

A poetry and art zine written by students of Horticulture & Culinary Traditions at the Penitentiary of New Mexico in Santa Fe

Adam Trujillo
 Anthony Jimenez
 Angel Bustamante Jr
 Jason Hattis
 Vincent Gutierrez
 Adam Ledro H. Eby
 Anton Martinez
 ZAC JARAMILLO
 Johannes
 Brandon
 Andrew Copley
 Coxy Soto "CS"
 Copley

This publication is the work of many hands and hearts.

A special thank you to Gunjan Koul for her hard work, radical vision, and unwavering softness.

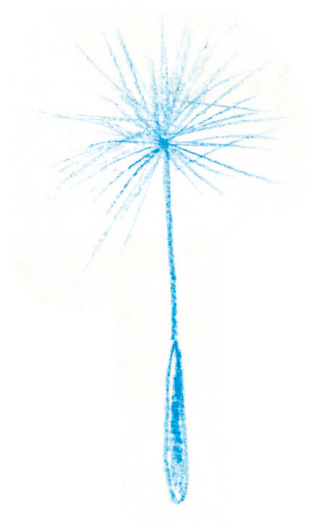
Seed & Bloom's mission is to empower the lives of individuals who are incarcerated, to offer professional development and recreational solutions for re-entry, and to reduce the rate of recidivism. Using the framework of therapeutic horticulture and the positive sensory experiences of the kitchen, participants are reintroduced to the foundation of what makes us happy to be alive. Joy is not an emotion that is easy to come by inside the walls of a prison, but by planting seeds of knowledge and seeds for nourishment, joy can be accessed and opportunities for change can bloom. Our belief is that when individuals feel better and engage positively with their community, we all flourish.

How we treat the land is how we treat the people and how we treat the people is how we treat the land. For myself, I'm an artist and educator working collaboratively towards alternative futures through independent publishing and eco-social intervention. By centering collective liberation, I believe that creating poetic spaces offers multivalent opportunities for individual and/or collaborative healing, especially by people who do not identify as artists.

This publication is the fruit stemming from a series of workshops held in Fall of 2024. With guided prompts, students created original poetry and artwork, reflected on inspiring recipes and their individual stories with the intent to share this work publicly. This series, hosted by the Seed & Bloom project, aims to support their regular horticultural and culinary programming through a foray into image- and text-based creative expression. During the last few months, what I have witnessed is a bio-diverse range of students root into connection with others, share trust and vulnerability with a relative newcomer, and find moments of self-empowerment within these walls.

Together, we are a group of 14 students and two facilitators, myself and Gunjan Koul, who is the founder of Seed & Bloom. We are brought together by a love of the more-than-human world, the act of sharing food, and the belief that men living in carceral spaces deserve space for radical softness. Guided by the wisdom of seeds, as well as the following poem by the inimitable Nayirrah Waheed ["Salt," 2013] we hope you enjoy this offering.

