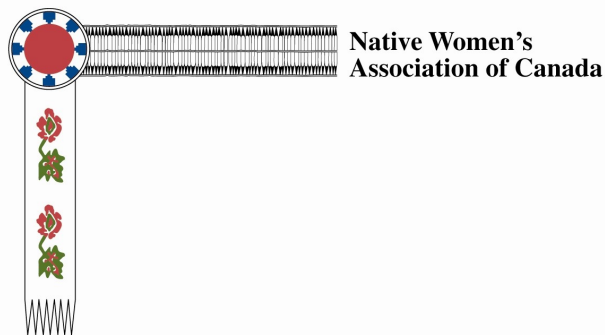
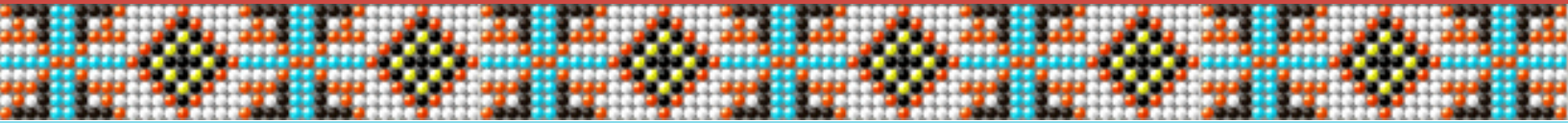


Native Women's Association of Canada

*Diabetes Self-Management Toolkit
for Aboriginal Women*

Traditional Foods & Recipes on the Wild Side





This booklet has been developed to complement the NWAC Diabetes Toolkit. It is intended to provide some cultural context, as well as information about traditional foods.

***You'll also find a few recipes on the wild side!
Enjoy...***

Diabetes is often referred to as a "lifestyle disease". Its rampant spread is believed to be linked to obesity, an increased reliance on the western diet and lack of regular exercise. The following statement is general knowledge, and practical advice:

Eating a healthy diet and getting regular exercise is the most important thing a person can do to maintain good health.

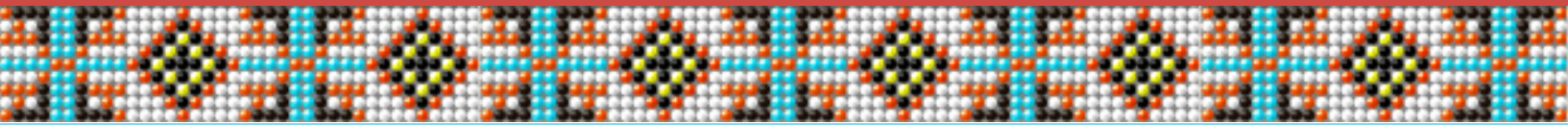
So what can we do to improve our general health, while preventing and/or controlling diabetes? This question was asked of Aboriginal women throughout Canada, and the answer was not a surprising one. Increase traditional knowledge, culture and identity among our people, go out into our lands and be Indian, eat the foods that Turtle Island has provided us, take care of our environment, and most importantly, teach our children and grand-children so that seven generations onward, they too have the opportunity to lead healthy happy lives.

This booklet seeks to provide only a fraction of information, and is meant to inspire some thought about potential lifestyle changes for you, your family and your community. It is not about directing change; change must come from within.

You will find in the first few pages, the Haudenosaunee Creation Story and a section on the "Three Sisters", feel free to collect and add your own stories to this toolkit. You'll be pleasantly surprised to find instructions on how to start your own Three Sisters garden. Following this is a brief section on the traditional diet of the Aboriginal people, and acknowledging our role and responsibility as the people of Turtle Island. Apply as you go, your own understanding and teachings distinct to your particular Nation and geographical area. Talk to your children and grand-children, seek out your Elders and community leaders. Learning and growing is about reaching within and outside yourself to others and sharing this knowledge.

The final section of this booklet contains a few recipes on the wild side! It should be said, that when prompting those special "knowledge keepers", our mothers, aunties and grand-mothers for "recipes", it was said that there is no recipe, you make it the way your mother and grand-mother made it. Unfortunately, with many Aboriginal people now residing in urban centres, learning by watching has become a challenge. These non-recipe recipes are provided to address that challenge. Please note these recipes are not diabetic specific or tested.

Note: Always consult your health care provider on dietary changes, especially if you have diabetes.



Environmental Contaminants

As the human population of Earth increases, so does our human footprints and its impact on the environment. Many of the technological innovations and mechanical processes designed to improve our lives have also polluted our planet. We may ask ourselves, why we have not focused these innovations and new discoveries on protecting and preserving our environment.

While we strive to retain our culture and traditions we need to keep in mind the environmental conditions of our lands and pay attention to the health conditions of both plant and animal life.



Talk to your community leaders, talk to your Elders, talk to neighboring communities, talk to your health care workers, and take note of contaminations, unlawful dumping, oil and gas spills, pesticide spraying and other instances of pollutants in the past and present day. These could have a significant impact on your health and the health of the community.

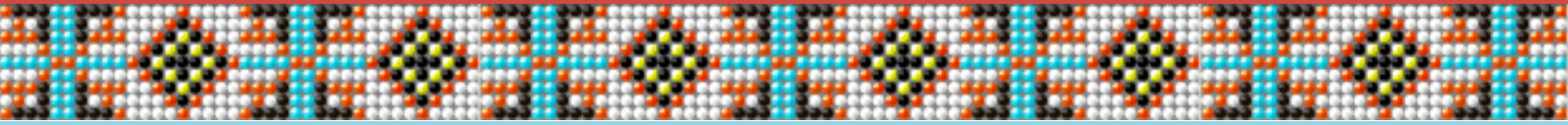
Remember that contaminants, such as mercury can stay in an ecosystem, as well as within your body for a very long time. When in doubt, stay out. Take action to inform yourself, family and community about protecting the environment. *For more information visit Environment Canada's website at www.ec.gc.ca/*

Reducing Your Environmental Footprint

Harvesting more traditional foods, is it environmentally friendly? Not surprisingly, the answer is yes!

