

FROM THIS LAND: HONORING NATIVE FOODS OF WINTER

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One Iroquois legend tells of Woksis, an Indian chief, pulling his tomahawk from a maple tree.

The weather was warm and the gash dripped sap into a bark vessel.

The chief's wife needed water to cook so she used the water from the tree to save a trip to the spring.

When the chief neared home, he smelled the odor of the sweet syrup and when he ate his meal he found the meat very tasty.

Indians began tapping maple trees to secure this tasty source of sweetening.

NATIVE AMERICAN FOODWAYS
[S.UCONN.EDU/NATIVEFOODWAYS](https://s.uconn.edu/nativefoodways)



FIND AND COLOR THE FOODS IN THE PANTRY.

EXPLORE THE BORDER FOR FOODS EATEN DURING WINTER TIME.

I SPY...

WORD BANK

1. SQUASH
2. POTATOES
3. JAMS
4. CARROTS

5. TOMATO
6. ONION
7. PUMPKIN
8. BEANS

9. PEARS
10. APPLES
11. MAPLE
12. DRY CRANBERRY

Sap flows through the outer layer of the maple tree

The thick syrup cools and is pounded into sugar

People 'tap' the tree with a spout, catching sap as it flows

Sap is boiled till it makes a thick syrup