MANO & METATE

People have used manos and metates (grinding stones) for hundreds of years. Traditionally, it was the women who would grind the corn or mesquite beans to feed their community. Although a hard and tedious job, it was also a fun social event as the women gathered to work.

INSTRUCTIONS

- **Put a small amount of corn or mesquite bean on the metate. (*Adults please limit the amount - do not give it all to the kids.*)**
- **Grind by pressing or rubbing mano on the grain. Put your whole weight behind it.**
- **Keep grinding until the flour is very fine.**
- **Make enough for the entire village!**

Materials: Manos and Metates (located at the Ki) and corn or dried mesquite beans..