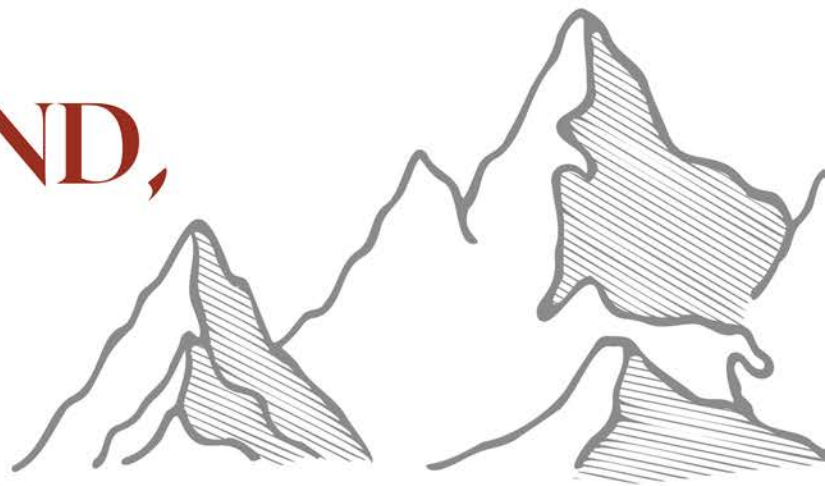


FOOD, LAND, POWER

A Born From Corn Series



Prepared for :
3rd Grade Teachers
in the state of Utah

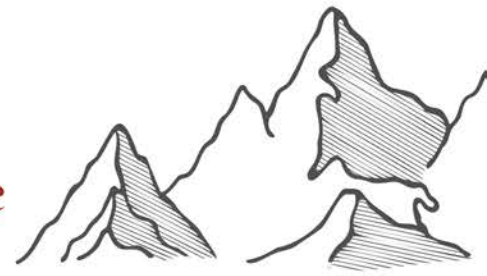


Artes de Mexico en Utah

We hope to increase cultural understanding and foster deeper appreciation of the main agricultural corps, traditions and knowledge of various Native American groups.



Born from Corn Lessons - 3rd Grade



1) Born from Corn

Standard II: Students will understand cultural factors that shape a community.

Objective 1: Evaluate key factors that determine how a community develops.

B. Describe how stories, folktales, music, and artistic creations serve as expressions of culture.

This lesson will introduce; corn as the source of life and existence for the indigenous peoples of the Americas (specifically the Maya), practices that are still present today, and the important connection between culture, nature and sustainability.

2) Colors of Nature

Standard II: Students will understand cultural factors that shape a community.

Objective 2: Explain how selected indigenous cultures of the Americas have changed over time.

B. Identify how indigenous people maintain cultural traditions today.

The second lesson will discuss color from an Indigenous perspective (specifically the Maya). This includes literature, symbolism, murals, and estella paintings. The lesson explores colors and their appearance in the Popol Vuh and the modern day process of natural pigments and dyes.

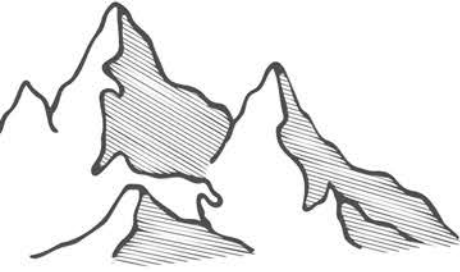
3) Food, Land, Power

Standard II: Students will understand cultural factors that shape a community.

Objective 1: Evaluate key factors that determine how a community develops.

D. Identify and explain the interrelationship of the environment (location, natural resources, and climate) and community development (e.g. food, shelter, clothing, industries, markets, recreation, and artistic creations).

This lesson explores foods that are native to the American continent, the ways food migrates from one place to another, and how the Maya grow crops through a sustainable agricultural system called "La Milpa". There is also a focus on the relationship between food and social justice for indigenous peoples and how migration changes accessibility to ancestral foods.



