



Amaranth
Amaranto
Huaútlī

Martha's Vineyard
ISLAND GROWN
SCHOOLS
FARM to SCHOOL
SINCE 2007

- Amaranth is a grain that was grown in ancient Mexico over 6,000 years ago
- It was very important to their diet and in religious ceremonies. The leaves as well as the seeds were used as food.
- The Aztecs made little sculptures of amaranth and honey in the shape of their sun god, Huitzilopochtli and ate them in ceremony.
- When the Spaniards came, they didn't like this, so they outlawed the growing of Amaranth
- This was very hard for the people, as it was something they ate every day

The seeds are very tiny. Imagine how hard it was to gather so many little grains for food!



It was often eaten popped over a fire, like popcorn

Or ground into flour.





- In hidden places, the grain was still grown and in recent years a lot more is being grown .
- It is very nutritious and high in protein.
- The little honey cakes survived, too...
- Street vendors and markets in Mexico sell them as the popular treat now called *alegría*, the Spanish word for happiness or joy.





We will make our Alegria with popped amaranth, pepitas (roasted pumpkin seeds) honey, and a little cinnamon

We can try to make shapes (maybe the sun?
...or just eat them with a spoon. :)