

MAA HINA'U WIIRA  
June: Earth Cultivating Moon

# HARVEST OF THE MONTH

*Blue Cornmeal*

## ABOUT BLUE CORNMEAL

- Blue cornmeal is ground from dried and roasted blue corn which is indigenous to North America.
- Blue cornmeal contains more protein than white or yellow cornmeal and has less of a blood-sugar-raising effect.
- It has a sweet and nutty flavor and is often used in cornbread, chips, muffins, and mush.
- Many Natives choose to add wood ash to blue cornmeal when cooking. The ash adds calcium and helps break down the outer shell of the corn which enhances the flavor and increases the amount of calcium, niacin, and vitamin B3 that our body can absorb.



## TERRI AMI'S BLUE CORN MUSH

*From The Sioux Chef's  
Indigenous Kitchen Cookbook*

### Ingredients:

- 1-1/2 cups water
- 1/2 teaspoon clean cedar ash, sifted
- 1/2 cup cold water
- 1 cup blue cornmeal

### Optional

- 1/4 cup local honey or maple syrup or your choice of sweetener
- 1 cup local berries, nuts, or seeds

### Steps:

- Bring the water to a boil in a medium saucepan. Add the sifted cedar ash to the boiling water and stir until combined. Reduce heat to medium-high.
- In a small bowl, stir together the cold water and the blue cornmeal.
- Whisk the cornmeal mixture into the hot water, continuing to whisk until the cornmeal is cooked through and the consistency is close to that of cream of wheat or thicker.
- Sweeten to taste and serve with fresh berries, nuts, or seeds, if desired.



For more Information Contact a HCN  
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<https://www.atlssobscura.com/foods/blue-corn-mush-Navajo>  
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