

# 2016 Desert Harvest Series

At the Santa Cruz River Farmers' Market

A guide to seasonal Sonoran Desert foods



## Wild Winter Greens

with Desert Harvesters' Jill Lorenzini  
Thursday, February 18

3-6pm

*Learn how to identify, harvest, and cook with native, edible winter greens like mustard, lambs-quarter, chickweed, malva & others. Country pesto & salad demo with samples.*

## Cholla Buds

with Desert Harvesters' Amy Valdés Schwemm  
Thursday, April 14

3-6pm

*Celebrate one of the first native foods of the spring, cholla cactus flower buds! Learn how to safely harvest and cook with these calcium-rich, tasty buds.*

## Nopalitos

with Desert Harvesters' Amy Valdés Schwemm  
Thursday, May 12

4-7pm

*Learn to collect these nutritious cactus pads from your own yard and cook them into a tasty dish everyone will love.*

## Mesquite Harvesting

with Aravaipa Heirlooms' Jeau Allen  
Thursday, June 2

4-7pm

*Learn how to identify, taste-test, safely harvest, and properly store mesquite pods to be milled into flour. Learn about the importance of growing and harvesting from native trees.*

## Baking with Mesquite

with local artisan baker Mikaela Jones  
Thursday, June 9

4-7pm

*Get baking tips for using mesquite flour in old and new recipes! Mikaela bakes at Time Market and has tested and submitted mesquite and other desert foods recipes for Desert Harvesters cookbook project.*

## Eating from Bean Trees

with Barbara Rose of Bean Tree Farm/Desert Harvesters  
Thursday, June 16

4-7pm

*Get inspired to add nutritious mesquite, ironwood, and palo verde beans to your desert recipes! These bean trees thrive here on seasonal rainfall!*

## 14th Annual Mesquite Milling

with Las Milpitas Farm, Desert Harvesters and Barbara Rose  
Thursday, June 23

4-7pm

*Celebrate the season by milling mesquite pods you've harvested into sweet nutritious flour! Stop by the Bean Tree Farm table for more ways to use native mesquite pods!*

## Verdolagas

with Desert Harvesters' Jill Lorenzini  
Thursday, July 14

4-7pm

*Learn how to identify, harvest, and cook with this nutritious and abundant summer desert green! Demonstration with samples of salad, salsa & spreads.*

## Prickly Pear Fruit

with Desert Harvesters' Amy Valdés Schwemm  
Thursday, August 11

4-7pm

*Prickly pear fruit (tunas) have been cultivated for thousands of years! Learn easy ways to harvest and process the fruit to make your own prickly pear juice and lemonade.*

## Seasonal Salsas and Chutneys

with Barbara Rose of Bean Tree Farm/Desert Harvesters  
Thursday, November 17

4-7pm

*Inspire your kitchen creativity! Use desert foods of the season like wolfberries, hackberries, and Chiltepin to spice up recipes and connect to place.*

## Barrel Cactus Fruit

with Desert Harvesters' Jill Lorenzini  
Thursday, December 1

3-6pm

*Discover how easy it is to harvest and use this colorful winter fruit! Sample fruit, seeds and flour. Learn how to grind seeds into flour!*

Located at Mercado San Agustín  
100 S. Avenida del Convento  
West of I-10, near Congress and Grande

**ALL WORKSHOPS ARE FREE TO THE PUBLIC!**

For more information, call 882-3313

[www.desertharvesters.org](http://www.desertharvesters.org)



# Talleres de cosecha del desierto 2016

## Santa Cruz River Farmers' Market

Una guía para los alimentos de temporada en el Desierto Sonorense



### Vegetales verdes del invierno

con Jill Lorenzini

Jueves, 18 de febrero

3-6pm

*¡Aprenda a identificar, cosechar, y cocinar con nativos verdes del invierno deliciosos!*

### Brotos de cholla

con Amy Valdés Schwemm de los Desert Harvesters

14 de abril

3-6pm

*Celebre uno de las primeras comidas nativos de la primavera—yemas de cholla! Aprender como cosecharlas en forma segura y cocinar estas yemas sabrosas y rico en calcio.*

### Nopalitos

con Amy Valdés Schwemm de los Desert Harvesters

Jueves, 12 de mayo

4-7pm

*Aprenda como recoger estos cladodios deliciosos de su patio y cocinarlos en un plato saludable y apetitoso para todos.*

### Cosecha de mezquite

con Jeau Allen de Aravaipa Heirlooms

Jueves, 2 de junio

4-7pm

*Aprenda como identificar en forma segura, cosechar, y guardar las vainas de mezquite para moler en harina.*

### Árboles leguminosos

Con Barbara Rose de Bean Tree Farm

Jueves, 16 de junio

4-7pm

*¡Unase con agricultores de Bean Tree Farm para aprender como agregar frijoles nutritivos de mezquite, palo fierro, y palo verde a su mesa!*

### Hornear con Mezquite

Con Mikaela Jones

Jueves, 9 de junio

4-7pm

*Aprenda como hornear con harina de mezquite usando recetas tradicionales y nuevas.*

### Moliendo de Mezquite Anual

con Las Milpitas Farm, Desert Harvesters y Barbara Rose

Jueves, 23 de junio

4-7pm

*¡Venga a moler las vainas de mezquite que tiene en almacenamiento para hacer harina! Aprenda como cocinar con vainas de mezquite.*

### Verdolagas

con Jill Lorenzini

Jueves, 14 de julio

4-7pm

*Aprenda como identificar, cosechar, y cocinar con este nutritivo verde del desierto.*

### Cosecha de tunas

con Amy Valdés Schwemm de los Desert Harvesters

Jueves, 11 de agosto

4-7pm

*Las tunas se han cultivado por miles de años. Aprenda maneras fáciles para cosechar y procesar el higo chumbo para hacer su propio jugo y limonada.*

### Salsas Estacionales

con Barbara Rose de Bean Tree Farm

Jueves, 17 de noviembre

4-7pm

*¡Inspire su creatividad en la cocina! Use los productos del desierto como wolfberries, hackberries y Chiltepin para dar sazón a las recetas.*

### Fruta de biznaga de agua

con Jill Lorenzini de los Desert Harvesters

Jueves, 1 de diciembre

3-6pm

*Aprenda como cosechar y usar fruta de la biznaga.*

Localizado en el Mercado San Agustín

100 S. Avenida del Convento

Oeste de I-10, cerca de la Congress and Grande

¡GRATIS PARA TODOS!

Para más información, llame a 882-3313

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