

SAKWA QAO' (BLUE CORN)

Mother Corn

Make a favorite stew by browning meat in blue cornmeal and cooking with your choice of vegetables and herbs. You can also mix 1/2 cup blue cornmeal and 1 cup of boiling water or stew liquid to make a batter, then add to your stew; simmer until done. Enjoy!



endures through all.



FACTS:

- Hopi blue corn contains zinc, copper, iron, phosphorus, calcium, protein, and water.
- Hopi blue corn is drought tolerant.
- Hopis are known as the people of the short blue corn.
- Blue corn made into flour is an essential part of Hopi dishes like piki bread.
- Hopi Blue corn may help protect against metabolic syndromes, cardiovascular disease, diabetes, and cancer.