

# CHIA

(*Salvia hispanica*)





**Chia** ('strength' in Mayan) ('oily' in Nahuatl) was first recorded in Mayan pictographs 3,500 years ago.

**It is a superfood!**

Chia seeds contain large amounts of fiber and omega-3 fatty acids, plenty of high quality protein, and several essential minerals and vitamins.

The really cool thing about them is that the seeds can absorb up to 12 times their weight in liquid when soaked and develop a gooey coating that gives chia-based foods and drinks a gel texture.

Check out this cup of seeds I soaked in water for just a few hours...

**So the ancient Maya and Aztec long distance runners, who had to travel far to relay messages, could eat a small handful and drink water and stay hydrated and nourished for up to 24 hours during their long runs in the hot sun!**

(Does this make you think of a lesson from last Fall?)



**Chia seeds were eaten alone, mixed with other grains, ground into flour, used in drinks, and pressed for oil to be used as body and face paints.**

**Another use for chia was in religious ceremonies.**

**The Aztecs thought so much of chia that they offered the seeds to their gods as worship.**

**Because of this, the Spaniards outlawed the growing of chia in the 1500s.**



Today, the **Rarámuri (Tarahumara) Tribe** in Mexico, known for their long distance runners, still use chia this way.

They make a drink called **Iskiate** (IS-kee-ah-tay), **Agua Fresca** in Spanish, made of chia seeds mixed with lime juice and agave syrup from a cactus.

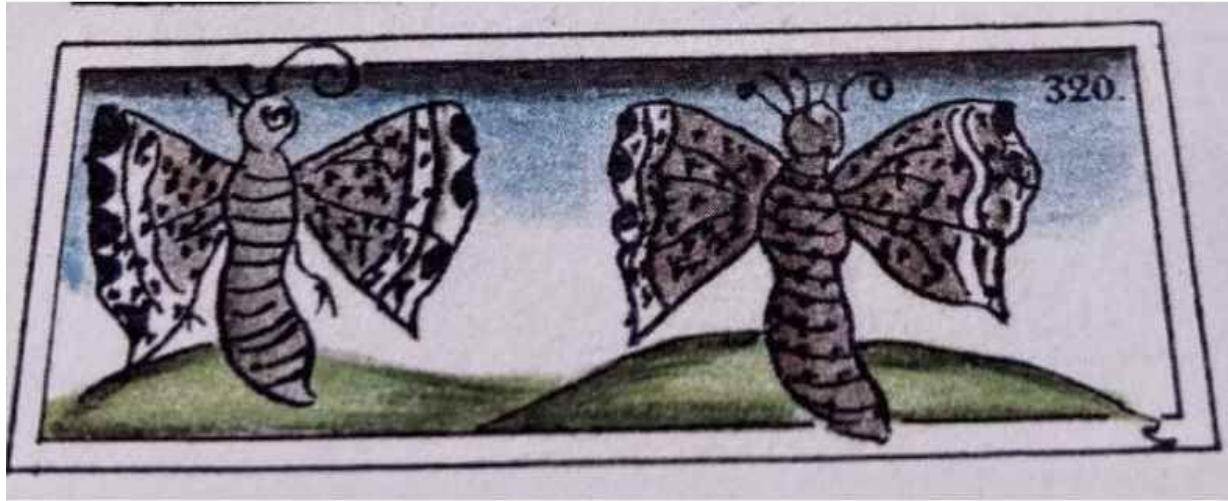








In ancient Mexico, there was a butterfly known as a “chia butterfly” (chia papalotl, in Nahuatl). Can you guess why?



[https://www.you](https://www.youtube.com/watch?v=...)



Silvio Cuasaca  
Ultra Marathon Runner

Others sold all they had to buy corn and beans.

# Chia Elephant



Full coat in  
1-2 weeks



We are going to try a taste of Chia Pudding.

Made with coconut milk, chia seeds, maple syrup and vanilla.

