

CORN HUSK DOLLS

Let's learn about New Mexico's golden crop, corn. Corn or Maize is a staple crop of New Mexico. A staple food is one that is regularly eaten and forms the basis of a traditional diet, serving as a major source of energy and nutrients. Corn doesn't stand alone in a well-balanced diet though. In fact, corn isn't a complete protein, but when combined with beans and squash, the other members of a [Three Sisters Garden](#), it helps create a more nutritious meal. [Learn more.](#)

Historically corn was grown at El Rancho de las Golondrinas and still is today. It was an important food source, but other parts of the plant were useful too. Indigenous groups used cornstalks for poles to support crops, corncobs were soaked in animal fat to make fire starters, and corn husks were used to make mats or dolls! During some of our festivals we offer the Cultural Craft of Corn Husk Doll Making. If you've got some corn husks at home, try making your own!

Making a Corn Husk Doll

Supplies:

Corn Husks (1 package)
Bucket or large bowl of water
String or yarn
Scissors
Fabric scraps (for clothing)

How to:

Step 1: Soak the corn husks until they are soft & bendable. Pat dry.

Step 2: Stack 2-4 husks & tie a string tightly around the narrower end of the stack.
(approx. 1-2 inches from the edge.)

Step 3: Fold the strips over the tied section (1/2 on each side) & down so that the ends meet again. Tie another string 1-2 inches from the folded end. Your doll now has a head! Later you can add hair by glueing yarn to the doll's head.

Step 4: Choose 2 smaller husks & roll them together lengthwise.

These will be the arms for your doll. Tie a string at each end of the roll. Insert the roll in the middle of the strips. You should have the same # of husk strips on either side of the arms.

Step 5: Take another piece of string under the arms to create a waist. This will keep the arms secure & create the body of the doll. You should not have a head, torso & skirt. If you would like to add legs/pants, simply divide doll's skirt in two & tie at the "ankles."

Step 6: Decorate your doll! Add hair, draw or paint a face, & use bits of cloth and ribbon to dress up your doll. Use your creativity- this is a one of a kind toy!

Use your imagination & see what other corn husk creations you come up with!

EL RANCHO DE LAS GOLONDRINAS

A Living History Museum



Steps: 2 - 3



Step: 3 - 4



Steps: 5 - 6



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