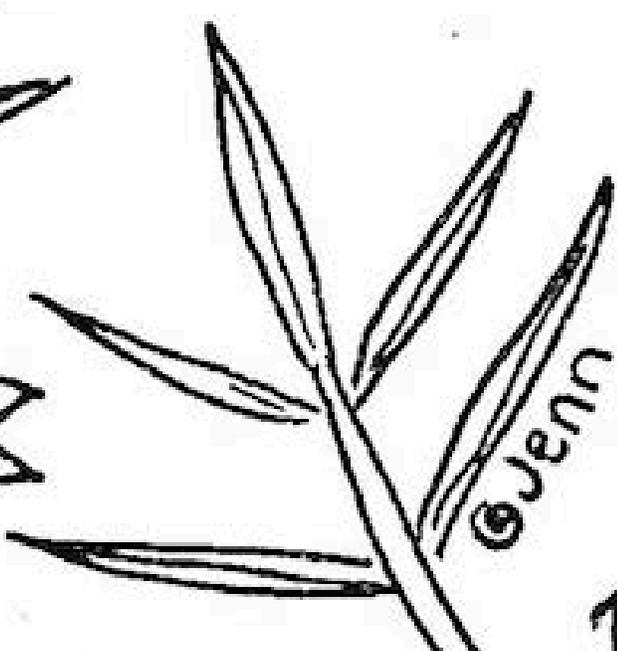


(wah-ka-tai)



