

# Dried Cholla Buds

Cholla buds have a unique flavor that includes tones ranging from artichoke to asparagus, green and vibrant. Just before the Buckhorn Cholla cactus flowers in the spring, its buds are hand picked, cleaned of their many thorns and dried for year-round use. Like tepary beans, cholla buds have sustained the people of the desert for countless generations.

## Preparation:

- Place dried cholla buds in a pot
- Fill pot with water to cover the buds, add the same amount of water again to double the amount of water in the pot
- Bring to boil on high and boil until water is reduced by half
- When water is reduced by half and the buds can be seen, reduce heat and cover
- Cook about 1-2 hours or longer, until soft and not chewy

**Note:** A few small thorns may remain on the cholla buds but they should become soft and edible after cooking.



## Nutritional Highlight:

- Cholla buds are high in fiber and calcium, fiber helps regulate blood sugar and calcium is great for strong teeth and bones



Rehydrated Cholla Buds



Cholla Bud salad, Yum!  
Photo: MABurgess

## Uses:

- Once rehydrated, eat as a snack
- Add to salads, salsas, soups or pasta
- Marinate for 24-48 hours in left over pickle juice for a pickled flavor



## Alexander Pancho Memorial Farms

The cholla buds are from O'odham farmers Noland and Terrol Johnson.

Noland and Terrol are brothers who operate Alexander Pancho Memorial Farm, a 40-acre traditional dry land family farm, growing traditional O'odham crops using monsoon rain. They are excited to share their crops with you in hopes of reigniting the use of traditional foods to improve the health and wellness and honor the heritage of the O'odham people.