

# Tri-Cultural Foods of SouthWest Colorado

Mentee:  
**Mia Carrillo**; Computer  
Science, Minor: Criminal  
Justice/Criminology

Mentors:  
**Robin Young**; Archuleta County Director, Natural  
Resource And Agriculture Agent

**Audrea Pudry**; Associate Professor of Spanish  
Undergraduate Coordinator, and Program  
Coordinator



## WHAT I DID

- ★ **Background Research:** extensive research was conducted about Spanish, Indigenous, and Anglo people in the southwest area in order to know more about their respective cultures and cuisines. This included contacting locals.
- ★ **Creation of Interview/Questions:** 12 questions specifically about food and culture spanning over 40 minutes to 1 hour. (15 interviews total)
- ★ **Interviews:** Conducted through Zoom or in-person and signing of consent forms.
- ★ **Comparisons:** Figuring out what was alike and what was different between subjects answers.
- ★ **Organization:** Contributed recipes to a statewide book for cultural foods, creation of a fact sheet, final poster.
- ★ **Extension Learning:** Shadowed Robin, my mentor.

## INTERNSHIP GOALS

- Historical review of the contributions made by the Spanish, Indigenous, and Anglo peoples influence on agriculture and food in Colorado.
- Creation of a fact sheet with results.
- Translation of the fact sheet into Spanish.
- Present a poster at the Extension forum summarizing the work completed during internship.
- My learning goals during this internship helped me learn about myself, the community, and my values.
- Create a better awareness of food culture and share stories.



## INTRODUCTION

Prior to 1860 the land was relatively untouched by European and American explorers, trappers, traders, and even neighboring Native American tribes.

- The influx of gold and silver to Colorado was accompanied by such large-scale settlements.
- Attempts were made by the original inhabitants to preserve their traditions.
- Three major cultures dominate the southwest today: Hispanic, Indigenous, and Anglo.
- Each is integrated into sociological, sociocultural and intercultural perspectives. The proximity of these cultures created similarities.
  - This includes creating subsections of food, traditions, and existing cultures.
  - Differences between each culture can also be identified, such as agriculture, modern advancements of traditional practices, and entirely new cultural identities. Preservation of their own language, culture and way of life lasts a lifetime.

Today, a new generation cultivates and shares this knowledge.



"Recollections" by Judy Baca in Durango, Colorado  
This mural represents the tri cultural integration. My grandfather, Victor Archuleta, is depicted in bottom left.

## TAKEAWAYS AND EDUCATION APPLICATIONS

I had direct interactions with Extension, which involved:

- Geothermal Greenhouse Partnership
- San Juan Conservation District
- Wolf Reintroduction Meetings

From this fulfilling learning experience I improved my active listening skills, and acquired substantial information of farming techniques. With the advancement of technology and science, maintaining sustainable agriculture practices by using renewable energy can produce copious amounts of food. Looking back, the research was challenging and I am inspired to keep moving forward.

## NEXT STEPS

I will take what I learned and apply it to my daily life whether it's growing a garden, applying my field work experience to my next job, and using it in my everyday life skills.

When I return home, I will see my culture with a different lens, I will see spices and foods from all cultures interpreted in the area. People in my area of all cultures have such amazing stories to tell us. We need to continue to preserve each of them. One interviewee's comment "You must bring soul to the recipe." left me with a sense of gratitude as I came to understand what food really means to me.

