

First field (inset photo)

- corn and amaranth about the same to grow; amaranth requires less land
- green amaranth is for flour, yellow for popped (need to verify vs. others' notes, might have it backwards)
- don't plan now because of the birds
- amaranth after maize
- she was dehiscing some seeds while we talked
- kids don't like amaranth, so they mix it with other things
- want kids to not eat junk food in stores; don't have money to buy that anyway
- with amaranth, kids don't get as sick, gain weight
- 5 rows of the garden we were in (see photos for size) = 8 lb of seeds
- they sell very little because eat a lot
- if not a lot they grind themselves, a lot take it to the association (walking, using the buckets)
- roast 1 lb of amaranth and 4 lb of yellow corn and make atole, pancakes
- white atole with chocolate on special occasions
- association helps with workshops
- can't save because they have kids and not enough money as it is
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