A recent Canadian survey of the energy used to produce and distribute various foods has found that wild edible plants and wild game meat are among the most energy-efficient - and least polluting foods in our diet. The analysis included the manufacture and application of fertilizers and other chemicals, harvesting, processing, packaging, transport and waste disposal. Coffee, salad vegetables, and pre-packaged foods (like French fries, pizza, and that Diet-Meal), on the other hand, are environmentally unfriendly.

Just think of how much plastics and other materials we dispose of every day, multiply that by the number of people you know and the people they know, and the amount of garbage and processing contaminants we've added to our environment at every meal. Now think of replacing just one of those meals with a traditional meal, like roasted rabbit with fresh fiddleheads. You haven't added to the garbage pile, and chances are you got a little exercise snaring and cleaning that rabbit, and foraging for fiddleheads!



Haudenosaunee Story of Creation

A long time ago when the earth was first created, there was no land. The entire earth was covered with water, and in it lived the creatures of the waters.

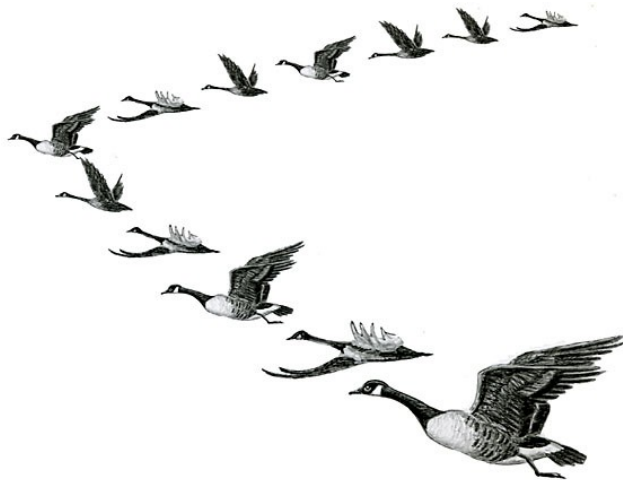
High above in the heavens, was a place called Karonhia:ke or The Sky World. In the The Sky World there lived some beings who were very much like human beings. These beings were male and female, and looked and acted very much like human men and women, but they were very powerful. Some of them were able make things happen just by thinking about it.

In the center of the Sky World, there was a tree called the Tree of Life. On that tree grew many different kinds of fruit. Sky birds of many kinds came and made their nests on this tree. This tree also had many blossoms that glowed at night to light up the Sky World.

The Sky People were instructed by the Creator, never to disturb the Tree of Life because it was a sacred tree. One day, a woman who was expecting a baby had a craving for a root that grew at the bottom of the Tree of Life. As much as she tried not to give in to this craving, the desire for this root grew uncontrollable. She begged her husband to dig for the root, but he refused, and reminded her of the instructions given to them by the Creator. Overcome by this craving, she decided to start digging for the root herself. She dug and dug, and had dug so deep in search of this root that she made a hole in the sky.

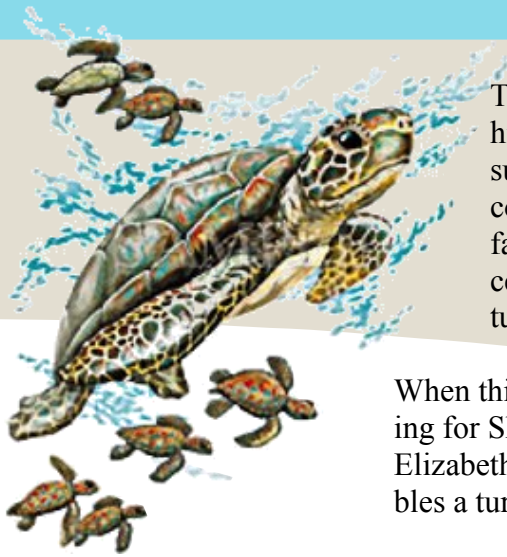
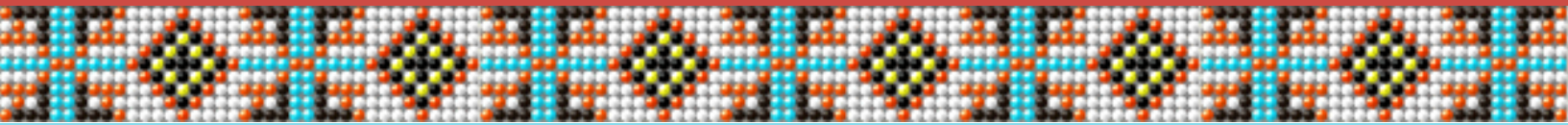
Curious of the hole she had dug in the sky, and the light that was coming from it, she looked down into the hole. As she looked further into the hole, she lost her balance and fell in. As she started to fall, she grasped onto some of the branches and managed to grab a handful of seeds from the blossoms of the Tree of Life.

Many people today call her the Sky Woman, because she fell from the sky.



As she started to fall, a flock of geese were flying through the air, and one of them looked up to see the Sky Woman falling. He quickly passed the message to the geese to form a V and to all the other birds to flock together, and make a blanket with their bodies to catch her and soften her fall.

They formed a V and flew together to try and bring her back to the Sky World but she was much too heavy with child, so they called to the turtle to form a landing for her on the water below.



The giant turtle came to the surface so that she could land on the shell on his back. The turtle called to the water animals to bring some dirt to the surface so that she could have some earth to survive. This became a competition between all the water animals. Many of them tried and failed. First the beaver, then the muskrat, and finally, the otter was successful in bringing some dirt from under the water and placed it on the turtle's back.