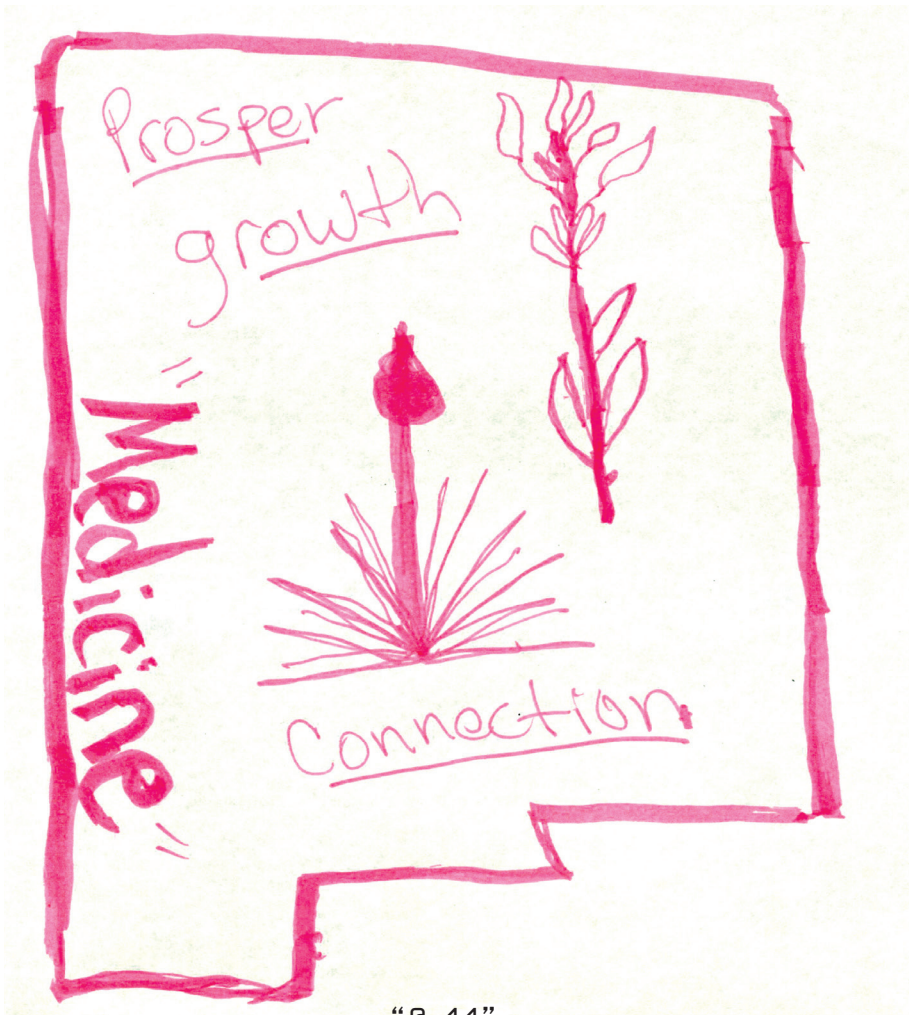
With gratitude, daniela del mar



IF WE SPOKE IN FLOWERS,
WE WOULD FINALLY HAVE THE
WORDS IN THAT LANGUAGE TO ARTICULATE
THE TRUE BEAUTY OF OUR
WORLD. IN OUR LANGUAGE, IT IS UTTERLY
IMPOSSIBLE TO EXPLAIN THE BEAUTY
AND SERENITY THAT COMES FROM
THE FLOWERS THAT MOTHER EARTH
PROVIDE, ALONG W/ ALL OF THE
SCENERY THAT WE'RE LUCKY
ENOUGH TO CALL OUR HOME.

I am a seed of light.
For the longest time I was buried in dirt
and didn't grow.
What made me sprout were my trials in life
and knowing I have a God who never let me go.
And just like piñon I was surrounded by many
and together we learned from each other.
Through love and encouragement we help each
other grow.
Now I have the opportunity to help others
who are also buried and can't seem to grow.

—Anton Martinez



"@ 44"

infant & teen = eager to learn
 adult - been to the roughest play
 of rugged terrain
 still here trying to help the
 youth be softer or soft

Text and drawing by Anthony Jimenez

Chiles Anchos Rellenos, Número Tres

STUFFED ANCHO CHILES, THIRD VERSION

Ancho chiles are stuffed again, this time topped with a tomatillo salsa. However, be careful to choose anchos that are fairly fresh. Look for pods that are still bendable and whose aroma can be detected through their packaging.

FOR THE SALSA

- ¼ cup vegetable oil
- 4 tomatillos, finely chopped
- ½ cup water
- 2 onions, finely chopped
- ¼ teaspoon dried Mexican oregano
- 2 tablespoons chopped cilantro

FOR THE STUFFED CHILES

- 4 cups water
- 6 large ancho chiles, stems and seeds removed
- 13 ounces of aged cheese, such as Romano, sliced into 6 equal pieces
- 5 tablespoons butter
- ½ cup vegetable oil
- 6 tortillas
- 6 eggs, scrambled
- 1 head lettuce, shredded or chopped
- 1 avocado, peeled, pitted, and sliced
- 7 ounces cheddar cheese, grated

To prepare the salsa, heat the oil in a saucepan and fry the onion. Then add the tomatillos, water, oregano, and cilantro. Let the mixture cook on high heat until the tomatillos are fully cooked, then set aside.

To prepare the chiles, pour the water into a large saucepan and bring to a boil. Place the chiles in the boiling water for 2 minutes to rehydrate them. Drain the chiles and carefully pat them dry on paper towels.

Fill each chile with a slice of cheese and set aside. In a large skillet, melt the butter over medium heat, then add the oil, and turn the heat on high. Brown the chiles in the butter-oil mixture. Once they are browned, remove them from the oil, drain them on a paper towel, and place them on a platter.

Briefly dip the tortillas in the hot oil and place them on a separate plate. Place one chile on top of each tortilla, then top each with a spoonful of salsa and egg.

Decorate the plates with the lettuce, avocado slices, and grated cheese.

YIELD 4 to 6 servings HEAT LEVEL Medium



Stuffed Ancho Chiles, Third Version.
 Photograph by José C. Marmolejo.

Recipe from "The Mexican Chile Pepper Cookbook: The Soul of Mexican Home Cooking" by Dave DeWitt and José C. Marmolejo, 2022.

I am a Mimbreno Seed.

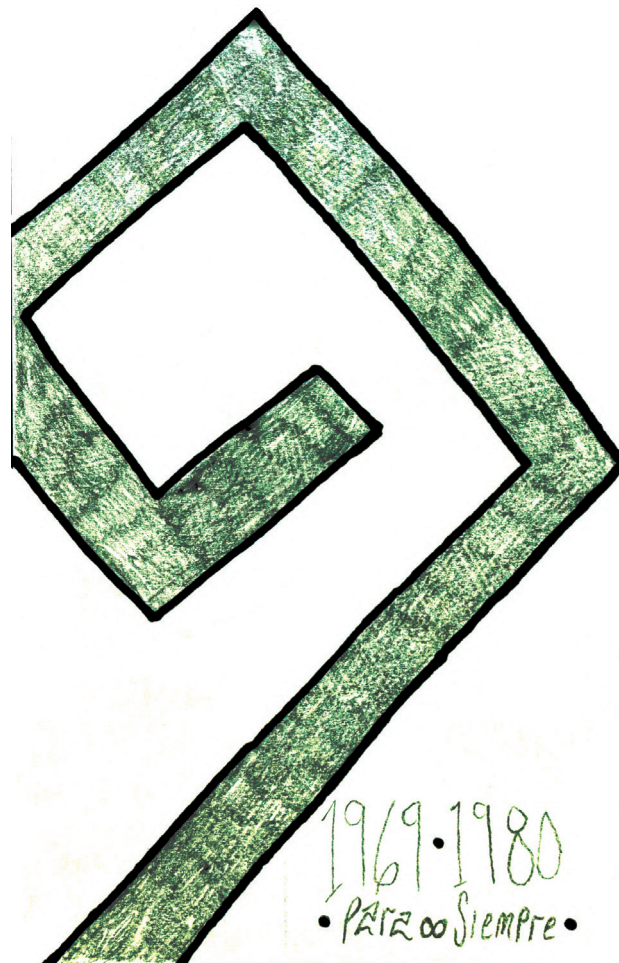
For thousands of years me & my Gente had lived in the Mimbres Valley Southwest N.M. Next to El Rio Mimbres. Due to some bad Seed Choices I was took out of my Jardin of Family, Security, love Respect, & Growth

Now I need to Continue my Routine here, Think Grow and Plan for my Family Future

I Keep my Faith in the 4 elements <sup>Earth
Wind
Fire
Water</sup> and the Creator to help me get Back To my Jardin, Grow and take Care of MY Family THX Respectfully.

