins with clear tutorials on making corn and flour tortillas from scratch, along with lots of creative variations. (I can’t wait to try her cilantro lime corn tortillas.) She then shares recipes for using your homemade bounty—everything from tacos to enchiladas and soups to desserts. Tips, history, and corny jokes are peppered throughout, making for an enjoyable read. If you’re a fan of tortillas, this cookbook is a must!” --Lisa Fain, blogger at The Homesick Texan and author of The Homesick Texan Cookbook “This book is the real deal for tortillas of all kinds as well as recipes using tortillas!” --Sylvia Casares, chef/owner, Sylvia’s Enchilada Kitchen, Houston, and author of The Enchilada Queen Cookbook “Dotty Griffith has packed more about tortillas into one book that I thought possible. This book is the only reference you’ll ever need to make all kinds of great tortillas.” --John Mariani, author of The Encyclopedia of American Food and Drink “Making tortillas at home is an easy, rewarding, and tasty craft to master. Dotty Griffith has written the definitive book on the subject, covering not just tortillas but all the amazing things you can make with them.” --Cheryl Alters Jamison, author of Texas Slow Cooker and co-author of Smoke & Spice “Dotty Griffith has written the book I have been waiting for all my life--and the one I wish I had written first! This brilliant book is destined to become a classic. From chimichangas to chilaquiles, salsas to sopos, this book has everything you’ll ever need to satisfy your cravings for all things tortilla.” --Stephan Pyles, chef, restaurateur, and author of The New Texas Cuisine

“Impressive . . . [Cristina García’s] story is about three generations of Cuban women and their separate responses to the revolution. Her special feat is to tell it in a style as warm and gentle as the ‘sustaining aromas of vanilla and almond,’ as rhythmic as the music of Beny Moré.”—Time Cristina García’s acclaimed book is the haunting, bittersweet story of a family experiencing a country’s revolution and the revelations that follow. The lives of Celia del Pino and her husband, daughters, and grandchildren mirror the magical realism of Cuba itself, a landscape of beauty and poverty, idealism and corruption.

Dreaming in Cuban is “a work that possesses both the intimacy of a Chekov story and the hallucinatory magic of a novel by Gabriel García Márquez” (The New York Times). In celebration of the twenty-fifth anniversary of the novel’s original publication, this edition features a new introduction by the author. Praise for Dreaming in Cuban “Remarkable . . . an intricate weaving of dramatic events with the supernatural and the cosmic . . . evocative and lush.”—San Francisco Chronicle “Captures the pain, the distance, the frustrations and the dreams of these family dramas with a vivid, poetic prose.”—The Washington Post “Brilliant . . . With tremendous skill, passion and humor, García just may have written the definitive story of Cuban exiles and some of those they left behind.”—The Denver Post Cristina Curp, The creator of the popular food and wellness blog The Castaway Kitchen, delivers everything you need to do with the diet and discover the right nutritional path for you in her new book, Made Whole. Made Whole is a paleo approach with the low carb / ketogenic diet, using only whole, natural, unprocessed ingredients. Cristina includes all the tools you need to succeed on a unique diet, along with advice and how-tos for using the keto template to eat intuitively and develop a personalized nutrition plan based on your unique needs. Each recipe is free of grains, gluten, sugar, and dairy, along with nuts, starches, nightshades, and alcohol-making a perfect cookbook for those following keto, Paleo, low-carb, AIP, or allergen-free diets. Cristina's eclectic and mouthwatering recipes draw inspiration from international cuisine. You are looking for a gourmet chef with easy-to-make meals. Made Whole is a user-friendly guide to cooking beautiful food, eating and enjoying every last bit, while reaching your health and fitness goals. Sample recipes include: • Chewy Chocolate Chip Cookies • Turkey Falafel with Tzatziki Sauce • Spaghetti and Meatballs with Roasted Beet Marinara • Toasted Coconut Salmon • Savory Flax Waffles • and many more! Made Whole wants to teach you that healthy food does not have to fit into a certain label, box, or idea of ??what it should be. Once you begin to forget about what you can't eat and embrace the wonderful and delicious things you can eat, you will find freedom and pleasure in fueling your body with the most exceptional sustenance that nature has to offer.