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Project Description

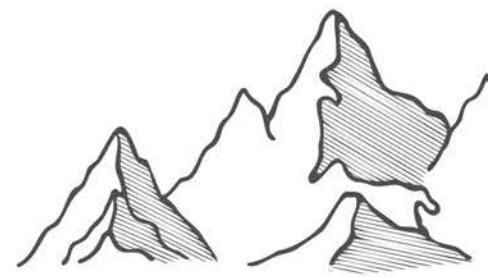
Throughout Utah, the U.S., and indeed the Americas, clashes are occurring between Native American communities and overall communities. Much is based on a fundamental lack of understanding of differences in history, religion, world views, and philosophies. A core difference is often basic beliefs as to our human relationship to nature.

This lesson will introduce educators to the importance and relationship between culture, nature and sustainability. Because there is so much misinformation about indigenous peoples and cultures shown in popular media and even textbooks; Food, Land, Power, seeks to share the scientific-agricultural knowledge, and struggles of the Maya in the Americas. It is important to note that Indigenous knowledge IS scientific knowledge, as we will learn in this lesson.



Born from Corn

More About the Slides



• Maya vs. Mayan

The term "Mayan" is only used by scholars when referring to the languages spoken by the Maya. There are many Maya languages and many Maya peoples. The term "Maya" is used when referring to people, places, and culture, without distinction between singular or plural.

Example: "It was written in a Mayan language." "The Maya harvest corn."



The Term "Mayan & Indio"

Slide 7

The term "Mayan" is only used by scholars when referring to the Maya languages. There are many Maya languages and many Maya peoples. The term "Maya" is used when referring to people, places, and culture, without distinction between singular or plural.

Example: "It was written in a Mayan language."

The term "Indio or Indian" has a negative connotation in Latin America. This map was created by Aaron Carapella and it shows the actual names of indigenous peoples by indigenous peoples.

More about Indigenous Maps: <https://www.tribalnationsmaps.com/>

Community

Think of Milpa as our community, everyone benefits of everyone's talents, efforts.

"The strength of the MILPA or Three Sisters (as known among North American Indigenous peoples) is not in the productivity of corn or bean or squash or chile or tomatillo measured separately. Its virtue lies in the synergic harmony of the whole. Its effectiveness does not come from the parties but from its intermingling, from its variegated symbiosis "

Given the abundance of food, birds, mammals and insects that arrive at the milpa this provides a rich bio diversity.

The main benefit of growing a milpa is the diversity of vegetation which satisfies a nutritional balanced diet.



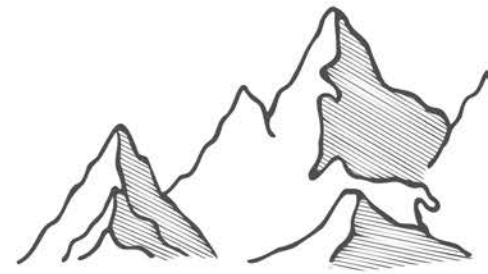
The Three Sisters

Slide 17

This story of The Three sisters is a representation of the milpa by indigenous groups residing in the United States. However, the "three sisters" story is not Mesoamerican and not used in the world of the Maya. Yet there are similar concepts where within the Mesoamerican world where there exists the depiction of three corn goddesses.

Born from Corn

More About the Slides



After 1492

Corn is an indigenous crop domesticated by indigenous people about 9,000 years ago in Mesoamerica (Mexico and Central America) and then spread throughout the entire continent through trade.

After European contact, corn and other crops spread massively around the world. Food is still constantly moving today through exportation.

Trade in the Americas

Slide 27

1492 was a transcendental moment. Livestock came from Europe, including horses, cattle, pigs, sheep, goats, and chickens. Over time, new crops were introduced to the Americas, including wheat, rice, barley, oats, coffee, sugar cane, citrus fruits, melons and Kentucky bluegrass. The introduction of wheat was of particular significance. For thousands of years, bread had been a central part of the European diet. Wheat was not indigenous to the Americas, where maize was the native grain.

What do you know about NAFTA?

North American Free Trade Agreement
United States, Canada, and Mexico

Effective January 1st, 1994

Eliminated and reduced barriers for trade and investment between North American Countries.

There have been tensions and disputes about employment, the environment, and economic growth.

NAFTA

In April 2020, the three countries implemented a new agreement. The new trade agreement involved only small changes.