"Good Deer"

4 cloves fresh garlic,
finely minced
1 qtr teaspoon finely ground
red hot peppers
1 qtr teaspoon oregano
1 qtr teaspoon basil
1-2 # ground deer meat
1 chopped onion
salt at own pleasure
1 bag of wide egg noodles
Bake in oven at 450

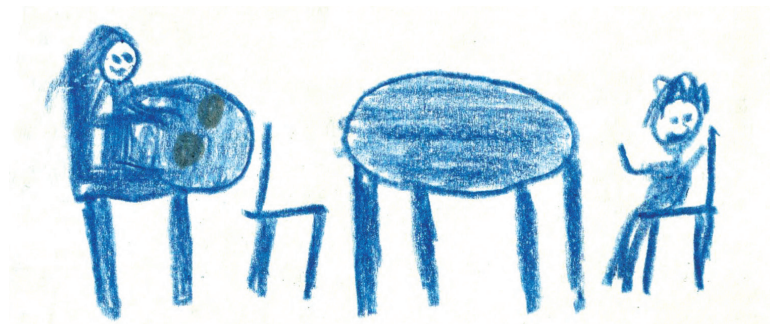


Our cooking classes are designed to look at feeding a family of six people while sticking to a fixed budget. The concepts in focus become ones of economics and family finances, and also ones that center the simple pleasures of cooking a meal in your home space. They take us back to the sensory experiences of an earlier time—our most powerful memories of colors, flavors, and aliveness in the kitchen all come rushing back. Through our food preparation we can remember the recipes of our childhood, and we apply these experiences towards how we wish to nurture ourselves and nourish our loved ones going forward.

Vincent is at home in the kitchen. In our cooking classes he is comfortable taking a lead role in organizing the dishes of the day, from assembling ingredients to their final presentation.

He recalls eating fresh tortillas with butter as a boy, which were lovingly prepared by his two sisters and his mother.

Detailed here is a picture of his daughter, enjoying her favorite fruit of clementine oranges. Vince shared that when she was a younger child he tried to offer her silverware to use with her food and that, at least for now, she prefers food that she can eat with her hands.



Chicken and Spinach soup

Time 20min cooking time 15 min

6oz chicken Breast, thinly sliced
1 1/2 cups fresh spinach
2 Tbs. onions chopped
1 Tsb garlic minced
1 TSP cumin seed
1 TSP lemon juice
2 TSP ginger chopped
7 cups chicken stock
1/3 TSP ground white pepper

To make this soup first make sure you have lots of love and good people to share it with.

Step one: Heat oil in pot, reduce to medium heat.

Step two: add the onions and cumin seed. saute for 2 min

Step three: add the sliced chicken to the pot.

four: add ginger and garlic. saute for 2 min

five: add spinach and saute for 1 min

six: add white pepper

Text by Gunjan Koul

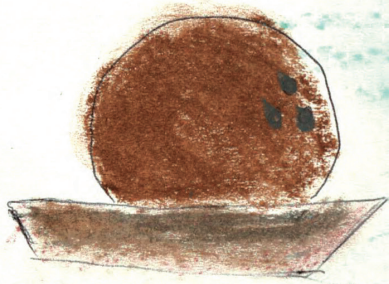
Drawing by Vincent Gutierrez

Recipe adapted from Curry, Korma & Kebab—A Culinary

Journey of India by Chef Paddy Rawal, 2016 by Andrew Coppler

Being born in the high mountins in the same tree line as the aspen trees. Being close to water is definately a must—like a mountain lake or a stream with good fishing I find the most peace.

Being with my family and close friends is when I start to come out of my shell and let my gard down. To grow I need a lot of stimulating people and music even thow I am born in the mountins. I must travel far because I am a coconut and gravitate to the Ocean and the coast to lay my roots and make a Home. So traveling is one of my favorite things. Definately a lifted Drifter and a Gipsee soul.



Coconut Ceviche

ingredients

For the Coconut broth

- 4 cups (1L) coconut water
- 2 cups (480 ml) coconut milk
- 4 to 6 fresh lime leaves

for the Plantain Chips

- 2 green Plantains, PEELed & thinly sliced lengthwise
- 1/4 cup (60 ml) coconut oil

for the Coconut Ceviche

- 3 young coconuts 1 1/2 to 3 1/3 pounds / 680g to 1.5kg each
- Fruit from 3 finger limes
- 2 habanero chiles, thinly sliced
- 1 scallion, green part only sliced
- 2 tablespoons Lemongrass oil
- Chili oil, garnish

Ratatouille Sub

- 1 long, thin eggplant, such as a Japanese variety
- 1 long, thin zucchini
- 1 long, thin yellow squash
- 1 to 2 red bell peppers, long and narrow if you can find them
- 1/2 small yellow onion

1 cup (250 grams) tomato purée (such as Pomi) or canned tomato sauce

1 garlic clove, minced

2 tablespoons (30 ml) olive oil

Salt

Red pepper flakes or piment d'Espelette

1 tablespoon chopped fresh herbs, such as thyme

Two 8-inch sub rolls, or the equivalent length of baguettes



prepare vegetables Preheat your oven to 350 degrees, and prepare the vegetables: Trim the ends from the eggplant, zucchini, and squash, and with a mandoline, adjustable-blade slicer, or very sharp knife, slice them into pieces approximately 1/8 inch thick. As carefully as you can, trim the ends off the red pepper and remove the core, leaving the flesh intact, like a tube. Thinly slice crosswise. Thinly slice the onion as well.

