September 15

North America

Canada

Hispanic Population: 447,325 (2016 Census)

Latin Americans in Canada by Country of Origin:
1. Mexico - 80,585
2. Columbia – 70,035
3. El Salvador – 48,075

Mexico

Population: 126.2 Million

The Federal District (Mexico City) is the capital. The political division consists of 32 states: Aguascalientes, Baja California, Baja California Sur, Campeche, Coahuila, Colima, Chiapas, Chihuahua, Durango, Mexico City, Guanajuato, Guerrero, Hidalgo, Jalisco, Mexico, Michoacan, Morelos, Nayarit, Nuevo León, Oaxaca, Puebla, Queretaro, Quintana Roo, San Luis Potosi, Sinaloa, Sonora, Tabasco, Tamaulipas, Tlaxcala, Veracruz, Yucatán, and Zacatecas.

United States of America

Hispanic Population: 52 Million

Hispanic Ancestry:
1. Mexican 31,798,258
2. Puerto Rican: 4,623,716
3. Cuban 1,785,547
4. Salvadoran 1,648,968
5. Dominican 1,414,703
6. Guatamalan 1,044,209

La Comida

Spanish cuisine is heavily influenced by historical processes that shaped local culture and society in some of Europe's Iberian Peninsula territories. Geography and climate have had a great influence on cooking methods and available ingredients. These cooking methods and ingredients are still present in the gastronomy of the various regions that make up Spain. Spanish cuisine derives from a complex history where invasions and conquests of Spain have modified traditions, which made new ingredients available. Thus, the current and old cuisine of Spain incorporates old and new traditions.

United States:

Tex-Mex cuisine is an American regional cuisine that derives from the culinary creations of the Tejano people of Texas. It has spread from border states such as Texas and others in the Southwestern United States to the rest of the country as well as Canada.

Mexico:

Mexican cuisine began about nine thousand years ago, when agricultural communities such as the Maya formed, domesticating maize, creating the standard process of maize nixtamalization, and establishing their foodways. Successive waves of other Mesoamerican groups brought with them their own cooking methods.

HOW TO MAKE REFRIED BEANS: 1. Rinse and soak beans. Sift through the dry beans, removing any unwanted pieces from the bag. Add the beans to a large pot, cover with water and soak overnight. **2. Boil beans.** Drain beans, add them to a pot and cover them with fresh water. Add onion to the pot and a couple dashes of salt. Bring to a boil, cover and simmer for one hour. **3. Fry beans.** Heat lard or oil in skillet. Add the garlic and stir. Add the beans, cumin, oregano and 1/4 cup of reserved water from the bean broth. **4. Mash.** Gently smash the beans with a potato masher or fork as they cook. Continue stirring and mashing until you get the texture you like and the beans are the consistency of soft mashed potatoes. Add more bean broth liquid if necessary. Taste and season with additional salt if needed.

La Musica

The **music of Mexico** is very diverse and features a wide range of musical genres and performance styles. It has been influenced by a variety of cultures, most notably the culture of the indigenous people of Mexico and Europe. Music was an expression of Mexican nationalism, beginning in the nineteenth century.[1]

Many traditional Mexican songs are internationally known, including María Grever's first international hit "Júrame" ("Swear to me"), and her song "Te Quiero Dijiste" (English version "Magic Is the Moonlight"), written for the 1944 Esther Williams film, "Sinfonía India" ("Indian Symphony"), "La Noche de los Mayas" ("The Night of the Maya"), "Huapango" by Moncayo, "Sobre las Olas" ("Over the Waves"), "La Sandunga", "Cielito Lindo" ("Beautiful Sweetheart"), "Perfidia", "Bésame Mucho" ("Kiss Me a Lot"), "Solamente una vez" (English version "You Belong to My Heart"), "Esta Tarde Vi Llover" (English version "Yesterday I Heard the Rain"), "Somos Novios" (English version "It's Impossible" (We Are Dating), "¡Ay, Jalisco, no te rajes!" ("Jalisco, Don't give up!"), Lilongo, and "Jesusita en Chihuahua" ("Jesusita in Chihuahua").
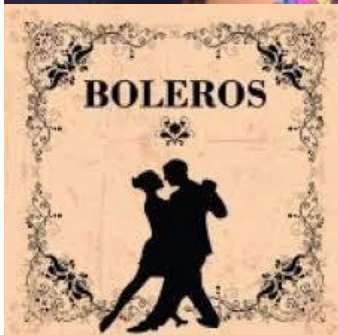
© Can Stock Photo

Traditional Attire

Mexican national clothing is very bright and beautiful. Actually, there are many different designs of traditional costume. Some of them are used for celebrations and holidays, some – for ceremonies, some – for festivals. The main characteristics of Mexican national attire are: sun protection (that's why sombrero has such a wide brims and the clothing itself is made of natural materials), brightness (the fabric for garments is mostly colorful and heavily embroidered; a lot of colorful ribbons are used), and moderate modesty (the clothing is elegant skirts are long, blouses are delicate; flowers are often used to beautify the costume, hairdo and headdress).