

Traditional Practices

Foods 9

Food Resources

- The purpose of gathering plants was to provide both food and medicinal resources

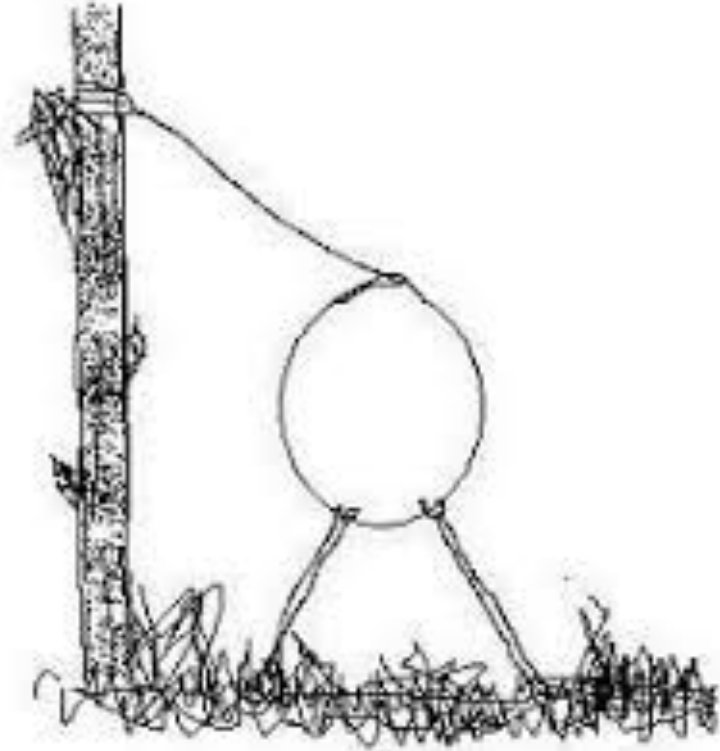


Food Resources

- The choice of what to gather was dependent on what was available in the environment

Food Resources

- The means of catching game animals was dependent on the the region
 - Some groups used spears, bows and arrows, traps and snares
 - Others groups used routing fences made of stakes and brush



Scarcity

- During times of scarcity, First Nations Peoples preserved foods by drying them out.
- The foods persevered included
 - Dried meats
 - Dried berries
 - Dried fish



winter

- Food was kept frozen high in trees to prevent scavengers, like wolverines, from stealing the food.