Spread the tomato purée into a 2-quart baking dish. Stir in the onion slices, minced garlic, 1 tablespoon of the olive oil, a few pinches of salt, and a pinch of pepper flakes. Arrange the slices of eggplant, zucchini, yellow summer squash, and red pepper so that they overlap, with just a smidgen of each flat surface visible. The pepper will give you the most trouble, because it's probably bigger in diameter than the other vegetables, but whether it fans prettily or not, it will bake up nicely. You might not need all of your vegetables. Drizzle remaining tablespoon of olive oil over the vegetables, and sprinkle with thyme. Cover dish with foil, and bake for 45 minutes, until vegetables are almost completely fork-tender.

assemble subs Meanwhile, split your sub rolls. Once the 45 minutes are up, increase heat to 425, remove foil from the baking dish, and bake, uncovered, 15 minutes more. On the other rack, place your sub rolls on a tray to toast for 5 to 10 minutes.

A long, thin offset spatula, like an icing knife, is best for serving here. Carefully slide it under one section of the fanned vegetables, and slide it onto the bottom half of a toasted roll. Keep adding sections until you have covered the bread, and then repeat this so that you have a second layer of fanned vegetables. Scoop up any oniony sauce that was left beneath the vegetables, and lay it over the sub. Close each sub with the top half of the roll, cut into manageable lengths to eat, and serve.



Sirloin Steak Sandwich with Avocado and Melted Cheese

Barros Luco

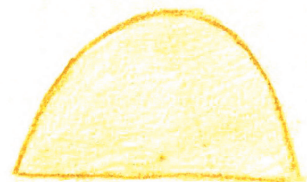
1 sandwich

----- Ramón Barros Luco, who served as president of Chile from 1910 to 1915, loved a special kind of sandwich. He didn't hesitate to make his mind known at restaurants, and waiters quickly caught on. Some simply started shouting to the cooks: "Give me a Barros Luco!" The name stuck on the sandwich to this day. The sandwich is delicious made using fresh Chilean mayonnaise and homemade bread.

1 tablespoon butter
1 thin strip of boneless steak sirloin (5 ounces)
Salt and freshly ground black pepper
1 to 2 strips of Swiss cheese (3 ounces)
1 tablespoon Mayonnaise (see recipe, page 29) (optional)
1 hamburger bun or similarly-shaped roll
1/2 avocado (3 to 4 ounces), cut into thin slices

1. Heat the butter in a medium skillet over a medium-high flame. When it has melted, add the steak. Lightly sprinkle with salt and pepper. When the steak browns, turn it over and top with the cheese. Cover and remove the steak from heat when it is cooked.

2. Spread the mayonnaise on the bun. Add the cheese steak and avocado, cut the sandwich in half, and serve it immediately.



I choose this recipe because it reminds me of the meals my Dad would cook on the grill. It reminds me of the good times we had together while he was here. Plus I love the amazing aromas that come from barbecuing steaks from the grill or Discos.

Aaron's favorite recipes:

Mac and Cheese with smoked Gouda, truffle oil, Black Forest Ham

Blue Cheese Butter on a 22 oz dry aged Ribeye, cooked medium with pan-seared baby Bok Choi

Mac n Chz is the definition of comfort food for me, added smokiness of the rich cheese and earthiness of the truffle oil puts it over the top.

The steak needs no explanation.

Text and drawing by Cody Soto

Recipe from "Tasting Chile" by Daniel Joelson, 2013



"I would like to be a Adam sunflower seed
In order to grow and thrive, I need
attention, cause I don't like to feel
lonly, and I need sun cause I don't like
to be cold, and water cause it makes
me feel relaxed and stress free."
—Adam Trujillo

I feel a sense of not belonging. maybe
a struggle to fit in.

Colors and smells carry emotions.
I relate to a struggle to express
myself properly.

I like sunflowers the yellow makes me happy
and brings me back to a time of summer and
care free youth.

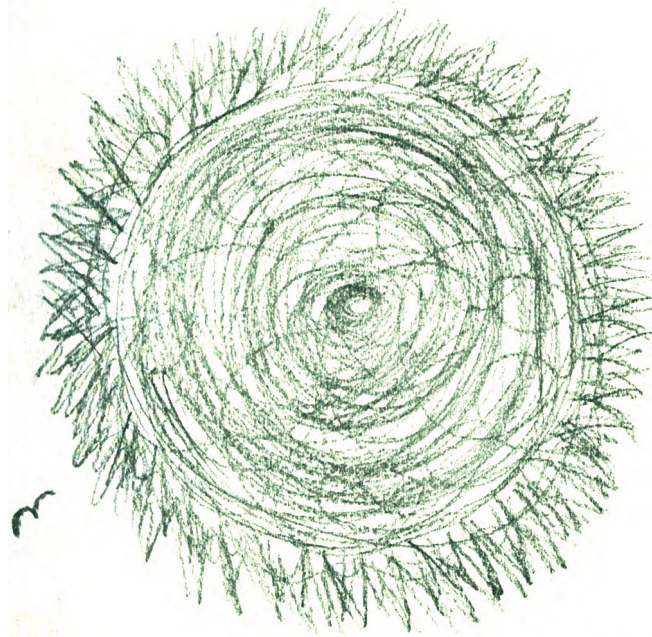
"I think if a race of aliens ever invaded earth, I hope they speak flower.