When this happened, the turtle's shell became covered with earth to form a landing for Sky Woman. To this day, the North American continent, from the Queen Elizabeth Islands at the Arctic Circle to Guatemala at the Mexican border resembles a turtle. This is why we call the land where we live, "Turtle Island".

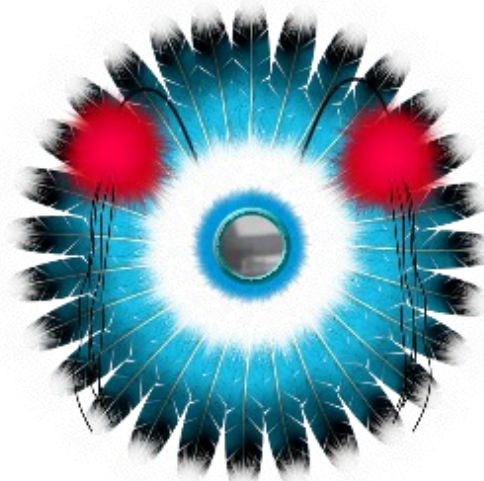
Sky Woman thanked the creatures of the air and water, and as she thanked them, she rejoiced by singing. She began to dance in a counter-clockwise direction, shuffling her feet as she moved, so that her feet would never leave the earth, and as she did so, the grains of the earth beneath her, and the turtle's shell grew bigger and bigger. She dropped the seeds she brought with her from the Tree of Life, and because these seeds were magical, from another world, they grew instantly to form all sorts of plant life. As she continued to dance counter clockwise, she noticed that there was land and plant life for as far as she could see. This is why, to this day, the Haudenosaunee people dance on the earth in the counter-clockwise direction, and the women shuffle their feet when they dance our ceremonial dances.

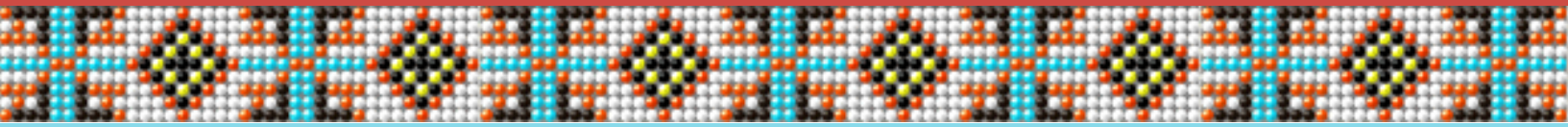
A few months passed and Sky Woman gave birth to a baby girl.

The baby girl, not being of this world, grew very quickly, and before long became a young woman. She was told never to walk toward the west, but as many young people do, she disobeyed her mother's instructions, and walked towards the west. As soon as she began her westward journey, a strong wind began to blow, and a cloud moved towards her. The cloud was shaped in the form of a man, which frightened the young woman and she fainted.

When she awoke, she found two arrows crossed on top of her belly. She ran to tell her mother, Sky Woman, what had happened, and her mother told her that she had been visited by the Spirit of the West Wind, and had conceived of twin boys.

The twin boys were very special. Their grandmother was Sky Woman, and their father was the Spirit of the West Wind. One was a right-handed twin and very gentle and kind, truthful and honest. The Other was a left-handed twin and was often stubborn and argumentative, lied and had troubling thoughts. While they were still growing inside their mother's womb, they talked to each other, and often argued over how they would be born and the choices they should make once they arrived.





The time came for the twins to be born, and the right-handed twin was born first, in the usual way. The left-handed twin was stubborn and had no patience, so he forced his way out by pushing his way out by tearing a hole in his mother's side, killing his mother.

Sky Woman was very saddened and told the twins they must bury their mother. They buried their mother and from her head grew corn, beans and squash. Those are the staple foods of the traditional Haudenosaunee diet.

They are called The Three Sisters, because they grew together from the same mound of earth, and came from their mother's body just as they did. They were sisters, because the plants were female and would produce fruit that bear seeds for future growth. From her heart grew sacred tobacco, Oionkwehonweh, which is used when there is a desire to communicate with the Creator. From her feet grew the wild strawberry Jiosohndohk, which is known as The Big Medicine, and grows along the path to the Spirit World, and all of the medicinal plants we have come to know.

Even in her death, the mother of the two boys was still making sure that they had what they needed to survive. She is called Mother Earth and to this day she still supports all of the people, the animals and the plants.



Sky Woman, the twins' grandmother then told the boys that they have three sisters, but no brother.

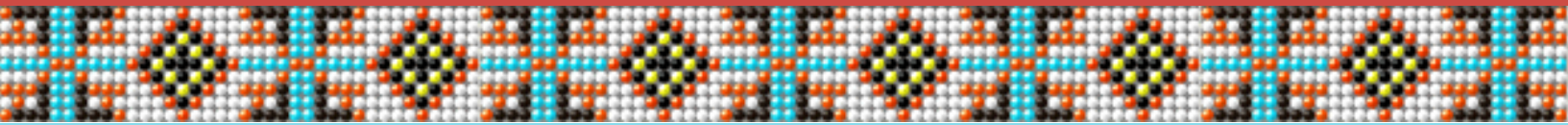
They should consider the sun to be their eldest brother because he provides us with light during the day so that we can go about our business, travel about and not get hurt. He provides us with a blanket of warmth to protect us from the cold, and over sees us in the daytime, just as an older brother would do.

The twin boys grew very quickly, and before long grew into young men. They about the task of creating everything that is found in the natural world. As they went about creating, the twin brothers continued to compete with one another, and in doing so, represented different ways of living.