"Nosotros" offers a variety of perspectives on Oregon's multifaceted Hispanic community. First published in 1995, it remains a valuable resource, containing essays by a host of writers, whose topics range from Spanish explorers and "vaqueros" to analyses of modern government policy, form explanations of traditional cultural celebrations to examinations of works by exciting new artists, from accounts of migrant camp life to success stories about the state's hispanic entrepreneurs. "Nosotros" also features a special collection of personal narratives, gathered during a two-year, statewide oral history project. From this rich blend of essay and story emerges a picture of a community with deep roots and a promising future in Oregon.

It was an entirely different world in Fifties in America. You won't see much of this in the movies, except very occasionally. Enter here ... dance with us. Vincente Bonaventura, an Italian gentleman farmer/tailor from the bayous of Louisiana sets out, after his beloved wife dies of Cholera, to make his fortune in something other than farming. His mother offers to raise his newborn daughter, Julietta. He refuses and insists on taking her with him. He becomes a door-to-door salesman, selling everything he can from coast to coast, but runs into some misfortune to the tune of an old childhood "friend" who stashes uncut cocaine in his car from time to time. We follow Vince and his daughter (and their rescued bulldog puppy) for eight years as they try to shake this cartel and stop being unwilling drug mules. The book follows the three of them from the south to the east coast to Mexico to Chicago where they finally find some peace. See the Sixties sequel by the same author, Tie Dye. Julie as a smart, socially-conscious hippie chick.

Danny, a mule skinner during the First World War, returns to Tortilla Flat to enjoy the carefree and amoral life of the paisano

Gluten-free cooking has never been this easy—or affordable! Tired of spending three times as much (or more) on gluten-free prepared foods? If you're ready to slash the cost of your grocery bill, you've come to the right place. In Gluten-Free on a Shoestring, savvy mom Nicole Hunn shows how every gluten-free family can eat well without breaking the bank. Inside this comprehensive cookbook, you'll find 125 delicious and inexpensive gluten-free recipes for savory dinners, favorite desserts, comfort foods, and more, plus Nicole's top money-saving secrets. Recipes include: Apple-Cinnamon Toaster Pastries • Focaccia • Spinach Dip • Ricotta Gnocchi • Chicken Pot Pie • Szechuan Meatballs • Tortilla Soup • Baked Eggplant Parmesan • Never-Fail White Sandwich Bread • Banana Cream Pie with Graham Cracker Crust • Blueberry Muffins • Cinnamon Rolls • Perfect Chocolate Birthday Cake With advice on the best values and where to find them, meal planning strategies, and pantry-stocking tips, Gluten-Free on a Shoestring is your essential guide. Never fall victim to the overpriced, pre-packaged gluten-free aisle again. Roll on by—happier, healthier, and wealthier.

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, The Prairie Homestead Cookbook shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

Translated Woman tells the story of an unforgettable encounter between Ruth Behar, a Cuban-American feminist anthropologist, and Esperanza Hernández, a Mexican street peddler. The tale of Esperanza's extraordinary life yields unexpected and profound reflections on the mutual desires that bind together anthropologists and their "subjects."

The host of a highly popular PBS series, Pati's Mexican Table, and a self-described “overloaded soccer mom with three kids and a powerful blender,” Pati Jinich has a mission. She's out to prove that Mexican home cooking is quicker and far easier than most Americans think. Her dishes are not blanketed with cheese, or heavy and fried, or based on complex sauces. Nor are they necessarily highly spicy. Surprising in their simplicity and freshness, they incorporate produce and grains. Most important, they fit perfectly into an everyday family cooking schedule and use just a handful of ingredients, most of which are already in your pantry. Many are homey specialties that Pati learned from her mother and grandmother, some are creative spins on classics, while others are not well known outside of Mexico. Dishes like Chicken à la Trash (it's delicious!), a one-pot meal that Pati gleaned from a Mexican restaurant cook; Mexican Meatballs with Mint and Chipotle; Sweet and Salty Salmon; and Mexican-Style Pasta can revitalize your daily repertoire. You'll find plenty of vegetarian fare, from Classic Avocado Soup, to Divorced Eggs (with red and green salsa), to Oaxaca-Style Mushroom and Cheese Quesadillas. Your friends and family will enjoy Tomato and Mozzarella Salad with Pickled Ancho Chile Vinaigrette; Crab Cakes with Jalapeño Aioli; and Chicken Tinga — (you can use rotisserie chicken), which makes a tasty filling for tortas and tostadas. Pati also shares exciting dishes for the holidays and other special occasions, including Mexican Thanksgiving Turkey with Chorizo, Pecan, Apple, and Corn Bread Stuffing; Spiral-Cut Beef Tenderloin; and Red Pozole (“a Mexican party in a bowl”), which she served on her wedding day. Desserts like Triple Orange Mexican Wedding Cookies, Scribble Cookies (sandwich cookies filled with chocolate), and little Apricot-Lime Glazed Mini Pound Cakes are sophisticated yet simple to make.

