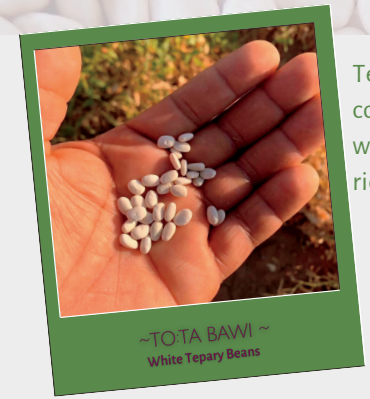
~STOTOAH BAVI ~ S-OAM BAVI ~

White and Brown Tepary Beans

INTER TRIBAL COUNCIL OF ARIZONA, INC



Tepary Beans have sustained the indigenous people of southern Arizona for countless generations as it is one of the most heat and drought tolerant crops in the world. White tepary beans have an earthy and slightly sweet flavor compared to the rich, earthy flavor of brown tepary beans.

Did you know?

- Soaking beans overnight cuts cooking time by about half
- Cooked, cooled beans can be frozen for 3-6 months, by placing 1-2 cups of cooked, cooled beans in a freezer safe container (do not freeze hot beans)



Cooking on the Stove Top

- Place 2 cups of clean, rinsed tepary beans in a pot
- Cover with 3 quarts (12 cups) of water
- Bring to rapid boil for 30 mins. and reduce heat to simmer
- Partially cover and cook beans until tender (about 2-4 hours or more) adding water as needed, salt to taste *after* cooking

Using the Crock Pot

- Place desired amount of clean, rinsed tepary beans in a crock pot, cover with water or broth and add another 2 inches
- Cover, cook on high for 8-10 hours, add water as needed

~STOTOAH BAVI ~ S-OAM BAVI ~

White and Brown Tepary Beans

INTER TRIBAL COUNCIL OF ARIZONA, INC



Uses:

- Add to soups and stews
- Season to taste and eat as a side dish
- Offer 1-2 tbsps., of soft, whole beans to toddlers who are self feeding
- Cooked beans, mashed to a soft, smooth texture, can be fed, as a first food, to babies that have met growth milestones and are 6 months or older
- Cooked, cooled beans can be frozen for 3-6 months, by placing 1-2 cups of cooled beans in a freezer safe container
  Do not freeze hot beans

Nutritional Highlights:

- Bavi (tepary beans) are an excellent source of fiber and protein
- Foods that are high in fiber help prevent and control diabetes and reduce heart disease

Ramona Farms

Ramona Farms
American Indian Foods

Ramona's American Indian Food is a Native American (Akimel O'Odham) business. Ramona has been farming with her husband, Terry, in the Sacaton, Arizona area for over 40 years. The tepary beans have been handed down for countless generations amongst her Akimel O'Odham people and their cousins the Tohono O'Odham people. Ramona is proud to share the traditional foods grown in the Gila River Indian Community with the people of the Gila River Indian Community and the Tohono O'odham Nation, it is truly her labor of love.

*LOGO AND ADAPTED PHRASING FROM WWW.RAMONAFARMS.COM, PLEASE VISIT FOR MORE INFORMATION ABOUT TRADITIONAL FOODS

~HA'NUM~
Dried Cholla Buds

WIC
INTER TRIBAL COUNCIL OF ARIZONA, INC

Ha'num 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.


Fresh Cholla Bud

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 Ha'num but they should become soft and edible after cooking.

~HA'NUM~
Dried Cholla Buds

WIC
INTER TRIBAL COUNCIL OF ARIZONA, INC

Nutritional Highlight:

- Ha'num is 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.