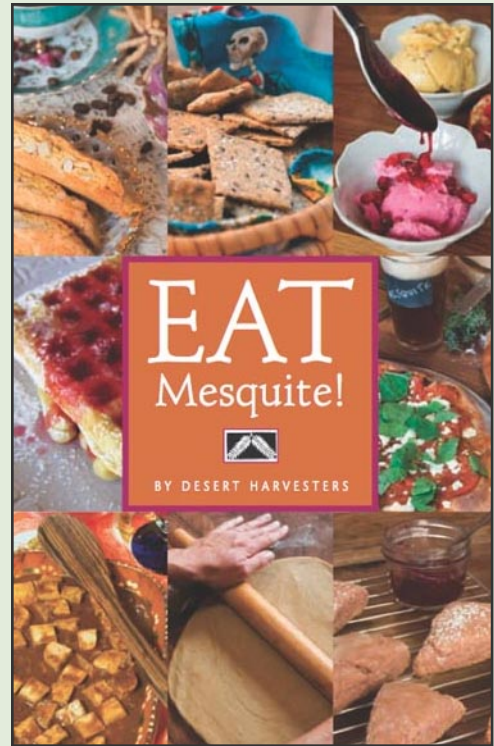




**above** Garth Mackzum feasts on mesquite pancakes with prickly pear syrup at the The Dunbar/Spring Organic Community Garden Mesquite Milling and Pancake Breakfast in Tucson. *Courtesy Brad Lancaster.*



## BOOK REVIEW

# Eat Mesquite! A Cookbook *Reviewed by Kevin Dahl*

You will not regret buying this book. It's a labor of love by a community of Tucson food activists known as Desert Harvesters, people with a lot of talent who have promoted the use of mesquite with community events and helping people mill collected pods into sweet, nutritious flour. The recipes are varied and well-tested. They will surprise you with their variety and usefulness. Right now I wish I had a Mesquite Milkshake, or a bowl of Mesquite Ice Cream. Sometime I would like to compare Sonoran Baklava to Jacqueline Soule's Mesquite Baklava. For dinner tonight, a pizza with a mesquite crust or Mesquite Tamales followed by Mesquite Coffee with an Almond Mesquite Biscotti — sounds pretty darn good, doesn't it?

Nancy Zierenberg saw the book when it was first published, and is quoted on the group's website:

*"We are so fortunate to have Desert Harvesters promoting our bountiful native foods. They've teamed up with food adventurers, lovers, and researchers to uncover myriad ways of, and advantages to, using what grows naturally in the Sonoran Desert. These tasty explorations invite readers into healthy, diabetes-resistant eating habits, but the education doesn't stop there. Desert Harvesters is so committed to*

*empowering people to eat the goodness from our ubiquitous native Velvet Mesquite, that they long ago purchased a mobile hammermill to transform sweet and healthy mesquite pods into delectable flour. This quick and easy service is available to anyone willing to collect and store the pods until annual milling events every fall. This wonderful cookbook, along with their website, will teach you how to collect, store, and use this harvest. Don't miss out!"*

The book's front matter has instructions on how to harvest, store and mill mesquite pods, tips for cooking, an essay on mesquite's great potential as a world food crop by Richard Felger and Neil Logan, and information on its medicinal values by John Slattery.

The cookbook was printed on 100% recycled paper, which is not surprising from a group that spends a lot of effort to get people to build rainwater harvesting basins and plant native trees.

The 88-page, 52-recipe hardbound book sells for \$20 — purchase it by mail or see a list of retailers at [www.desertharvesters.org](http://www.desertharvesters.org).