The Right-handed twin created beautiful hills, lakes, birds that sing, blossoms and gentle creatures. Meanwhile, the Left-handed twin sabotaged his brother's work, created jagged cliffs, whirlpools, put thorns on the rose, and made flies, mosquitoes, bugs and predators. The Right-handed twin was always truthful, reasonable, good-hearted and a "straight arrow", while the Left-handed twin lied, rebelled, fought and made "crooked choices".

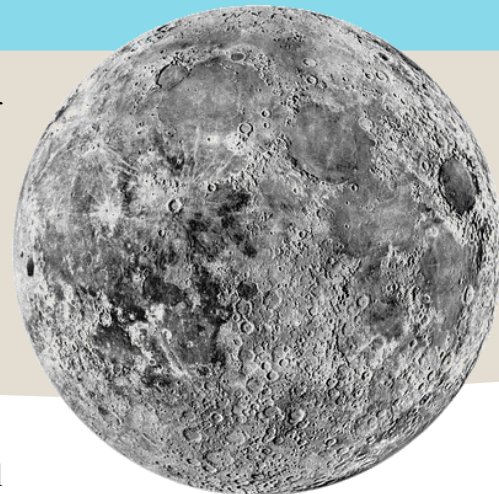


The Right-handed twin created human beings, and has been called Sonkwiadihsoh, "Our Creator" and "The Master of Life". The Left-handed twin helped him, but he caused people to make choices that were not always good, and he invented rituals of sorcery and healing. The world they built together, included both cooperation and competition, loving kindness and aggression.



When Sky Woman passed away, the right-handed twin wanted to bury her next to their mother, but the left-handed twin objected, and in his anger, kicked his grandmother's head and caused it to fly up into the night sky.

She is still there. She is called Grandmother Moon. She watches over us at night. She helps the people keep track of time.



She controls the rise and fall of the waters. She keeps company with the stars and the left-handed twin, the keeper of the night. She regulates the monthly cycles of all of the female life which guarantees that new life will be born. She is the leader of all the female life.

After they had finished their creations, the Left-handed twin argued with his brother over who would rule over the new creations, and challenged his brother to a duel. They continued to compete in other ways, they gambled, played lacrosse and fourth each other with clubs. All at once, the Right-handed twin grasped a deer antler, and with it, killed his brother, then threw his body over the edge of the earth. The Right-handed twin prevailed over his brother in the natural world by day, but the Left-handed twin prevails over the darkness of night, and the beings of the underworld.

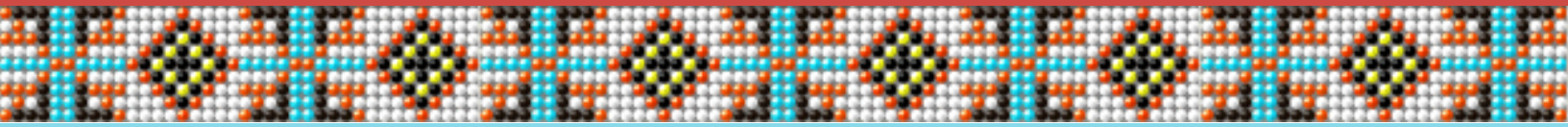
The Haudenosaunee believe that both the Left-handed twin and his creations and the Right-handed twin and his creations are necessary for the world to be in balance. The tension and struggle for balance between the two brothers and the principles of life is incorporated into the Haudenosaunee ceremonies and cycles of life, including birth and death.

Eventually, the human beings were made and were given instructions on how to give thanks for everything in creation, to remind them of their duties and to take care of these things. We are supposed to be the caretakers. We are supposed to make sure that everything stays in balance. However, as time passes, it is we, the human beings who keep forgetting what we are supposed to do. The sun still rises each day and provides us with light and warmth. The moon still watches over us at night and provides guidance for our calendars. She still controls the waters, the cycles of women and decides when babies are born.

It is we, who are forgetting to take only what we need and to leave the rest for the future generations to experience and enjoy. We, the human beings are the ones who are forgetting that everything in the natural world is connected and is part of the same web of life and so should be respected.

It is hoped that all of the people of the world will someday remember and respect the original instructions and take good care of our Mother Earth.





The Three Sisters Today

It is through this Story of Creation that the Three Sisters are considered to be divine gifts to the Haudenosaunee from the Creator, and are recognized as forming the staples of the Haudenosaunee diet.

The story of the Three Sisters illustrates how well the Haudenosaunee understood horticulture and ecology hundreds of years before the development of modern farming techniques. Different kinds of beans, corn, and squash grew together in mounds, placed about three feet apart. Cornstalks provided supports for climbing bean vines. Squash leaves provided shade, keeping the soil moist and preventing weeds from choking the crops. In this way, the soil remained fertile for years. When the soil became fallow, the entire village would move to a new location.

A new corn harvest is celebrated each year during the Green Corn Ceremony in August or early September. During the harvest ceremony, sometimes called “the Big Green Corn Ceremony” when all of the three sisters have come into maturity, a celebration occurs and a special soup is made from all of the three sisters. Every part of the corn plant is used to make different things. Corn was pounded into meal using a mortar and pestle. Corn meal was made into bread, hominy, and pudding. Succotash, a stew of corn, beans, and squash, was commonly prepared as was corn soup, which continues to be a favorite among Haudenosaunee people. Corn husks were woven into mats, baskets, and moccasins and made into corn-husk dolls. The cobs were used as scrubbers and container stoppers.

Store-bought foods started to replace locally grown foods in the nineteenth century. As a result, Haudenosaunee people have become more sedentary. Today, many Haudenosaunee still hunt, fish, and farm. However, like most everyone else today, most food is purchased at the supermarket.


There are several versions of “Three Sisters Soup”, two versions are provided in this booklet.