To see flowers in my mind's eye I see colors twisted forming life.

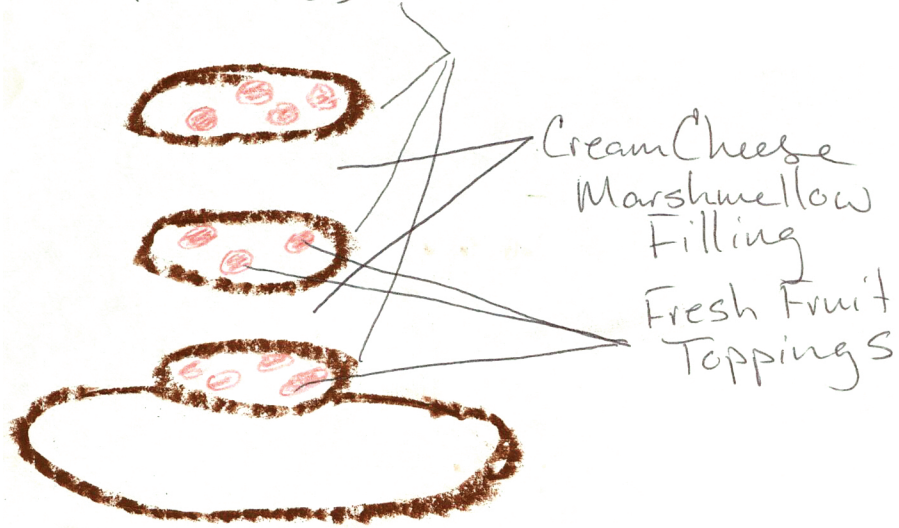
If I never see another sigh, a flower's eternal beauty would suffice.

—Andrew Coppler

It will be easier for me to understand to speak as a flower, A flower is beauty a flower comes from strong roots just as we do, as our family roots and sprouts, even if we fall down nutrients, guidance, and a soft touch will bring us back up, when your down come by and come take a look at a flower, and realize what makes us happy to be alive, If we spoke as flowers quiet and patient to grow, this world would not be spoiled and loud just like a crow.



Pancakes



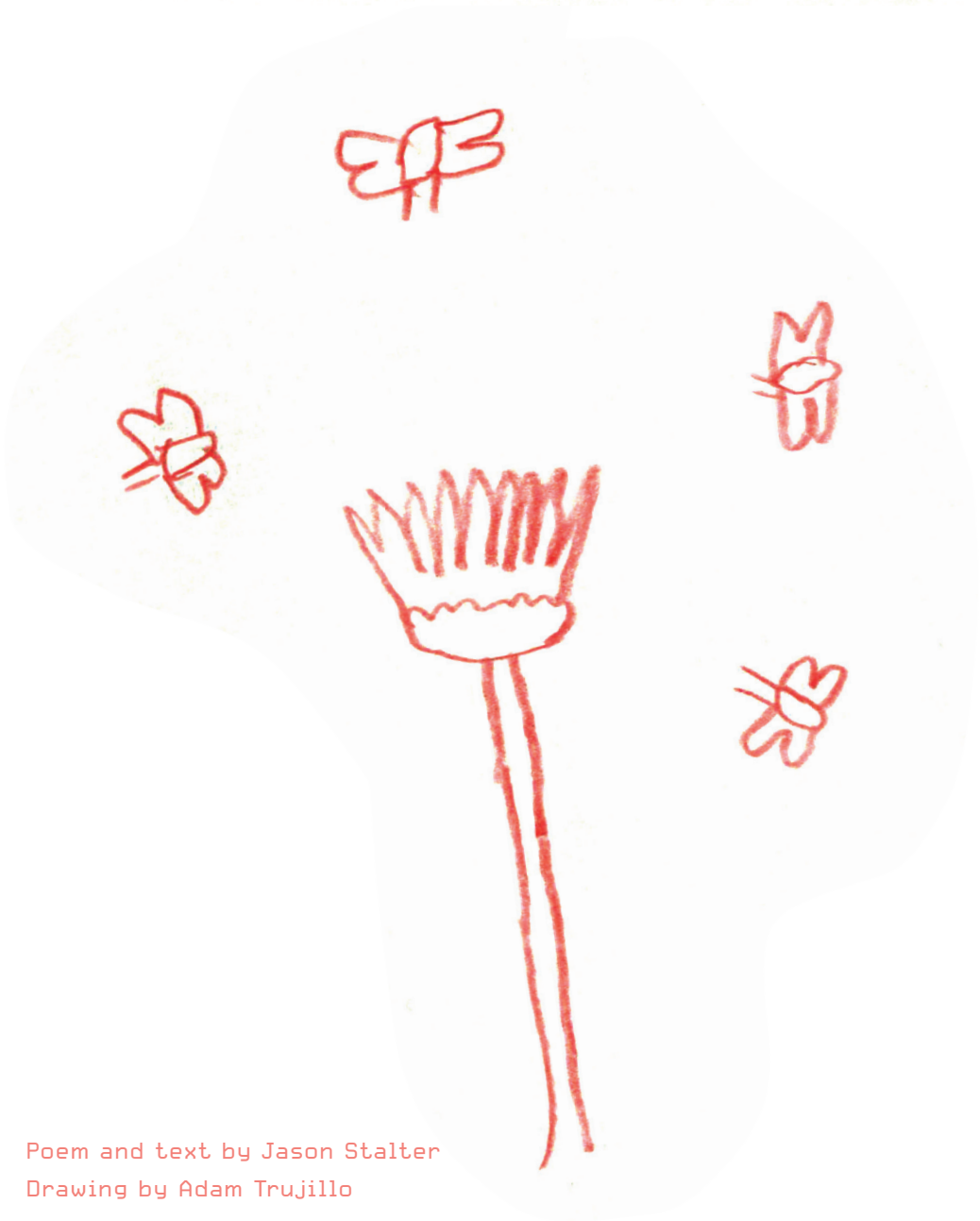
This is one of my kids favorite recipes. I can't wait to cook this for you guys again. I Love You Guys!!

