



Caribe (*Cnidoscolus maculatus*), desert chocolate: rescuing the tradition for sustainable development in the Sierra la Laguna Biosphere Reserve, Baja California Sur

Caribe (*Cnidoscolus maculatus*), el chocolate del desierto: rescatando la tradición para el desarrollo sustentable en la Reserva de la Biosfera Sierra la Laguna, Baja California Sur

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Abstract

Mexico is a rich country in cultural and biological biodiversity where several of the most important crops were originated or domesticated; however, such biodiversity is not fully documented. In this work, we describe the use of the seeds of caribe (*Cnidoscolus maculatus*) to make a chocolate-like beverage by the ranchers of the Sierra la Laguna Biosphere Reserve. The beverage is made by a simple process of roasting and grinding the seeds. Although a high ratio of locals eats the seed, few people still do not know about the process of producing the chocolate. Nevertheless, this food has been an important staple food for locals for about 20 years. We conclude that wild edible caribe are plants with a high priority to establish as a new crop in Baja California Sur; it is also another gift from the Mexican cuisine to the world, as well as one of the cultural and biological treasures under the aegis of the Biosphere Reserve Sierra la Laguna.

Keywords: *Cnidoscolus*, *Cnidoscolus maculatus*, Sierra la Laguna, chocolate, Mexican cuisine.

Resumen

México es un país con una gran riqueza biológica y cultural de la que han surgido algunos de los alimentos más importantes a nivel mundial; no obstante, esta gran diversidad aun no está totalmente documentada. En el presente trabajo se describe el uso de las semillas de caribe

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