The creator of the popular Chicano Eats blog and winner of the Saveur Best New Voice People's Choice Award takes us on a delicious tour through the diverse flavors and foods of Chicano cuisine—Mexican food with an immigrant sensibility that weaves seamlessly between Mexican and American genres and cultures. Esteban Castillo grew up in Santa Ana, California, where more than three-quarters of the population is Latino. Because Mexican food was the foundation of his childhood, he was surprised to see recipes for dishes on popular food blogs that were anything but the traditional meals he grew up eating. He was inspired to create the blog, Chicano Eats, to showcase his love for design, cooking, and culture and provide a space for authentic Latino voices, recipes, and stories to be heard. Building on his blog, Chicano Eats is a bicultural and bilingual cookbook that includes 85 traditional and fusion Mexican recipes as gorgeous to look at as they are sublime to eat. Chicano cuisine is Mexican food made by Chicanos (Mexican Americans) that has been shaped by the communities in the U.S. where they grew up. It is Mexican food that bisects borders and uses a group of traditional ingredients—chiles, beans, tortillas, corn, and tomatillos—and techniques while boldly incorporating many exciting new twists, local ingredients, and influences from other cultures and regions in the United States. Chicano Eats is packed with easy, flavorful recipes such as: Chicken con Chochoyotes (Chicken and Corn Masa Dumplings) Mac and Queso Fundido Birria (Beef Stew with a Guajillo Chile Broth) Toasted Coconut Horchata Chorizo-Spiced Squash Tacos Champurrado Chocolate Birthday Cake (Inspired by the Mexican drink made with milk and chocolate and thickened with corn masa) Cherry Lime Chia Agua Fresca Accompanied by more than 100 bright, modern photographs, Chicano Eats is a melting pot of delicious and nostalgic recipes, a literal blending of cultures through food that offer a taste of home for Latinos and introduces familiar flavors and ingredients in a completely different and original way for Americans of all ethnic heritages.

My Life in San Juan Pueblo is a rich, rewarding, and uplifting collection of personal and cultural stories from a master of her craft. Esther Martinez's tales brim with entertaining characters that embody her Native American Tewa culture and its wisdom about respect, kindness, and positive attitudes.

Presents over seventy-five-quick and easy ways to enjoy tortillas.

Now available in a hardcover gift edition! Spanning three generations, this book offers traditional old-world northern Mexican recipes from grandmother Jeusita's kitchen; comforting south of the border home-style dishes from mother Evangelina; and innovative Latin fusion recipes from daughters Yvette and Veronica. "Muy Bueno" has become one of the most popular Mexican cookbooks available. This new hardcover edition features a useful guide to Mexican pantry ingredients. Whether you are hosting a casual family gathering or an elegant dinner party, Muy Bueno has the perfect recipes for entertaining with Latin flair! You'll find classics like Enchiladas Montadas ("Stacked Enchiladas"); staples like Homemade Tortillas and Toasted Chile de Arbol Salsa; and light seafood appetisers like Shrimp Ceviche and Scallop and Cucumber Cocktail. Don't forget tempting Coconut Flan and daring, dazzling cocktails like Blood Orange Mezcal Margaritas and Persimmon Mojitos. There is truly something in Muy Bueno for every taste! This edition features more than 100 easy-to-follow recipes, a glossary of chiles with photos and descriptions of each variety, step-by-step instructions with photos for how to roast chiles, make Red Chile Sauce, and assemble tamales, a rich family history shared through anecdotes, photographs, personal tips, and more, and stunning colour photography throughout.

In this lively picture book, children discover a world of shapes all around them: rectangles are ice-cream carts and stone metates, triangles are slices of watermelon and quesadillas. Many of the featured objects are Latino in origin, and all are universal in appeal. With rich, boisterous illustrations, a fun-to-read rhyming text, and an informative glossary, this playful concept book will reinforce the shapes found in every child's day! Plus, this is the fixed format version, which will look almost identical to the print version. Additionally for devices that support audio, this ebook includes a read-along setting.