Quick Mix Pancake Mix
1 lb. Breakfast Sausage
1 lb. Bacon
1 pack Cream Cheese
1 container Marshmallow Creme
1 fruit of your choice

1 stick Butter
1 tsp. Nutmeg
1 tbsp. Cinnamon
1/4 c. brown sugar
1 lb. walnuts

Start by mixing water and Pancake mixture. Once combined, finely chop cooked bacon and cooked breakfast sausage. Cook pancakes. Mix cream cheese and marshmallow creme. As pancakes are done, use (3) and layer with cream cheese mixture and fresh fruit. In a sauce pan, melt butter, and add remainder of fresh fruit, seasonings and walnuts. Simmer mixture until fruit and nuts are semi-soft. To finish, pour fruit mixture over layered pancakes, and garnish with fresh fruit.

As the bee suckles the nectar of the Flower,
It will pollinate the world with its Breathtaking Beauty



"From Florida, needs to be around positive people who all love, have compassion, likes to help others grow or who are in need. He also needs the love + commitment of a Good woman or a female plant with warm arms or limbs that reach out for the return of Love."

Favorite recipe:
Homemade Vegetable Soup

Strawberry Ice Cream

MAKES 1 QUART



In a small bowl whisk briefly, just enough to break up:

3 egg yolks

Measure into a heavy-bottomed pot:

$\frac{3}{4}$ cup half-and-half

$\frac{1}{2}$ cup sugar

Set a strainer over a heat-proof bowl. Heat the half-and-half over medium heat, stirring occasionally to dissolve the sugar. When hot, whisk a little of the hot half-and-half into the egg yolks and then whisk the warmed yolks into the hot mixture. Cook over medium heat, stirring constantly, until the mixture thickens and coats the back of the spoon. Do not let it boil. Remove from the heat and quickly strain. Add:

$\frac{3}{4}$ cup heavy cream

Cover the mixture and chill.

Wash, dry, and hull:

1 $\frac{1}{2}$ pints strawberries

Mash with a potato masher or purée in a food mill. Stir in:

$\frac{1}{4}$ cup sugar

Let the strawberries macerate in their own juices, stirring occasionally, until the sugar has melted. Add the berries to the cold cream mixture and flavor with:

A couple drops of vanilla extract

A pinch of salt

Chill thoroughly, and freeze in an ice-cream machine according to the manufacturer's instructions.

VARIATIONS

- ♦ For heightened flavor, add 1 or 2 teaspoons kirsch (cherry eau-de-vie) at the same time as the vanilla.
- ♦ Purée 1 $\frac{1}{2}$ pints raspberries, blackberries, mulberries (my favorite!), or other soft berries, and strain the purée to remove the seeds. Use in place of the strawberries. With the exception of raspberries, the berries should be warmed until they just begin to release their juices before puréeing. Add a squeeze of fresh lemon juice, if needed.
- ♦ Substitute 1 $\frac{1}{2}$ cups mashed peeled peaches or nectarines for the strawberries.
- ♦ Substitute 1 $\frac{1}{2}$ cups plum or pear purée for the strawberries. Before puréeing sliced plums or pears, heat them with the sugar and a bit of water just until soft.
- ♦ This recipe will work without the egg yolks: the ice cream will be lighter and the texture will be grainier and less creamy.

