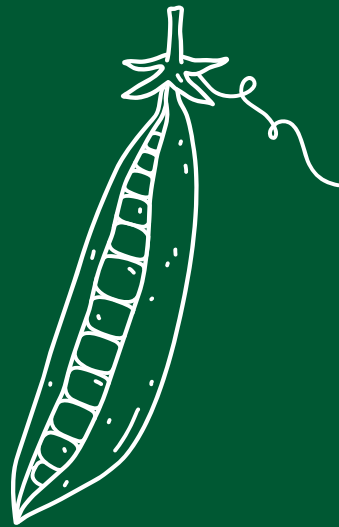




Latinx

# Crop Profiles

for Emerging Farmers



Northern  
**Gardener**

BY THE MINNESOTA STATE HORTICULTURAL SOCIETY

[northerngardener.org](http://northerngardener.org)



# Corn

Maiz (mah-ees)

Warm-season staple grain used in tortillas, tamales, and stews

---

## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in spring
- Harvest when cobs are fully developed and silks turn brown and dry

## GROWING CONDITIONS

- Full sun
- Well-drained soil
- Grows best in 77°F to 91°F

## COMMON PESTS/ DISEASES

- Corn borers
- Aphids

## CULINARY AND CULTURAL USES

- Staple grain in Latinx cuisine
- Used in tamales, tortillas and more

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Sacred crop in mesoamerican cuisine



# Beans

Frijoles (free-ho-les)

Protein-rich legume used in soups, stews, and rice dishes

---

## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in spring
- Harvest pods when they have turned brown and you can hear the beans shaken in them

## GROWING CONDITIONS

- Full sun
- Tolerates various soils

## COMMON PESTS/ DISEASES

- Aphids
- Bean beetles

## CULINARY AND CULTURAL USES

- Key protein source
- Soups
- Stews
- Rice dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Staple crop in Latinx diets



# Peppers

Chiles (chee-les)

Spicy and flavorful, used in salsas, sauces, and dried spice blends

---

## BEST PLANTING AND HARVESTING PRACTICES

- Start indoors in early March
- Transplant after last frost
- Harvest when ripe (60 to 90 days)

## GROWING CONDITIONS

- Full sun
- Prefers warm conditions
- Grows best in 70°F to 80°F

## COMMON PESTS/ DISEASES

- Aphids
- Fungal diseases

## CULINARY AND CULTURAL USES

- Adds spice and flavor to traditional dishes like salsa

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Essential for adding spice to traditional dishes



# Tomato

Tomate (toh-mah-teh)

Essential for sauces, salsas, and fresh salads

---

## BEST PLANTING AND HARVESTING PRACTICES

- Start indoors
- Transplant after last frost
- Harvest when ripe (65 to 80 days)

## GROWING CONDITIONS

- Full sun
- Warm-season crop
- Grows best in 70°F to 85°F

## COMMON PESTS/ DISEASES

- Tomato hornworms
- Blight

## CULINARY AND CULTURAL USES

- Key ingredient in Latinx sauces
- Good in soups and stews

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Integral to Latinx culinary traditions



# Squash

Calabaza (kah-lah-bah-sah)

Nutritious and versatile vegetable used in soups and desserts

---

## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow after last frost
- Harvest in 90-120 days

## GROWING CONDITIONS

- Requires full sun
- Grows best in sandy or loamy soil

## COMMON PESTS/ DISEASES

- Squash vine borers
- Powdery mildew

## CULINARY AND CULTURAL USES

- Soups
- Stews
- Dessert

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- A key component of the 'Three Sisters' planting method



# Squash

Calabaza (kah-lah-bah-sah)

Nutritious and versatile vegetable used in soups and desserts

---

## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow after last frost
- Harvest in 90-120 days

## GROWING CONDITIONS

- Requires full sun
- Grows best in sandy or loamy soil

## COMMON PESTS/ DISEASES

- Squash vine borers
- Powdery mildew

## CULINARY AND CULTURAL USES

- Soups
- Stews
- Dessert

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- A key component of the 'Three Sisters' planting method



# Amaranth

Amaranto (ah-mah-ran-toh)

Nutritious leafy green and grain with high protein content

---

## BEST PLANTING AND HARVESTING PRACTICES

- Direct sow in late spring
- Harvest leaves when young
- Harvest seeds at maturity

## GROWING CONDITIONS

- Full sun
- Drought-tolerant
- Rich soil preferred

## COMMON PESTS/ DISEASES

- Minimal pests
- Drought resistant

## CULINARY AND CULTURAL USES

- Leaves used like spinach
- Seeds used as a grain in porridge and drinks

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Highly valued by Aztecs & Mayans
- Used in rituals and food



# Cactus Paddle

Nopal (noh-pahl)

Edible cactus paddles with a tangy taste. Used in salads and tacos

---

## BEST PLANTING AND HARVESTING PRACTICES

- Best to harvest paddles when they are young for tender texture

## GROWING CONDITIONS

- Full Sun
- Requires dry, well-drained soil

## COMMON PESTS/ DISEASES

- Scale insect
- Root rot

## CULINARY AND CULTURAL USES

- After cooked, it can be used in salads, tacos, and stews

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- A staple of indigenous Mexican cuisine



# Jicama

Jicama (hee-kah-mah)

Crisp and refreshing root vegetable often eaten raw

---

## BEST PLANTING AND HARVESTING PRACTICES

- Plant tubers in spring
- Harvest in late fall

## GROWING CONDITIONS

- Full sun
- Grows best in sandy or loamy soil

## COMMON PESTS/ DISEASES

- Minimal pests
- Monitor for fungal diseases

## CULINARY AND CULTURAL USES

- Often eaten raw or in salads for its crunchy texture

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Used in traditional diets for centuries



# Epazote

Epazote (eh-pah-soh-teh)

Aromatic herb used in soups and bean dishes for flavor and digestion support

---

## BEST PLANTING AND HARVESTING PRACTICES

- Harvest leaves fresh for cooking

## GROWING CONDITIONS

- Full sun
- Requires well-drained soil

## COMMON PESTS/ DISEASES

- Minimal pests
- Avoid overwatering

## CULINARY AND CULTURAL USES

- Used in soups
- A spice in traditional dishes

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Used for medicinal purposes and traditional dishes



# Corn Fungus/Corn Smut

Huitlacoche (weet-lah-koh-cheh)

A delicacy with an earthy, umami flavor. Often used in tacos and tamales

---

## BEST PLANTING AND HARVESTING PRACTICES

- Harvest fungus from corn plants during growing season (August to October)

## GROWING CONDITIONS

- Thrives on corn plants
- Needs warm, humid conditions to grow successfully

## COMMON PESTS/ DISEASES

- Resistant to most pests
- Grows naturally on corn

## CULINARY AND CULTURAL USES

- Used in tacos & tamales
- A delicacy in many Latinx cuisines

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Culturally significant delicacy in Mesoamerican cuisine



# Gooseberry

Uva Espina (oo-vah es-pee-nah)

Tart berries used in jams, sauces, and desserts

---

## BEST PLANTING AND HARVESTING PRACTICES

- Plant bare-root or container-grown shrubs in spring
- Harvest berries in mid- to late-summer

## GROWING CONDITIONS

- Partial to full sun
- Prefers well-drained soil
- Needs slightly acidic soil

## COMMON PESTS/ DISEASES

- Sawflies and aphids
- Powdery mildew

## CULINARY AND CULTURAL USES

- A berry that is best used in jams, sauces, desserts
- Can be eaten fresh

## TRADITIONAL AND HISTORICAL SIGNIFICANCE

- Cultivated by indigenous and Latinx communities for generations

