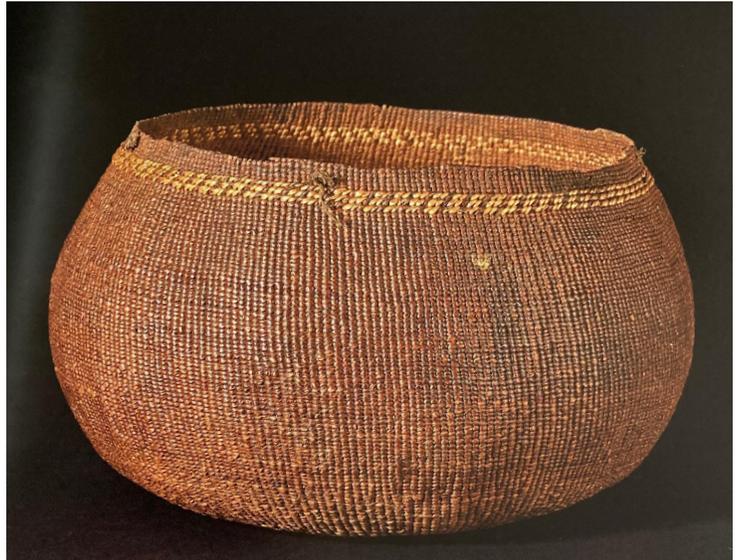


## Pre-Contact Food Preparation

Directions: Read the passage below and determine how Native Americans used to boil foods to eat. When you are finished reading, answer the questions about the passage. Be ready to share your findings about this food preparation method with the class.

### Boiling Foods

Long, long ago, when we boiled our food we had to do many things. First, we filled our bark bucket with water and we cut up the meat that we were going to boil. Then we would build a fire and heat lots of stones. When those stones became hot we put them into the bucket with the meat. The heat from the stones would cause the water in the bucket to boil. Once one of the stones grew cold, we would pull it out and replace it with a hot stone. The meat inside would eventually boil enough to eat. We would not dump out the water that was left over in the bucket. We called it soup and would drink it. We boiled lots of food this way including salmon, eels, deer meat and acorns.



Basket found on the Grand Ronde Reservation

### Questions

1. How did Native Americans get the water to boil? \_\_\_\_\_

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2. What did they call the water that was left over and what did they do with it? \_\_\_\_\_

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### Pre-Contact Food Preparation

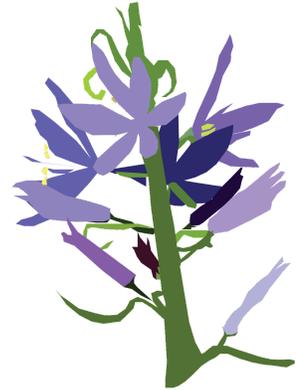
Directions: Read the passage below and determine how Native Americans used to cook Camas. When you are finished reading, answer the questions about the passage. Be ready to share your findings about this food preparation method with the class.

#### Camas

*Camas root comes from a plant we would harvest in spring and early summer. We would find the camas plant and then dig up the bulb at the bottom of the plant.*

Long ago, we would dig a hole into the ground and build a fire right in the bottom of the hole. Then, we would put stones on top of the fire and wait for the stones to get hot. We would ask the shaman to check the stones to see if the pit was ready. He would walk across the stones barefoot and look at his feet. If the rocks were hot enough he would say the pit was ready for camas.

Once the stones were ready, we would lay lots of maple or ash leaves on top of the stones. Then a layer of camas. Lots of people would put their camas into the pit. We would do a layer of raw camas and then a layer of leaves. Each person remembered where their camas was in the pit. Once the pit was full, it was covered with earth and another fire was started on top of the dirt. The pit was left there for three days and after three days we would check to see if the camas was cooked. If the camas was done, we would gather the cooked camas. Some of it we ate right away, but some was dried in the sun to save for winter.



#### Questions

1. What is Camas? \_\_\_\_\_

\_\_\_\_\_

2. How did Native Americans know when the pit was ready to put camas in? \_\_\_\_\_

\_\_\_\_\_

3. Did they eat all of the cooked camas right away? If not, what did they do with it?

\_\_\_\_\_

\_\_\_\_\_

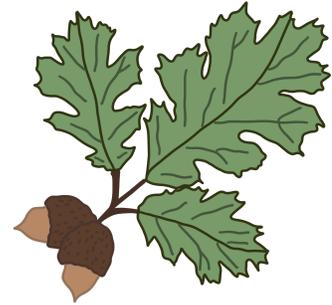
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**Pre-Contact Food Preparation**

Directions: Read the passage below and determine how Native Americans used to cook acorns. When you are finished reading, answer the questions about the passage. Be ready to share your findings about this food preparation method with the class.

**Acorns**

The acorns would ripen on the oak trees and eventually they would fall to the ground. We would go gather the acorns and place them into soft bags to carry back to our houses. Once we were home, we would roast them on hot coals in the ground until they cracked open. After they split open, we would pull out the nut that is on the inside of the shell. The nut was then laid outside in the sun to dry. This preserves the nut to eat later. When we wanted to eat some of the nuts, we placed the dried nuts into a soft basket and put the basket in water. We soaked the nuts for one day and one night to remove the bitter taste, and then we would boil them. Once the nuts were boiled, we would finally get to eat them.

**Questions**

1. How would Native Americans get the nut of the shell? \_\_\_\_\_

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2. Why would they soak the nuts for one day and one night? \_\_\_\_\_

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### Pre-Contact Food Preparation

Directions: Read the passage below and determine how Native Americans used to dry berries. When you are finished reading, answer the questions about the passage. Be ready to share your findings about this food preparation method with the class.

#### Drying Berries

Since time immemorial, we have gathered all types of berries.

We would gather salmon berries, blackberries, service berries and blueberries. Oftentimes, men would go hunting and women

would gather berries in the same area. We used baskets to

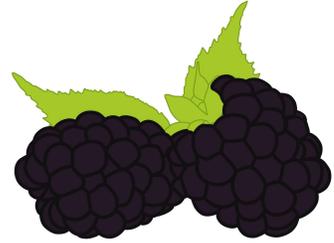
carry the berries back to our houses. Once we collected the

berries that we wanted to dry, we would lay some of them out on a log that was

flattened on one side and others we placed in gunnysacks. The reason that the berries

were dried was to save them for winter. When you are drying berries, you only use a log

that you own. You own the log that you flattened or hewed yourself.



#### Questions

1. What types of berries would Native Americans gather? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Why did they dry the berries? \_\_\_\_\_

\_\_\_\_\_

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### Pre-Contact Food Preparation

Directions: Read the passage below and determine how Native Americans used to cook Eels. When you are finished reading, answer the questions about the passage. Be ready to share your findings about this food preparation method with the class.

#### Eels

Since time immemorial, we have harvested eel as a source of food. It was very hard to catch eels in the larger rivers and there were places in the smaller streams that eels like to gather in large numbers. We



would catch the eels using our hands. We would grab them close to the neck, it was easy to grab them there. You would never grab the eel that was in the front because then the rest of the eels would get away. But, if you started grabbing eels in the back then you could capture lots of them. Once we caught the eels we would cook/prepare them a number of ways. If we wanted to save some of them for later, we would build a fire and make it very smoky. We would put the eel in the smoke and dry them. Once they were dry we put them into soft bags and stored them for winter. If we wanted to eat some right way, we would put the eel on a spike and cook it over the fire.

#### Questions

1. How did Native Americans catch eels? \_\_\_\_\_

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2. What are the two ways to cook/prepare the eels? \_\_\_\_\_

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