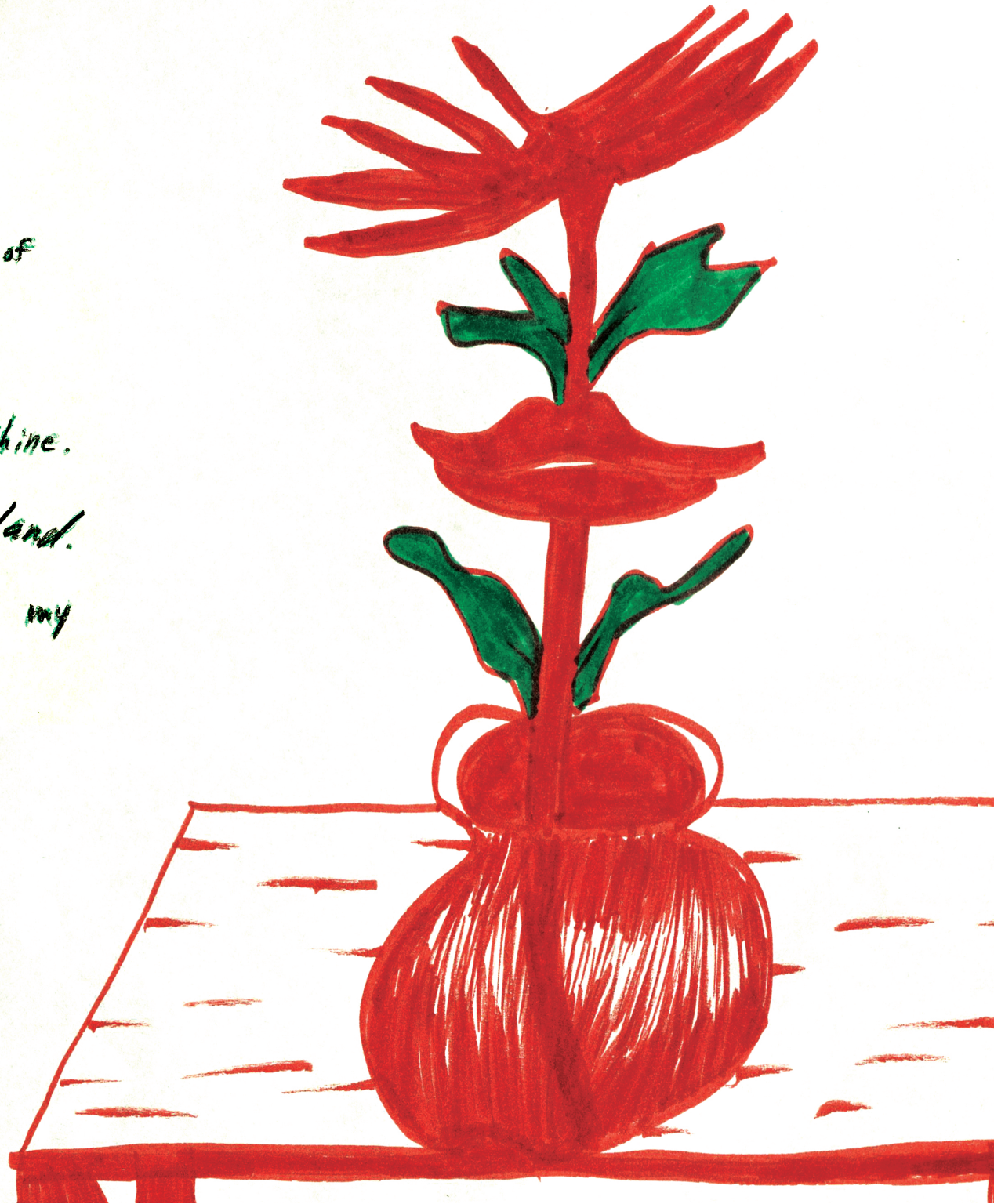
This Recipe Brings Back Some Good
Memories of a time in My Life.
One where a Man of Age, a Man I
Respected, showed Me his passion,
his passion of Making Home Made
Ice Cream, his Specialty was Vanilla.
Reason why these times were good
is because I was in Love with his
Daughter, and his Ice Cream.
What's Ironic about this Recipe is
he used 4 egg yolks, that's the
only Difference between his Recipe
and this one.

Text by Thomas Herrera.

Recipe from "The Art of Simple Food" by Alice Waters, 2007.

Seed Yahanna

- To grow I would need lots of sugar.
- Need some light, as well as sunshine.
- I have to be located on a island.
- Words of wisdom will change my plants color.



Roast Chicken in Beer Sauce

Pollo Asado

4 servings

My wife Anny cooked this often when she was a little girl living in Lota. She learned it from her mother. Many people in Lota prepare this chicken dish in the same way, and accompany it with Salpicón (see recipe, page 48).

1 chicken (4 to 4½ pounds)
2 tablespoons extra-virgin
olive oil
Salt
4 cloves garlic, pureed with
a mortar and pestle
½ teaspoon ground cumin
½ chicken bouillon cube,
broken into a powder with
your fingers
½ cup beer, plus additional
for gravy
2 tablespoons freshly
squeezed lemon juice

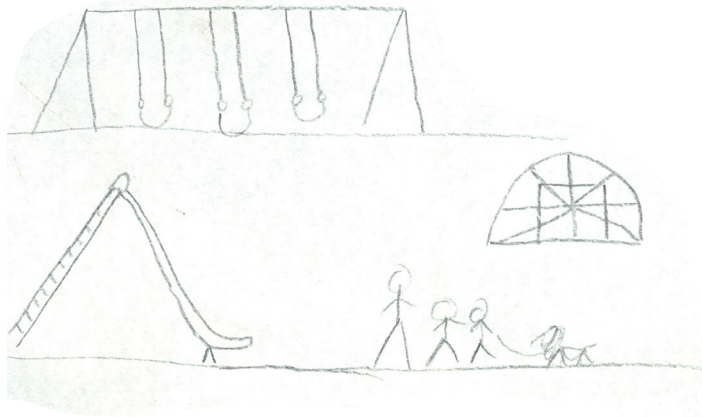
1. Preheat the oven to 350° F.
2. Place the chicken in a roasting pan. Brush both sides of the chicken with the oil. Lightly salt both sides of the chicken.
3. In a bowl, mix together the garlic, cumin, bouillon cube, ½ cup of beer, and the lemon juice. Stir thoroughly, ensuring that the bouillon cube is well dissolved. Pour over the chicken.
4. Put the chicken in the oven.
5. Frequently baste the chicken with its own juices. Turn once. Add more beer to thin the gravy when the pan juices dry up.
6. Remove the chicken from the oven when cooked, about 50 minutes.