Reorganizing NAFTA would affect jobs and economic growth reductions. The most affected country would be Mexico.

NAFTA benefited North American economies and average citizens, but damaged small minorities of workers in economic areas exposed to trade competition.

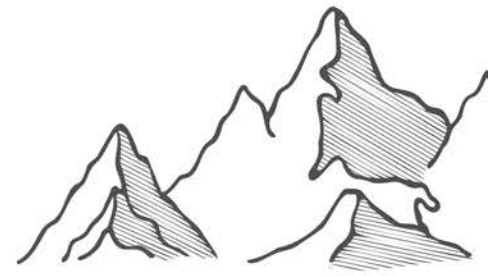
More about NAFTA

Slide 37

The guerilla group was named the Ejército Zapatista de Liberación Nacional (Zapatista National Liberation Front), or the EZLN. It was named after Emiliano Zapata, a hero of the Mexican Revolution. The EZLN adopted his slogan "tierra y libertad" (land and freedom), stating that although the Mexican Revolution had succeeded, his vision of land reform had not yet been achieved. Beyond his ideals, the EZLN was influenced by Zapata's stance on gender equality. During the Mexican Revolution, Zapata's army was one of the few that allowed women to fight; some even held leadership positions. (Thought Co.)

Born from Corn

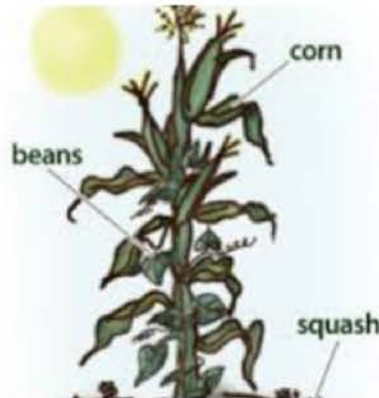
More About the Images



Josè Reanda Quiejù

Slide 7

The above painting by Josè Reanda Quiejù is called "Mi Hermanito Santiago Atitlán", "My little brother Santiago Atitlán".



Milpa Illustration

Slide 9

Image Courtesy of: University of Illinois Extension



Aztec Farmers

Slide 9

Aztec farmers plant and harvest maize. Images found in the Florentine Codex, Book IV written by Bernardino de Sahagún.



Hombre de Maíz

Slide 14

Mural fragment, Hombre de Maíz (Corn Men), Temple Rojo Cacaxtla, Nativitas, Tlaxcala, Mexico. The mural was painted sometime between 100 and 1100 AD.



Mandala

Slide 14

The above image is a mandala created during a planting event with Artes de Mexico en Utah and Wasatch Community Garden.



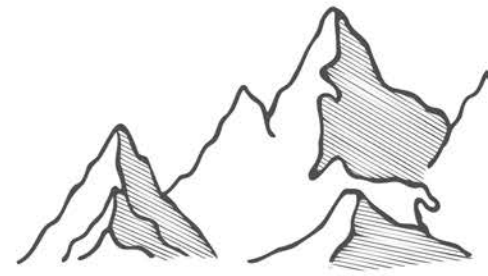
El Campo Nutre Al Mundo

Slide 15

The title of this image, "El Campo Nutre al Mundo", "The Field Nourishes the World". By CIMMYT - Centro Internacional de Mejoramiento de Maiz y Trigo.

Born from Corn

More About the Images



Hombres del Maíz

Slide 15

This painting is by the artist Pedro Rafael González Chavajay.



Father and Son

Diapositiva 15

The above photograph: Calderon, Quintana Roo, Mexico; corn farmer, with his grandson, in his milpa. Photograph by Macduff Everton



Planting Season

Slide 17

Maria Elena and Fanny Guadalupe Blauer putting together this mandala during a planting season event with Artes de Mexico en Utah and Wasatch Community Gardens.



La Cosecha

Diapositiva 18

Una fotografía de vista superior de las semillas y cultivos durante la ceremonia de la cosecha.



Sacerdotes

Diapositiva 20

Este óleo fue creado por el artista Pedro Arnoldo Cruz Sunu.



