

***Zea mays*: Alimento de apogeo y decadencia de las civilizaciones en América**

From *Tlacoyo* to *Biodisel* and beyond!

Participate in this revealing 5-day long, yet life lasting exploration of our roots and destinies, as we indulge in the celebration of the coevolution and power of a corn tortilla and of its true price.

Enjoy a daylong exploration of intercultural discoveries on prehispanic cuisine, ancestral roots, ethnobotany, history, economy and yourself throw art, cooking and storytelling.

Level: beginners

Available spots: 10 students multi-age group starting at 6 years of age

Restrictions: none all food is gluten free, dairy free.

Preliminary Program below

Zea mays

Day 1

Hors d'oeuvre

55 million years of co-evolution: A selected crop and degustation of local knowledge and food of ancestral sovereignty.

An interactive exhibit of corn products.

Soup

Nutritional base for *La Raza de Bronce*: A delicate exploration of nutritional value of *Zea mays* in pre-Hispanic times, garnished with organic ideas and fresh minds.

Sculpting clay figurines of all gods and goddesses related with corn

Day 2

Appetizer

Assorted choice of Nahuatl sounds and flavors *tlacoyo*, *atole*, *tlayuda* and *zacahuil* flambéed with the flame of artistic expression.

Portraying a *Naturaleza muerta* painting all these lively corn products

Salad

A mighty duo: Maiz cacahuazintle and lime, a gift from Cintéotl
Pozole for lunch!

Day 3

Main course

Ancestral roots grappled in a handmade tortilla of finely grinded blue corn flour
Learning to make hand-made tortillas

Day 4

Dessert

The scent of Mexican faith: Handmade Gorditas de La Villa baked on an *anafre* lighted with mesquite wood charcoal, served on a miracle granted by Tonatzin

Storytelling and dessert for all senses around a warm *anafre*

Day 5

Mignardise

A selected choice of challenges: biodiesel, food additives and sweeteners accompanied by Gran Reserve drinks: Guarapo, Tejuino, Tascalate, Pozol and Tejate. Vintage 2022.

¡Hasta pronto! Seeds of change.....

Chief Cintéotl: Aztec good of corn