I am a quiet human being, the kinda guy that has a cabin 200 miles up in the forest. One who lives completely and totally off the grid. Depending on the food I grow and skill to survive.

Being able to be unconnected with society is complete and total Bliss. Depending on nobody but yourself for survival.

—Thomas Herrera

Mom's Nombre es RoseAnn
Wifey Loves White Roses
Mi Hijaz has always had my Back
• Feliz cumpleaños Hijaz 11. 2. 24. •



Sometimes a simple flower can make a person
feel better than receiving a handful of words.
—Anton Martinez



Gardening
Cooking
Spending time w/ Family
God

Text by Leedro H. Eby
Drawing by Bradley Harris

This is Seed & Bloom.

We are the hearts and souls of our community.

We welcome all that wish to learn and be a part of this group.
We teach farming, cooking, and hydroponics.

We all come from rich and beautiful cultures. Individually, each of us is extraordinary with many skills and abilities. Our goal is to help and serve each other with humility and compassion.

1. We use farming and hydroponics to cultivate wisdom and opportunities that will allow us to grow a bright and fulfilling future.
2. Through cooking we prepare a way to heal, grow, and discover many new and good flavors of life.
3. Through art, conversation, and respect, we transform our environment by eliminating judgement, discrimination, and inequality.

With hard work, determination and unbreakable will-power, we prove that there are always good people in the world—even in the most hopeless places like wars and prisons.

When we work together as a team, we reach new levels of greatness and break through every form of stigma and adversity that chains us and we become the brilliant hearts and souls that we were born to be.

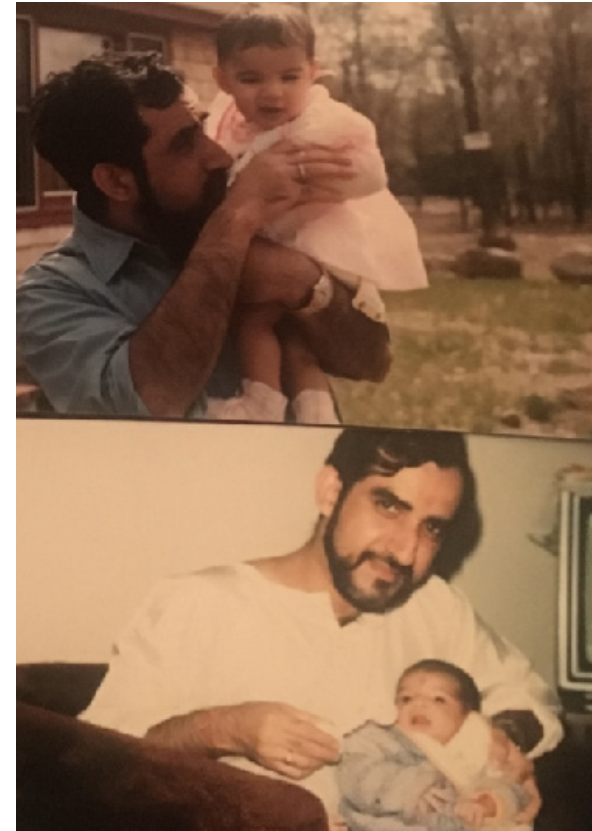


A statement on our values, created and shared in October 2024 by Seed & Bloom student, Andrew C., who wears many hats as an author, artist, gardener, and dreamer.

Grief is in the soil and fabric of the Seed & Bloom project. It was created in loving memory of my father, Ashok Kumar Koul, born on December 26th, 1948 in Kashmir, India and gone to rest on January 2nd, 2016 in Wilmington, Delaware.

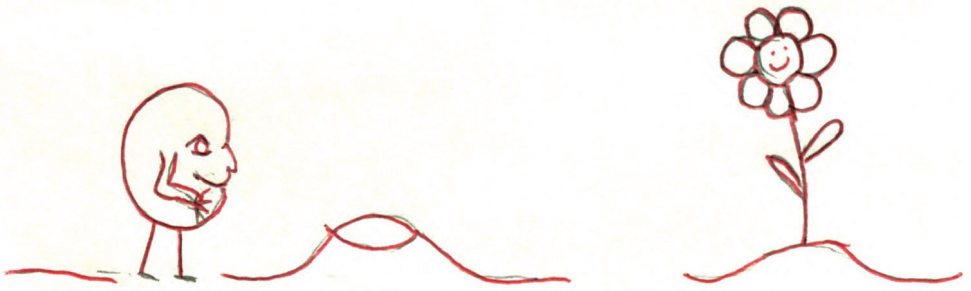
He scattered magic everywhere that he went and thankfully the spirit of that is evident whenever I see moss peaking out of a sidewalk in Brooklyn or in the forest near my current home in New Mexico.

This work is also created for Joshua, Khadim, Xavier, Tommy, Justice, Ingrid, Marshe, Jessica, Ankora, and Naomi Diamond (NDJ). Souls that have traveled for too long inside the walls of NYC's youth detention centers.



We keep going to see what will grow out of our grief.
We keep walking towards our fields of flowers. —Gunjan Koul

We are all different kinds of seeds,
ready to be planted
Running away from winter and fall spoils.
Starting from a seed to be germinated.
From Seed to Bloom is how we're created.



Poem and drawing by Angel Bustamante, Jr.

A heartfelt thank you to the staff team
at the Penitentiary of New Mexico. Deputy Warden Ralph
Lucero and Unit Manager Christy Vigil welcomed our
workshops and organized space for us to gather.
Their commitment to programming for students
is seen, felt, and so appreciated.