



NOVEMBER 2018 - QUILTING GROUP

Traditional Foods - Blue Corn Mush



Serving size: 1 cup
Calories 200kcal
Calcium 370mg

Ingredients

- 5 cups hot water
- 6 teaspoons juniper ash
- 2 cups blue cornmeal
- 2 cups cold water

Instructions

- In medium saucepan bring 5 cups water to boil
- Add juniper ash to boiling water
- Mix 2 cups cold water and 2 cups cornmeal in separate bowl
- Add cornmeal mixture to boiling water
- Bring mixture to a boil, then reduce the heat
- Simmer for 20 minutes, stirring constantly
- Serve warm with honey, sugar, or salt to taste

What is Juniper Ash?

Juniper ash is prepared by burning the branches of a juniper tree in the southwest. The process of ash results in calcium oxide, which can easily be absorbed by the small intestine.

Juniper ash has proven to be a good source of dietary calcium and iron and a moderate source of magnesium. **It's recommended women get 1200mg of calcium at day.** One teaspoon of juniper ash is roughly equivalent to the calcium in one cup of milk. Juniper ash can also be purchased locally on or near the Navajo reservation - trading posts or flea markets or online at <https://shimaofnavajoland.com>.

One teaspoon juniper ash contains:

- **Calcium** 290mg | 24% RDA
- **Iron** 2.8mg | 18% RDA
- **Magnesium** 28mg | 7% RDA

Calcium Benefits

- Builds strong bones, teeth, and gums
- Improved blood clotting
- Prevention of osteoporosis
- Healthy muscle neurotransmission
- Hormone secretion

Image provided by Tumbleweed Nutrition