“Three Sisters Soup”

(Serves 6)

Ingredients:

2 cups fresh sweet corn cut from the cob, or 2 cups of frozen corn (may also substitute with 2 cans of white hominy corn);



2 cups fresh green and yellow beans, trimmed and snapped;

1 cup of pre-cooked kidney beans, pinto beans or roman beans;

2 cups peeled and cubed butternut squash or acorn squash;

1 and ½ cups diced peeled potatoes;

1 to 2 pounds cubed beef or chicken;

5 cups water;

1 teaspoon salt;

2 tablespoons melted butter;

2 tablespoons all-purpose flour

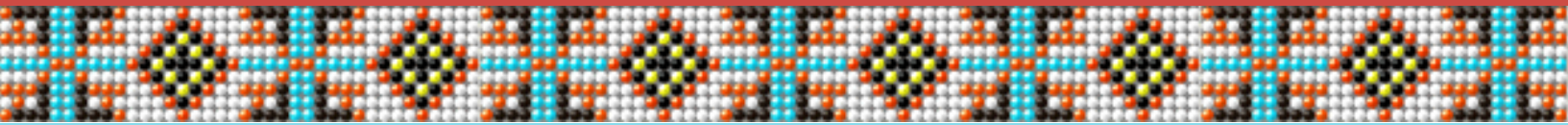
¼ teaspoon black pepper;

Directions:

In a large pot, pour in water, salt and add meat, bring to a boil and simmer 20 minutes.

Place the corn (or hominy), green beans, squash, and potatoes into the pot, and return to boil. Reduce to medium/low heat, and simmer until vegetables are soft, about 10 minutes.

Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens. Season with pepper, and serve.



Three Sisters Garden

This form of gardening is easy to plant, maintain and harvest. Try creating one for yourself and family, and remember to get the your children involved!

Traditionally, women of the village would mound the soil and plant corn (*maize*) in the center of the hill. Once the corn came up, probably about two weeks, they would then plant the beans around the corn seedlings followed by the squash seeds at the furthest distance from corn seedlings.

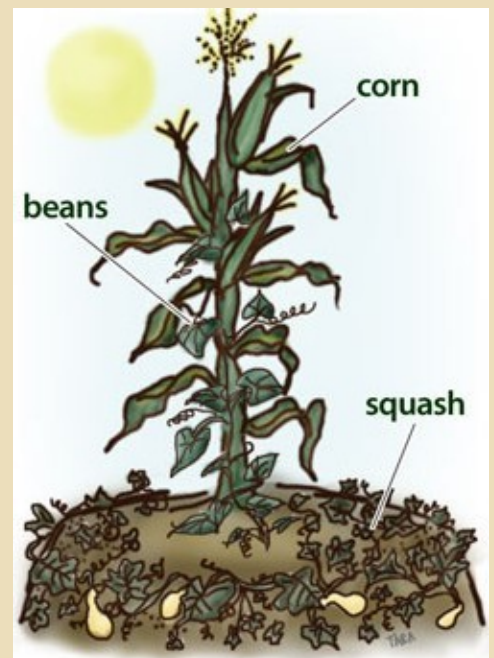
This form of growing these three vegetables worked very well because the three plants complemented each other and made great companions. The corn gave the beans a place to climb, the beans provided nitrogen to the corn roots and the large squash leaves provided shade and living mulch which helped to deter weeds and hold moisture in the soil.

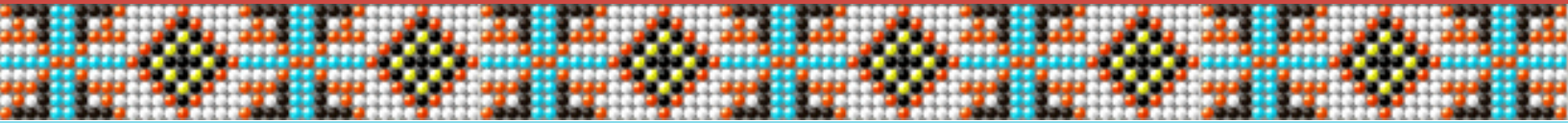
At harvest time the Haudenosaunee people offer prayers and thanks to the three sisters calling them 'Dyonheyko'; meaning "life's sustainers" or "they who sustain our lives."

How to Plant Your Own Three Sisters Garden:

You'll want to plant your Three Sisters garden once all danger of frost has past. Select an area that had direct sunshine for most of the day.

1. Choose the vegetables to be planted.
2. Use a hoe to create a mound of soil approximately five feet across and one foot high.
3. Amend soil with compost if needed and level off top of hill.
4. Plant 4-6 corn seeds in holes at center of hill 6" to 8" apart and 1" deep.
5. Wait for corn to sprout and reach approximately 6" high before planting beans. Plant four bean seeds 4" from base of corn stalks, evenly spaced around stalks.
6. At the outer edge of the mound, plant three squash seeds evenly spaced around perimeter of mound. Squash should not be planted directly on edge of hill rather, *set in* approximately six to eight inches.
7. Harvest as plants ripen, enjoy in your favorite recipe or try one of the recipes provided in this booklet.





The Traditional Diet of Aboriginal People

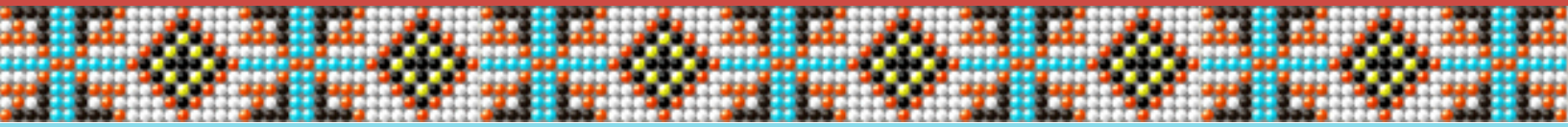
As with many Indigenous cultures throughout the World, the traditional diet of Aboriginal people in Canada was derived from the land. Wild game and edible plants formed the traditional Aboriginal diet.

