

Citlalicita

La
Chicanita
Super Hero

dehora
kwetzpal
wasagwey
© 1998
Cafe Citlali Graphics



Andale Machi
eat your cornbread
es la principia
Guerrillera.



Ever since I was a little, las
abuelas Indigenas would whisper
consejos to me in my dreams
or write them in the stars



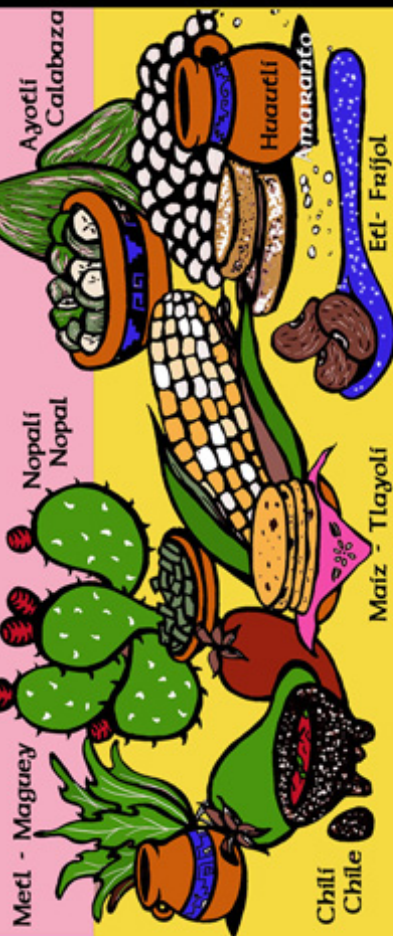
There are some foods that you have to eat.
They are like guerrilleras/warriors to keep
your bodies healthy Mijita. Ask your mami
who grows your food.



It feels good to put my
hands into la Madre Tierra.
Watering & planting makes
me feel calmada.

Las Siete Guerrilleras are the 7 Indigenous
foods of **Anahuaca** (North, Central, South America).
I want other kids to eat vegetables too. My mami
won't give me dessert until I eat a little bit of
everything. They taste different when I grow them
myself. And we take care of the earth 'cause we
don't spray with pesticides. We plant *sempasuchitl*
& that takes care of the little bugs. **Citlalicita c/s**

Las Siete Guerrilleras de la Alimentacion Anahuaca



Metl - Maquey

Nopali
Nopali

Ayodli
Calabaza

Chilli
Chile

Maiz - Tlayoli

Etl- Frijjol