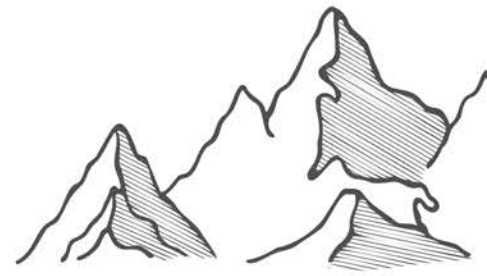
Diego Rivera

Diapositiva 23

La pintura mural anterior, realizada por Diego Rivera en 1945, se encuentra en el Palacio Nacional de México. El mural se llama "La Gran Tenochtitlán".

Born from Corn

More About the Images



Maya Artist Brothers Pedro Arnoldo Cruz Sunu & Lorenzo Cruz Sunu

Slide 21

Artist [Lorenzo Cruz Sunu](#) explains, "The colors of the corn symbolize the four cardinal directions to the Maya. White represents north, yellow is south, black is for west and red is east. The candles symbolize the four ethnic groups of Guatemala – the Maya, Garífunas, Xincas and Ladinos. For me, this painting is more than something pretty. It has a meaning, and this symbolism was my inspiration."

To support these artists visit his [Facebook](#)



Sprinkling of the Milpa

Slide 21

"Rio de la Milpa", this embroidery was made by the Maya artist Flory Cuy.

Courtesy of: [Terraexperience.com](#)



The Harvest of the Corn

Slide 21

"La Cosecha de Elote", this embroidery was made by Maya artist S.A.S Catarina.

Courtesy of: [Terraexperience.com](#)



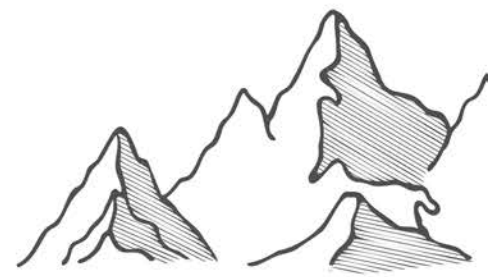
Chinampero

Slide 23

Photo of a Chinampero, a Chinampa farmer. Photo by the blog [Adalberto.mx](#)

Born from Corn

More about the Images



Chinampa

Slide 23

A 16th-century painting depicting Aztecs building a chinampa. Gianni Dagli Orti—De Agostini Editore/age fotostock



Sembrando el Futuro

Slide 26

"Sowing the Future", by muralist Nicolas Gonzalez. The above work of art can be found in California. Planting the future is constructed in a narrative manner that is empowered by symbolic imagery familiar in Mexican culture such as agriculture, the working class, family generations, immigration, and patriotism.



Exchange after 1492

Slide 27

The above image is courtesy of Encyclopedia Britannica, used for educational purposes only.



Lotería Náhuatl

Slide 31

The above image is part of a game called Lotería Náhuatl, similar to Bingo but with the purpose to learn the Náhuatl language. The above image was created by Erica Garces.



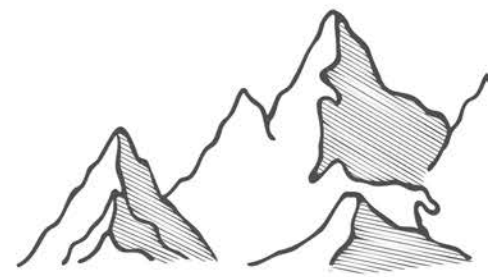
Landing of Columbus

Slide 32

This painting was created by John Vanderlyn and depicts what he believed happened in 1492. John Vanderlyn was never present during this event. The painting was created in the year 1836.

Born from Corn

More about the Images



San Salvador Atenco

Slide 32

People from San Salvador Atenco, Mexico, protest the construction of a new international airport on August 14th, 2018. Photography by Ronaldo Schemidt.



EZLN 1994

Slide 32

Photography of EZLN protest against the Mexican government in 1994.

Photo courtesy: Reuters.



Meeting of Worlds

Slide 32

"El Encuentro de Mundos" by Diego Rivera 1931. This work of art is currently found in Mexico, Palacio de Cortés. The art depicts a Spanish conquistador in combat with an Aztec warrior.