Black
Mint



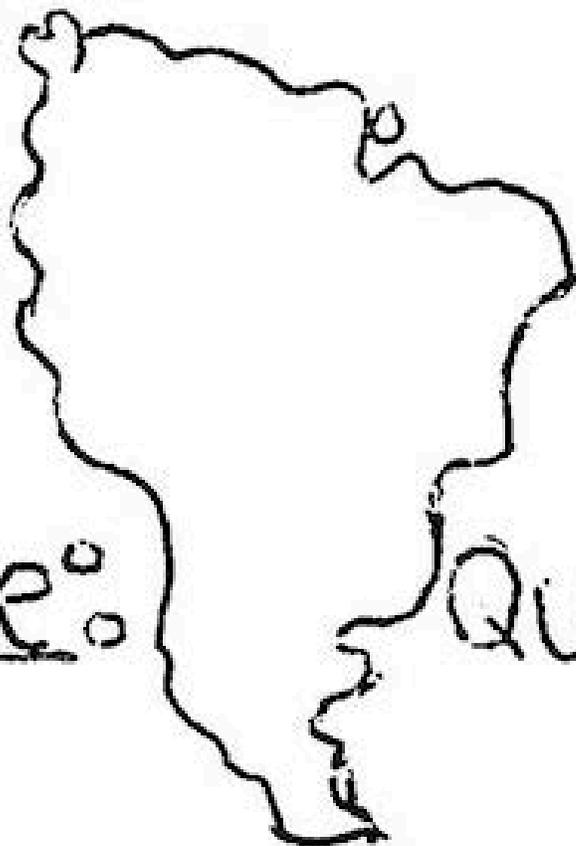
Guenn

Scientific Name

Togates Minuta

Origin

South America

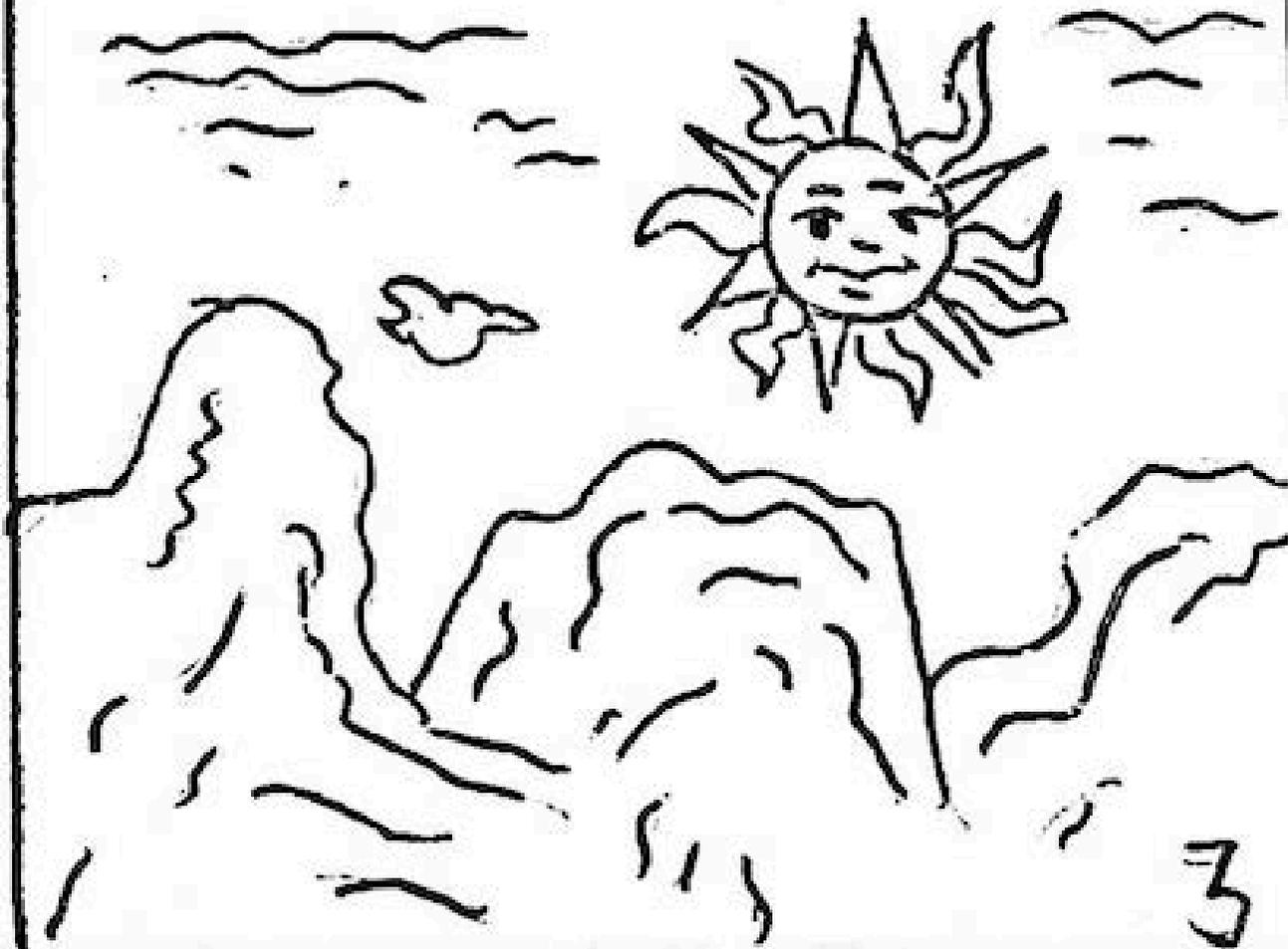


Name:

Quechua

History

Cultivated by
the Incans &
prior civilizations
in the Andes.



Family: Marigold



Little
Yellow
Flowers



6ft

5ft

4ft

Uses

- ② Medicinally
Dried leaves can be boiled for tea
 - ▶ reduce cold symptoms
 - ▶ upset stomach

② Spice } Food

- ▶ Aji Huacatay
- ▶ Pachamanca
- ▶ Locro

Aji Huacatay

① 1 onion

② 2 yellow peppers
(aji amarillo)

③ 3 Garlic cloves

④ 1/2 cup huacatay

⑤ Salt

~ 1 tbsp peanut butter

~ 1/4 cup water

~ 2 tbsp oil

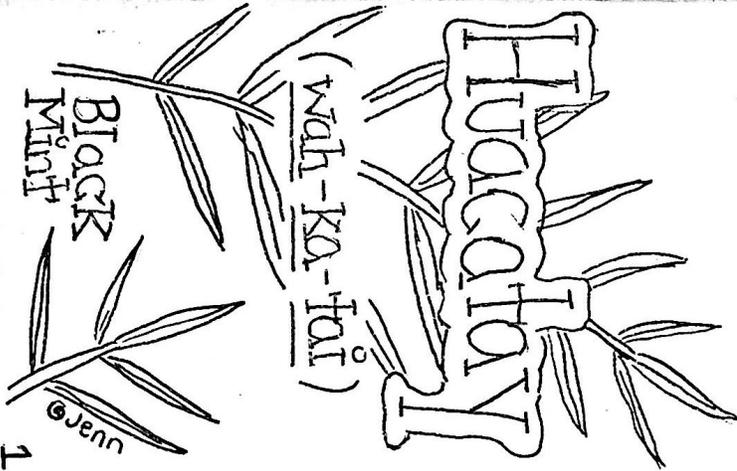
⑥ 8 crackers

⑦ 50 g cheese

6

1. Roughly chop ②
2. Sauté garlic, aji,
onion for 2 min.
3. Add huacatay &
salt sauté 1 min.
4. In a blender add
⑥ and blend
5. Add in ④ and
blend until well
combined
6. Serve and Enjoy!

Peruvian Green Sauce



1

Name: Quechua

Origin: South America

Scientific Name: Tagetes Minuta

2

History: Cultivated by the Incans & prior civilizations in the Andes.

3

Family: Marigold

4

Uses:

- Medicinally
 - Dried leaves can be boiled for tea
 - reduce cold symptoms
 - upset stomach
- Spice & Food
 - Aji Huacatay
 - Pachamanca
 - Locro

5

Aji Huacatay

- 1 onion
- 2 yellow peppers (aji amarillo)
- 3 Garlic cloves
- 1/2 cup huacatay
- Salt
- 1 tbsp peanut butter
- 1/4 cup water
- 2 tbsp oil
- 8 crackers
- 50 g cheese

6

Preparation:

1. Roughly chop
2. Sauté garlic, aji, onion for 2 min.
3. Add huacatay & salt sauté 1 min.
4. In a blender add & and w blend
5. Add in & and blend until well combined
6. Serve and Enjoy!

Peruvian Great Sauce

7

Jenn