

TASTE MESQUITE PODS *BEFORE* YOU PICK

Do NOT pick bad-tasting mesquite pods, as the pod quality ultimately determines the quality and flavor of any foods you make with it.

**AVOID harvesting pods with any of the following
bad taste characteristics:**

- **Chalky**
- **Bitter**
- **Dries the mouth or throat**
- **Has a burning sensation in mouth or throat**

Note that sometimes these bad characteristics take a little while to appear, in such instances they are like bad aftertastes — avoid them too.

Every tree's pods have their own flavor

The flavor of a tree's pods will be the same every year, so find a good-to-great-tasting pod tree and return to it year after year.

**Also seek out trees that produce great-tasting pods
BEFORE the summer rains arrive.**

Picking pods *before* the rains avoids aflatoxins.

Good- to great-tasting pods have no bad characteristics, and are typically sweet.
Bland pods with no bad characteristics are fine.

Native velvet mesquites (*Prosopis velutina*) are the most consistently great-tasting variety of mesquite trees, native screwbean mesquite (*Prosopis pubescens*) pods taste good, though they make a more coarse flour, and the tree requires more water than the velvet mesquite.

Non-native or hybrid mesquite trees can have good-tasting pods, but they usually do *not*. Non-native mesquites are also vastly inferior for native wildlife, songbird, and pollinator habitat.

Thus we recommend planting only native Velvet Mesquite or Screwbean Mesquite.

Honey Mesquite (*Prosopis glandulosa*) is native to colder, higher-elevation eastern Arizona and is a good choice for that area.