



Native Americans

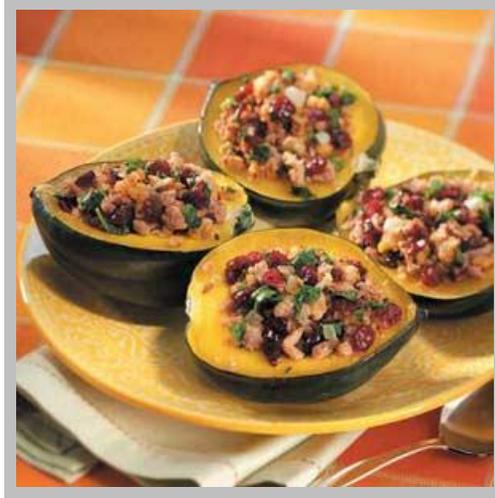


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Meals:

- **Breakfast:** Traditionally, for most North American Tribes, there was a morning meal before the rigorous workday began. This most commonly consisted of an assortment of vegetables, some form of meat or fish, and food was very rarely spiced. Cornmeal remains an incredibly popular component in Native American cuisine, especially for the morning meal.
- **Lunch:** Lunch tended to be a less substantial meal across many Native American Tribes, usually consisting of nuts and a piece of fish cooked over a fire.
- **Dinner:** Dinner was a communal and popular meal for many Native American Tribes. Large pieces of meat or fish were cooked over a fire in a variety of ways. Large amounts of vegetables, such as corn and acorn squash, were also a staple for dinner.
- **Dessert:** Although dessert was not an extremely common occurrence, Most Native American tribes could utilize the native resources to make sweet dishes. This includes maple candy and a plethora of fruit puddings.

Frequently Used Foods:

- **Fruits and Vegetables:** Apples, muscadines, blackberries, raspberries, blueberries, avocados, coca, cranberries, currants, gooseberries, maca, maize, maple (syrup), onions, peanuts, pecans, pine nuts, potatoes, pumpkins, acorn squash, tomato, tomatillo, and sweet potato

- *In North and Meso-America, maize, beans, and squash were known as the three sisters because of their symbiotic relationship when grown together.*

- **Protein:** bison, deer, duck, elk, geese, grouse, moose, mourning dove, otter, pheasant, quail, rabbit, squirrel, turkey, salmon, trout, and a multitude of other fish.
- Both cattle and pig became very popular in Native American diets in North America after the arrival of the Europeans in the 17th century.
- **Spices:** hot peppers, cumin, chocolate, salt, and allspice.
- Spices were very uncommon in many of the North American Tribes, but were much more popular with Tribes in Central and South America.
- **Oils/Misc:** animal fats (bear, pigeon, beaver, etc.), nut oils.

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Baked Butternut Squash Stuffed with Apples and Sausage** [[recipe](#)] [[images](#)]
- **Succotash** [[recipe](#)] [[images](#)]
- **Navajo Fry Bread:** [[recipe](#)] [[images](#)]
- **Cornbread:** [[recipe](#)] [[images](#)]
- **Acorn Flour (for Acorn Bread)** [[recipe](#)] [[images](#)]
- **Roasted/Baked Pumpkin** [[recipe](#)] [[images](#)]
- **Fried Hominy:** [[recipe](#)] [[images](#)]
- **Pinto Bean Casserole:** [[recipe](#)] [[images](#)]
- **Cornmeal and Berry Pudding:** [[recipe](#)] [[images](#)]
- **Three Sisters Stew:** [[recipe](#)] [[images](#)]

Additional Recipe Websites: <http://mypeoplepc.com> <http://www.manataka.org><http://www.tahtonka.com>

Religion: For many Native Americans, their spirituality and practices are not regarded as a religion, but instead their beliefs are an integral part of their way of life.

National Holidays and Dietary Requirements:

- **Iroquois Midwinter Ceremony:** Held in either January or February, the Iroquois Midwinter Ceremony celebrates the beginning of a new spiritual year.
- **The Green Corn Dance:** Usually happening in the first few weeks of May, the Green Corn Dance is a ceremony that is considered the annual rite of renewal and purification for the corn harvest.
- **The Crow Fair:** The Crow Fair dates back to 1904 and is celebrated in the 3rd weekend in August. This event takes place in Billings, Montana, where Tribes from all over come together for a massive fair/celebration. During this weekend, Billings is known as the “Tepee capital of the world.”
- **Native Americans’ Day:** Many people throughout the United States celebrate the second Monday of October as Columbus Day, but not all states or regions follow this observance. Throughout many parts of the United States, this is referred to as Native Americans’ Day or Indigenous People’s Day. This holiday is marked by parades with traditional dances, along with festivals where people can experience Native American culture and cuisine.

Etiquette: Before every meal, it is customary to give thanks to the animals and the earth that has given you food. However, this may be the only piece of dining etiquette that is shared by a majority of the Tribes across North America. Due to the thousands of Tribes that are based throughout the continent, it is difficult to pinpoint dining etiquette that are shared by all.

Food History: Native American cuisine has a rich history that emphasizes a relationship with nature. Many Native Tribes found their food by hunting and fishing, gathering, farming, and even raising domesticated livestock. Although these themes were common, the food collected varied greatly from region to region. The arrival of Europeans in the 17th century greatly altered Native American cuisine, introducing a collection of new vegetables, along with cattle and hogs to be used as domesticated food sources. Along with these new foods, Europeans brought an array of spices that were integrated into Native American dishes. Today, we see a cuisine that still has roots in the relationship with earth, but has expanded and diversified due to outside influence.

Additional Links: <http://www.native-languages.org/food.htm>
<http://www.indians.org/articles/native-american-food.html>