Preface | xiii Acknowledaments | xv

CHAPTER 1 | 3 "I Did Do Something": Food-Centered Life Histories in Antonito, Colorado

Why Antonito | Methodology: Food-Centered Life Histories and *Testimonios* | History of Antonito | Antonito Today | Study Participants | The Ethnographic Process | Helen Ruybal and Carole Counihan on Ethnography | Conclusion

CHAPTER 2 | 22 "The Stereotypes Have to Be Broken": Identity and Ethnicity in Antonito

Antonito: An Insider/Outsider Perspective | Janice DeHerrera on Antonito | Language and Education, Spanish and English | Teddy Madrid on Freedom of Speech | Ramona Valdez on English and Spanish | Helen Ruybal on Learning English and Being Smart | Teddy Madrid on Learning English from the Presbyterians | Ethnic, Gender, and Religious Identity | Ramona Valdez on Ethnic Terminology | Teddy Madrid on the Connection with Spain | Discrimination and Prejudice | Helen Ruybal on Discrimination | Teddy Madrid on Multiple Identities and Axes of Prejudice | Ramona Valdez on Religious and Anti-Hispanic Prejudice | Bernadette Vigil on Chicano Consciousness | Teddy Madrid on Identity, Terminology, and Prejudice | Conclusion

CHAPTER 3 | 44 "Part of This World": Meanings of Land and Water

History of Land: Acquisition and Loss | Helen Ruybal's Land Acquisition and Sale | Land and Its Meanings | Monica Taylor's Dream of Land, Family, and Place | Monica Taylor's Perceptions of the Land | Ramona Valdez on the Meanings of Land | Teddy Madrid on Land, Home, and Family | Water in the Southwest | The Multiple Meanings and Uses of Water | Teddy

Madrid on the Traditional Uses of Water | Teddy Madrid on Water as a Commodity | Janice DeHerrera on Water as a Commodity | Monica Taylor on Water as Life | Conclusion: Land, Water, Place, and Chicano Cultural Ecology

CHAPTER 4 | 71 "Anything You Want Is Going to Come from the Earth": The Traditional Diet

The Locally Produced Subsistence Diet | Ramona Valdez's Food Narrative | Meat: Domesticated and Wild Animal Foods | Helen Ruybal on Raising Cattle and Beef | Teddy Madrid on Fishing, Hunting, and Making Jerky | Cultivated Foods: Grains, Beans, Vegetables, and Fruits | Asuncionita Mondragon on Her Grandparents' Garden in La Isla | Teddy Madrid on Food Production in Las Mesitas | Bernadette Vigil on Red and Green Chili | Gathered Plant Foods and Medicines | Helen Ruybal on the Importance of Piñon in Her Family | Teddy Madrid on Gathering Wild Foods in Las Mesitas | Ramona Valdez on Healing Herbs | Conclusion: Food, Place, and Culture

CHAPTER 5 | 91

"We've Got to Provide for the Family": Women, Food, and Work

Production, Reproduction, and Gender | Helen Ruybal's Story of Courtship and Marriage | Gender Expectations and Practices | Teddy Madrid on Her Family's Flexible Gender Division of Labor | Monica Taylor on the Strong Women in Her Family | Helen Ruybal on Gender Relations and Ideals | Women and Food Work | Teddy Madrid on Food Preservation | Monica Taylor on Gardening and Preserving Food | Janice DeHerrera on Food Preparation | Earning Money with Food | Helen Ruybal on Making and Selling Cheese | Ramona Valdez on Working in the Fields | Celina Romero on Working as a Cook and Field Hand | Asuncionita Mondragon on Raising Poultry and Selling Eggs | Balancing Work and Home | Teddy Madrid's First Paycheck | Teddy Madrid on Being a Working Woman | Janice DeHerrera on Balancing Job and Home | Conclusion