Traditionally, Aboriginal people were hunter-gatherers; the daily diet varied according to the type of plants and animals available in the particular location and season. By necessity, they had an extensive knowledge of plants, animals, the land and the effects of the weather for each time of year.

The traditional diet of Aboriginal people was made up of the animals and plants found on the land and in the sea around them. This included moose, caribou, elk, seal, whale, buffalo, rabbit, all kinds of fish and many species of bird. Every part of the animal was consumed or used to make clothing or shelter. Edible plants included corn, squash, fiddleheads, wild rice, nuts and wild berries. Certain plants were highly prized for their medicinal value.

The traditional diet of Aboriginal people was nutritious and high in the calories needed to live life on the land, it was also a life full of physical activity.





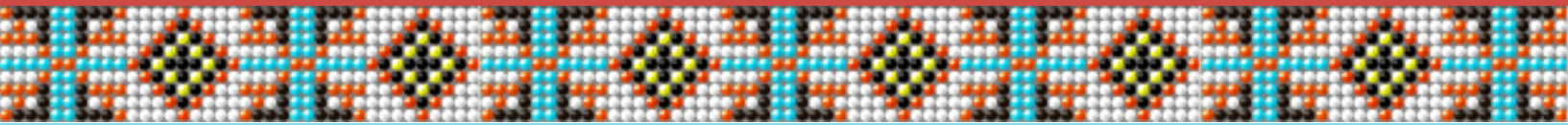
Wild game along with the wide variety of edible plant life meant that Aboriginal people were generally well nourished. Children were typically breastfed until three years of age, and introduced to solid foods once their teeth had come through. The hunter-gatherer lifestyle also meant plenty of physical activity.

During the long, frigid winters extra calories were needed to help keep warm. In the summer months, Aboriginal women would plant small gardens and gather wild berries and seeds. Common vegetables included corn, beans, and squash, which were often simmered to make soups or stews, such as Three Sister Soup (the "sisters" are corn, beans, and squash). Gathered foods included ground nuts, wild grapes, and fiddlehead ferns in the east and wild rice in Ontario and Manitoba. Medicinal plants were also sought after.

While Aboriginal men hunted large wild game, the women and youth often hunted small game such as rabbit and partridge. Our Elders tell us that all family members contributed to providing for the family.

Today, many Aboriginal people have added processed foods to their traditional diet. This dietary change along with other socio-economic factors contribute to an increase in health problems that come from consumption of foods rich in sugar and additives (which may contribute to tooth decay, obesity, and diabetes).





Gifts from Turtle Island

North America is full of edible plant life, such as fruits, vegetables, and teas. It is also home to an abundance of large and small animals, along with many varieties of fish and fowl.

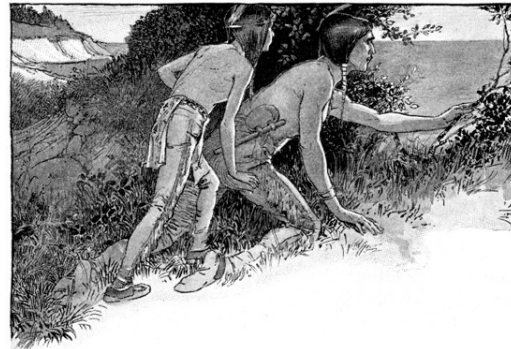
These gifts from Turtle Island formed the traditional diet of the Indigenous peoples of North America. They were rich with the nutrients necessary for maintaining good health. Combined with a lifestyle, lived on and with respect for the land, Aboriginal people thrived.

Today, the diet and lifestyle of many Aboriginal people have changed, and with this change came problems, such as obesity, diabetes, and high blood pressure. From time to time, we may think about the past and wish that we could return to that lifestyle. While a complete return has challenges, there are things we can do to revive many traditions.

Reviving Tradition Starts At Home

Our children and grand-children bring to us life and promise of continued life, seven generations and more into the future. As we honour all phases of life, so must we honour the learning stages of those who will go on to lead the generations of tomorrow. A part of our responsibility to Turtle Island so that she may live well and in good health is to teach our children and grand-children about our ways of being and knowing.

This teaching or sharing is a natural part of who we are as parents, grand-parents, aunts and sisters. We all have gifts within ourselves that we share with those we love, with our community and with the rest of humanity. We can share our culture, our languages, our belief systems, and our ways of doing things. Think about your very special gifts and share them today.

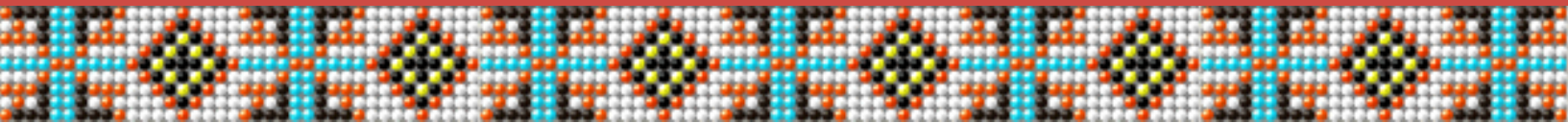


Celebrating Turtle Island:

Share the Creation Story, as it was told to you, or find someone who can share this story with you and re-tell to your children and grand-children

Be one with Turtle Island, reconnect by taking a peaceful walk along your favorite nature spot. Reflect on how best to share your gifts and revive traditional activities within your home and community while having fun! Some hints and tips:

- * Traditional games and toys: discover what games and toys were unique to your people!
- * Traditional activities: hold summer fun days, with swimming, canoeing, rock climbing, and arts & crafts as activities!
- * Berry picking: where to find, when and how to pick, how to store, and how best to eat!
- * Discover wild life, as an observer with a camera or as a skilled hunter: teach how and where to find certain animals, if hunting, how best to hunt and dress!
- * Discover and respect nature: go camping, teach how to respect, survive and live on the land.