When twelve-year-old Izzy discovers a beat-up baseball marked with the words "Because magic" while unpacking in yet another new apartment, she is determined to figure out what it means. What secrets does this old ball have to tell? Her mom certainly isn't sharing any especially when it comes to Izzy's father, who died before Izzy was born. But when she spends the summer in her Nana's remote New Mexico village, Izzy discovers long-buried secrets that come alive in an enchanted landscape of watermelon mountains, whispering winds, and tortilla suns. Infused with the flavor of the southwest and sprinkled with just a pinch of magic, this heartfelt middle grade debut is as rich and satisfying as Nana's homemade enchiladas.

A Modest Proposal Jonathan Swift - To ease poverty in Ireland by eating the children of the poor was the satirical 'solution' suggested by Jonathan Swift in his essay 'A Modest Proposal' (1729). Here Swift unleashes the full power of his ironic armoury and corrosive wit, finding his targets - the British ruling class and avaricious landlords, and the brutalized Irish, complicit in their own oppression - with deadly precision.

Located in the southern San Luis Valley of Colorado, the remote and relatively unknown town of Antonito is home to an overwhelmingly Hispanic population struggling not only to exist in an economically depressed and politically marginalized area, but also to preserve their culture and their lifeways. Between 1996 and 2006, anthropologist Carole Counihan collected food-centered life histories from nineteen Mexicanas—Hispanic American women—who had long-standing roots in the Upper Rio Grande region. The interviews in this groundbreaking study focused on southern Colorado Hispanic foodways—beliefs and behaviors surrounding food production, distribution, preparation, and consumption. In this book, Counihan features extensive excerpts from these interviews to give voice to the women of Antonito and highlight their perspectives. Three lines of inquiry are framed: feminist ethnography, Latino cultural citizenship, and Chicano environmentalism. Counihan documents how Antonito's Mexicanas establish a sense of place and belonging through their knowledge of land and water and use this knowledge to sustain their families and communities. Women play an important role by gardening, canning, and drying vegetables; earning money to buy food; cooking; and feeding family, friends, and neighbors on ordinary and festive occasions. They use food to solder or break relationships and to express contrasting feelings of harmony and generosity, or enmity and envy. The interviews in this book reveal that these Mexicanas are resourceful providers whose food work contributes to cultural survival.

101 Things to Do with a Tortilla takes this delicious and nutritious staple of so many countries and brings it into the mainstream with family-friendly recipes for breakfast, lunch, dinner, and more. Tortillas are a no-fail recipe ingredient, and Stephanie Ashcraft and Donna Kelly show that tortillas aren't just for Mexican food anymore!

From the celebrated chef of the renowned Maya restaurants comes 125 adaptations of his most popular and innovative Mexican dishes, each renowned for its sophisticated balance of contrasting flavors. 125 recipes, 100 color photos.

Ten-year-old Josefina wants to make fresh tortillas just like her mother, who also learned to make tortillas from her mother. Creating homemade tortillas is an expression of love for family and friends. From kitchen safety to measuring ingredients, Josefina absorbs all the information her mother teaches her about cooking. As excited as she is about learning something new, Josefina never imagined making this family favorite would be so difficult, especially molding them into their classic round shape. Hers come out in funny shapes, and her twin brothers tease her about the odd-looking tortillas. Josefina's parents try to keep the peace between the bickering children, but the teasing and arguing leads to a major confrontation within in the family. A book for

young readers, Josefinia Cannot Make Round Tortillas tells a story of determination, encouragement, forgiveness, and a family's love for each other.

Pays tribute to the Mexican farmers and workers who participate in a cycle of life and labor that progresses from seed planting, to tortilla, and back to the farmer.

Fatty liver, if not corrected, is often a set off for various diseases and conditions such as: diabetes, inflammation (steatohepatitis), heart diseases, liver cancer (hepatocellular carcinoma), liver scarring (cirrhosis), obesity and untimely death. Fatty liver is the leading cause of liver failure and 3/4 of American adults are affected by fatty liver disease without knowing it. Your liver's health and wellbeing is very important to several other organs in your body; consequently it becomes equally important to take adequate care of the liver and reverse fatty liver disease. This book proffers easy and effective solutions to correct and reverse fatty liver by eating right and making few other lifestyle changes. In this book you will discover how to prevent and reverse fatty liver disease, reduce inflammation, increase energy, control your weight, detoxify the blood and improve your immune function. You will find 80 effective and delicious homemade recipes that will prevent and reverse fatty liver and promote the overall health of your liver.

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