CHAPTER 6 | 114 "It's a Feeling Thing": Cooking and Women's Agency

Cooking and Agency | Teddy Madrid's Cooking Adventures | To Cook or Not to Cook | Helen Ruybal's and Her Sister's Different Approaches to Cooking | Janice DeHerrera's Cooking Expectations | Cooking, Self-Expression, and Emotional Connection | Janice DeHerrera on Creativity and Cooking | Janice DeHerrera on Cooking as Emotional Communication | Cordi Ornelas's Paella | Learning and Teaching Cooking | Janice DeHerrera on Learning How to Cook | Monica Taylor on Learning to Cook and the Family *Biscochito* Recipe | Cooking and Gender | Teddy Madrid on Cooking after Marriage | Helen Ruybal on Her Husband's Cooking | Monica Taylor on the Chili Wars | Conclusion

CHAPTER 7 | 137

"Meals Are Important, Maybe It's Love": Mexicano Meals and Family

Family in Antonito | Janice DeHerrera on Family Ties versus Individual Ambition | Teddy Madrid on Her Father's Family Charge | Mexicano Family Meals | Martha Mondragon on Family Meals and Television | Janice DeHerrera on the Importance of the Family Meal | Meals and Gender Roles | Janice DeHerrera on Restaurants, Her First Communion, and Family Gender Power | Meals, Socialization, and Respect | Janice DeHerrera on Meals in Her Family of Origin | Martha Mondragon on Grace before Meals | Teddy Madrid on Family Meals, Respect, and Socialization | Asuncionita Mondragon on Teaching Spanish at Family Meals | Conclusion

CHAPTER 8 | 152 "It Was a Give-and-Take": Sharing and Generosity versus Greed and Envy

Cooperative Labor Exchanges | Cordi Ornelas on Work Parties | Yolanda Salazar on Making and Selling Tamales | Sharing and Generosity | Asuncionita Mondragon on Sharing Food with Neighbors | Helen Ruybal on Sharing Honey and Meat | Greed and Envy | Carmen Lopez and Helen Ruybal on Sharing, *Cuzco*, and *Envidia* | Helen Ruybal on Envy | Envy and Witchcraft | Helen Ruybal on Witchcraft, *Curanderas*, and Envy | Conclusion

CHAPTER 9 | 168 "Come Out of Your Grief": Death and Commensality

The Wake | Cordi Ornelas on Foods at the Wake | Helen Ruybal on Death, Velorios, and Funerals | Food Gifts for the Bereaved | Janice DeHerrera on Food and Death | Martha Mondragon on Death and Food Sharing | Farewell Dinners | Yolanda Salazar on Death, Community, and Commensality | Helen Ruybal on Farewell Dinners | Rending and Mending Community | Helen Ruybal on Different Funeral Traditions | Teddy Madrid on Presbyterian Funeral Feasts | Janice DeHerrera on the Meaning of Food at Funerals | Conclusion

CHAPTER 10 | 181

"Give Because It Multiplies": Hunger and Response in Antonito

Poverty and Food Insecurity | Bernadette Vigil on Caring and Hunger | Janice DeHerrera on Traditions of Sharing Food | Traditional Foodways, Sharing, and Making Do | Teddy Madrid on Hunger, Scarcity, and Sharing | Janice DeHerrera on Making Do with Beans, Tortillas, and Potatoes | Hunger in School | Janice DeHerrera on Hunger in the Elementary School | The Antonito Food Bank | Teddy Madrid on Presbyterian Support of the Food Bank | Janice DeHerrera on Hunger, Conscience, and the Food Bank | Conclusion

CHAPTER 11 | 192 Conclusion: "Our People Will Survive"

The Fourth of July Meal | Unpacking the Fourth of July Meal | Explanations for the Antonito Diet | Toward the Future

APPENDIX 1 | 201
Topics in Food-Centered Life Histories

APPENDIX 2 | 203 Categories of Analysis

APPENDIX 3 | 205

Population of Antonito, Conejos County, and Colorado, 1880-2000

APPENDIX 4 | 207

Wild Plants Used for Food or Healing in the Antonito Area

Notes | 211 Glossary of Spanish Terms | 227 Bibliography | 231 Index | 247