Traditional Foods

Wild Rice

Wild Rice is a type of grass, which grows naturally in the fresh water lakes of central North America.

Wild rice is just one of many gifts that Turtle Island has to share with her people. In the comparison chart below, you'll quickly see the nutritional value of wild rice versus white rice.

As a staple food source for the Ojibwa people and other Nations, wild rice served as an essential source of nutrients. On the following pages, you will find information on selected plant food sources as well as recipes on the wild side. These recipes are not specific to a diabetic diet, consult with your health care provider on modifications and substitutions. These recipes are meant to inspire traditional taste buds to both young and old.

NUTRITIONAL VALUE OF WILD RICE (VS. WHITE RICE) (All values are for 1 Lb. of raw rice)			
		Wild Rice	White Rice
Food Energy	Calories	1,601	1,647
Protein	Grams	64	30.4
Fat	Grams	3.2	1.8
Carbohydrate	Grams	341.6	364.7
Phosphorus	Milligrams	1,538	426
Iron	Milligrams	19.1	3.6
Sodium	Milligrams	32	23
Potassium	Milligrams	998	417
Thiamine Vit. B1	Milligrams	2.2	.32
Riboflavin Vit. B2	Milligrams	2.87	.12
Niacin	Milligrams	27.9	7.2
Magnesium	Milligrams	585	127



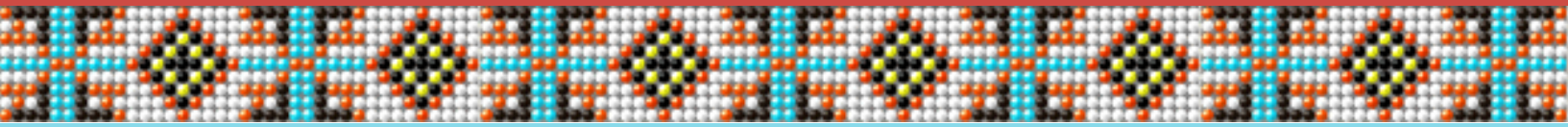
The Ojibwa people have always proclaimed the virtue of Manomin as a food rich in flavor and high in nutrition.

Wild Rice, added to a vegetarian diet, is easily digestible, high in fiber and high in protein (double that of brown rice).

Wild Rice is a rich natural source of Vitamin B, iron manganese, thiamine, riboflavin, niacin, calcium, phosphorous and carbohydrate.

A little goes a long way! One ounce (28 grams) of uncooked Wild Rice provides an individual serving.

See page 27 for Manomin recipes!



Traditional Foods

Wild Game

Wild game animals, large and small, along with many varieties of fish and fowl formed a part of the Aboriginal diet.

As more Aboriginal people move into urban centres, we are witnessing second, third, and even fourth generation urbanization along with a decrease in traditional activities, such as hunting and eating of wild game meats.

Hunting offers a wonderful opportunity to teach young children and youth about living on the land, life skills, safety and responsibility. It also provides for bonding between the hunters, young and old. These types of activities foster a sense of self, pride, and respect for our natural environment, and may promote culture and tradition.

Hunting for wild game contributes to a healthy life style. Wild game is typically lower in saturated fat and calories than domestic meat. In addition, the very process of hunting requires an exertion of energy, this energy exertion could be called exercise. Regular hunting activities, not only provides food for the family, but exercise as well.

Today, many Aboriginal people, especially those living in urban environments have less access or opportunity to hunt and consume wild meat. Some may even resist eating wild game meat simply because they have grown unfamiliar with it or because they are not sure how to cook it.

The following pages contain several recipes to cook wild game meat. These recipes are “non-recipes” and are simple and easy to make and modify. It should be noted that these recipes are not “diabetic recipes”. If you are following a specialized meal plan consult with your dietician or health care professional before adding any new recipe or food to your meal plan.



Most game meat has significantly fewer calories than domestic grain-fed beef, pork and chicken.

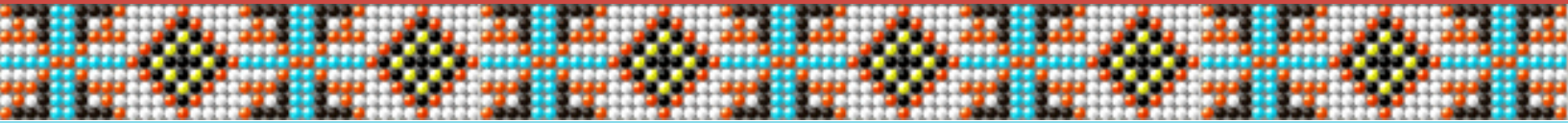
Game meat has much more lean body tissue than domestic meat.

Game meat generally has less saturated fat.

The most important benefit is that game has a significantly higher content of polyunsaturated fat than domestic meat, especially beef and pork.

Game is high in EPA which is thought to reduce the risk of developing atherosclerosis which is one of the major risk factors for heart attack and stroke.

Bison is listed as one of the five best and most healthful foods for women due to its high iron and low fat content.



Traditional Foods

Wild Game

Nutrient content of wild game compared to domesticated meat

The following chart provides a comparison between a variety of wild and domesticated meats, listing protein, fat, cholesterol, and calories.

This chart clearly shows that wild or (game) meat is high in protein, and low in calories and saturated fat.

Keep in mind that the nutritional value of these meats depend on several key factors:

- Type of animal - deer, elk, moose, caribou, or antelope.
- Age of the animal - Younger animals are usually more tender.
- Diet of the animal - Animals with access to abundant food sources have more body fat - so their meat is higher in fat and calories.