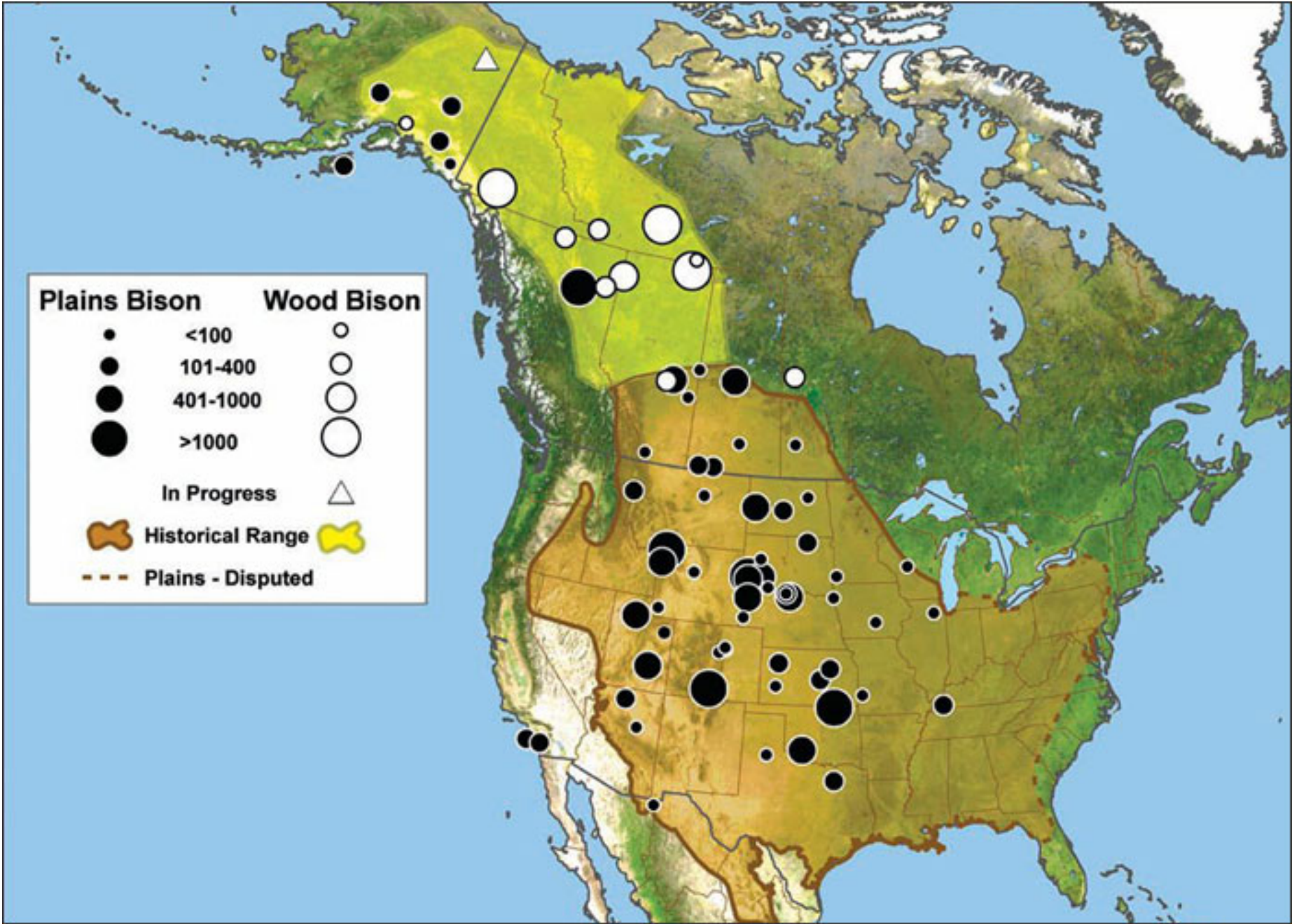
Haudenosaunee

- Grew their own crops
- Corn, beans and squash
- Men clear the land by removing the trees and brush
- Women planted the seeds, tended the plants and harvested the crops
- They had to leave areas after approximately 10 years as the land could no longer sustain the crops

Plains First Nations: Hunting Buffalo

- Developed a highly skilled hunting culture over thousands of years.
- Communal hunts took place in June, July and August
 - Rationale:
 - buffalo were fat
 - meat prime
 - hides easily processed





Why Buffalo Meat

- provided a great amount of meat
- bulls average about 700 kilograms

How was Buffalo Prepared



- Roasted on a Spit
- Boiled in a skin bag with hot stones → Rich Soup
- Jerky (dried)
- Pemmican – powdered dried meat combined with hot melted buffalo fat and berries
 - It is easy transportable

First Nations of the Plateau: Salmon hunting

Methods of capturing fish

- Dip nets
- weirs

Eating and Cooking

- Few were eaten fresh
- Smoked and stored in pits for winter that were lined with birch bark



First Nations of the Plateau: Wild vegetables and Fruit

- Vegetables and Fruit were an important part of their diet
 - Roots
 - Berries



Pacific Coast First Nations: Ocean Resources

- Salmon (not just the meat but also the oil)
 - Shellfish
 - Octopus
 - Herring
 - Crabs
 - Whale
 - Seaweed
- Stayed in a more permanent location than other groups

Coast Tsimshian, Haida and Nuu-chah-nulth

- Hunted using harpoons in slim canoes
 - Sea lions
 - Sea otter
- Used larger canoes to hunt whales

References

- <https://www.aadnc-aandc.gc.ca/eng/1307460755710/1307460872523>