Afrodita 2016

Slide 32

This is a picture taken by Crow Muñoz, the story of a girl who ran away to her family milpa while business owners came to her family to claim the land for purchase. Crow later made this picture as a mural in Chiapas.



The Tarahumara

Slide 32

The banner translates to, "without land, without resources, there is no future". The Tarahumara indigenous people protest illegal deforestation. Photograph by US journalist Wesley Boxley.



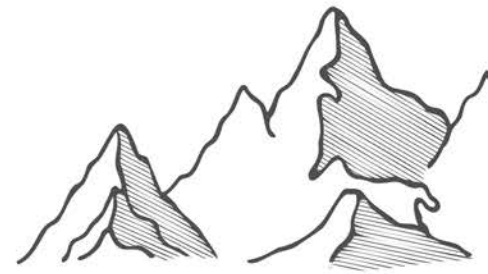
Chabajel ta Vaechil

Slide 32

This photograph titled, "Chabajel ta vaechil / To Dream of Tilling", was part of a series called Creencias (Beliefs) by photographer Maruch Sántiz Gómez. The above photograph was captured in Chiapas, Mexico, 1975.

Born from Corn

More about the Images



Zapatista Women 1998

Slide 32

Zapatista women in Amador Hernandez demanded daily that the Mexican military leave the village communal landholdings. Photography by Tim Russo.



Pedro Diego Alvarado-Rivera 2010

Slide 33

The above painting by artist Pedro Diego Alvarado-Rivera is called, "Milpas Secas con Magueyes". This translates to, "Dry Milpas with Magueyes".



Zapatista Farmer

Slide 33

The above photograph is of an anonymous Zapatista farmer.

Photo Courtesy:
schoolsforchiapas.org



EZLN Mural

Slide 35

Zapatista education promoters, delegates and autonomous authorities gathered in front of a newly painted mural. This mural is found in Chiapas, Mexico.



Raymundo López

Slide 38

"La Última Cena / The Last Supper", painted by Maya Tzotzil artist, Raymundo López.



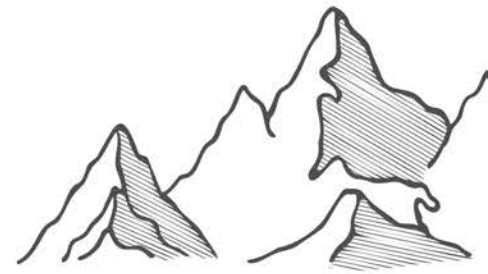
Oventic

Slide 38

A mural on one of the wooden buildings in Oventic. The village is located in the Lacandona jungle. The mural shows two Zapatistas knitting a rainbow.

Born from Corn

More about the Images



We are Roots

Slide 38

This mural is found in Oventik, Chiapas, Mexico. The artist is unknown.



Raicesencia

Slide 38

The above artwork is by artist Crow Muñoz. The phrase Raicesencia is a term that combines the words Roots and Resistance.



The Three Sisters

Slide 41

This diorama is found in the New York State Museum.

Visit their site to learn more: [Iroquois Agriculture Field](#)



Comandante Ramona

Slide 40

This is Comandanta Ramona holding in one hand the earth, and in the other a seashell in which a flower grows and a hummingbird drinks its nectar. The spiral found on a seashell and snail is a pre-Columbian symbol that represents infinity, continuation and origins. The snail and seashell is now used as a symbol of resistance for the Zapatista Movement that originated in Chiapas, Mexico.



Cruz Sunu Brothers

Slide 42 & 44

The above art is, "Cosecha del Año The Year's Harvest". The bottom art is, "Un Dia de Mercado, A Day of Market". Pedro Arnoldo Cruz Sunu and Lorenzo Cruz Sunu work together to create beautiful paintings depicting life of the Maya.

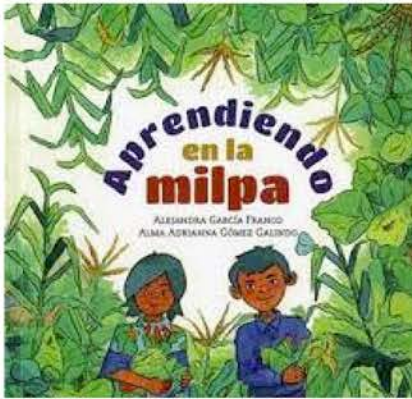
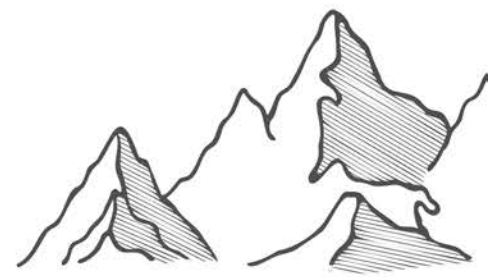


Making Milpa

Slide 45

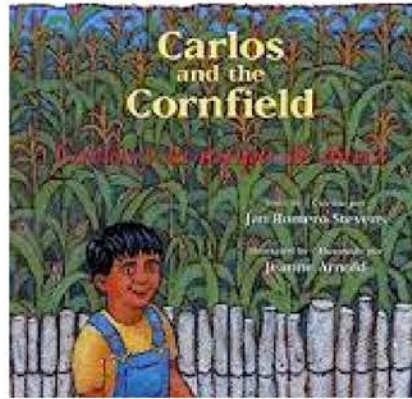
In this photo, Rosita and Josefina guide the community in the planting of a milpa at an event with Artes de Mexico en Utah and Wasatch Community Gardens.

Born from Corn Books to Read



Learning in la Milpa

By Alejandra Garcia Franco & Adrianna Gomez Galindo



Carlos and the Cornfield

By Jan Romero Stevens & Illustrated by Jeanne Arnold



Tesoros del Campo de Milpa Alta

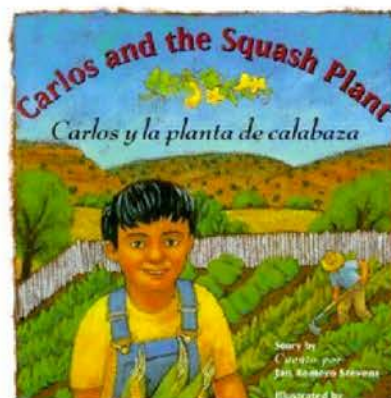
A series of stories collected from community members living in Milpa Alta (a Nahuatl speaking community)

[Click Here for the Digital Version](#)



La Milpa de Don Ricardo

By Jorge Rello Espinosa



Carlos and The Squash Plant

By Jan Romero Stevens & Illustrated by Jeanne Arnold

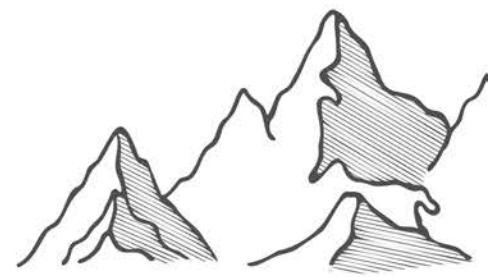


Miiguel's Community Garden

By JaNay Brown-Wood & Illustrated by Samara Hardy

Born from Corn

Video Resources for Teachers



Who are The Zapatistas?

This video was created by Schools for Chiapas. It offers a clear concise introduction to the Zapatistas and their movement.

Watch:

<https://youtu.be/kyM97s9Rrrs>



Women in the Zapatistas Movement

How are women involved in the Zapatista movement? This video teaches about the women in this movement.

Watch:

<https://www.youtube.com/watch?v=NkdUs2Dxv4s>



Rosita's Milpa

Watch Rosita introduce you to her backyard Milpa! Video made by Artes de Mexico en Utah.

Watch:

<https://youtu.be/2L4WmcZqM7I>



Three Sisters Planting and La Milpa

Video by Modern Gardener in partnership with Wasatch Community Gardens and Artes de Mexico en Utah.

Watch:

<https://www.youtube.com/watch?v=PEY8omjVID8>



Milpa

A video by the Nature Conservancy. We are taken deep into the Maya Forest to discover how milpa farming systems continue to evolve to protect seed diversity and stop deforestation.

Watch:

<https://youtu.be/keErercQx6o>



DISCLAIMER

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This resource packet was compiled and translated for educational purposes only. We thank you for your participation in spreading Indigenous knowledge and practices.

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