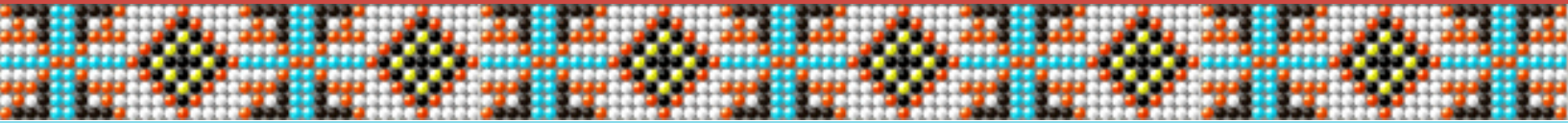
Some game meat is higher in dietary cholesterol than domestic meats, but the combination of more lean body tissue, generally fewer calories, less saturated fat and significantly higher percentage of cholesterol-reducing polyunsaturated fatty acids makes game a heart-healthy choice.

Nutrient content of wild game meat vs. domesticated meat.

Note: *100 grams equals about 3 1/2 ounces.
Note: ** Not trimmed of fat before analysis. All other samples of meat were trimmed of visible fat prior to analysis.

Species	Protein %	Fat %	Cholesterol (mg/100g*)	Calories (Kcal/100g*)
Antelope	22.5	.9	112	144
Beef USDA choice	22.0	6.5	72	180
Beef USDA standard	22.7	2.0	69	152
Buffalo	21.7	1.9	62	138
Chicken	23.6	.7	62	135
Crane (Sandhill)	21.7	2.4	123	153
Deer (Mule)	23.7	1.3	107	145
Deer (Whitetail)	23.6	1.4	116	149
Dove	22.9	1.8	94	145
Duck (Domestic)	19.9	4.25	89	180
Duck (Mallard)	23.1	2.0	140	152
Elk	22.8	.9	67	137
Goose (Snow)	22.7	3.6	142	121
Grouse (Sharptail)	23.8	.7	105	142
Grouse (Sage)	23.7	1.1	101	140
Lamb	20.8	5.7	66	167
Moose	22.1	.5	71	130
Partridge (Gray)	25.6	.7	85	151
Pheasant (Domestic)	23.9	.8	71	144
Pheasant (Wild)	25.7	.6	52	148
Pig (Domestic Pork)	22.3	4.9	71	165
Pig (Wild Boar) **	28.3	4.38	109	160
Rabbit (Cottontail)	21.8	2.4	77	144
Rabbit (Jack)	21.9	2.4	131	153
Squirrel	21.4	3.2	83	149
Turkey (Domestic)	23.5	1.5	60	146
Turkey (Wild)	25.7	1.1	55	163
Widgeon	22.6	2.1	131	153

Surveys show that carcasses of domesticated animals have 25 to 30% fat while the average fat content of wild game animals is only 4.3%. Not only is the fat lower in game, but is also healthier. Fat from wild game contains a much higher proportion of polyunsaturated fatty acids, good fat and is lower in saturated fat, bad fat.



Traditional Foods

The Blueberry

Blueberries are native to North America where they grow throughout the woods and mountain regions in the United States and Canada.

Traditionally, the Aboriginal people of North America had many uses for blueberries beyond being an excellent food source and for its medicinal properties. The Hopi called blueberries 'moqui' a term which meant spirits of the ancestors. Blueberry picking provided opportunities for socialization, story-telling and teachings.

Aboriginal people used dried berries to make puddings or smoked them to preserve them for use in the months of cold and scarcity. Pemmican was a combination of dried buffalo meat, fat and wild berries; it was often used to barter with the fur trading companies. Pemmican was a brilliant source of nutrition - protein from the meat, vitamins from the berries, and calories (energy) from the fat.

Blueberries were often eaten off the branch and added to soups, stews and other foods. A favorite was dried blueberries combined with cornmeal, honey, and water that when mixed created a tasteful pudding. As a medicine, blueberry juice was often used to treat coughs, as a relaxant during childbirth, and to combat diarrhea.

TRY BLUEBERRIES THIS WAY:

Add fresh or dried blueberries to cold breakfast cereals.

For a deliciously elegant dessert, layer yogurt and blueberries in wine glasses and top with crystallized ginger.



Blueberries are bursting with nutrients and flavor, and are very low in calories!

Blueberries are rich in Vitamins A, C, E and beta-carotene as well as rich in the minerals potassium, manganese, and magnesium.

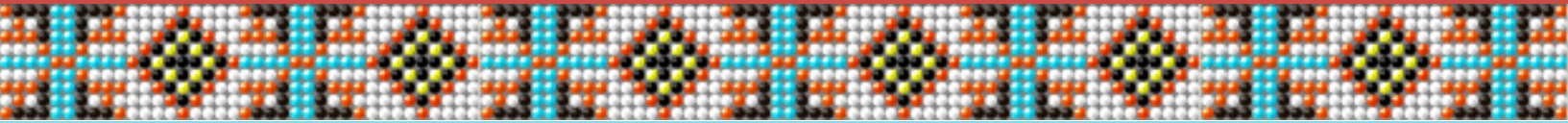
Blueberries are also very high in fiber and low in saturated fat, cholesterol and sodium.

In fact, blueberries rate No. 1 in antioxidant benefits among 40 other fresh fruits and vegetables.

The total antioxidant capacity of blueberries is twice that of spinach and triple that of oranges!

Blueberries are also rich in pectin, a soluble fiber that has been shown to lower cholesterol.

Blueberry juice has been scientifically proven to reduce blood sugar levels!



Traditional Foods



Fiddleheads grow in clusters and is one of the first Spring plants to bloom.

Fiddlehead ferns are a good source of vitamins A and C.

Fiddleheads are versatile and easy to use. They can be used in similar ways to any firm green vegetable such as Asparagus or Broccoli florets.

Fiddleheads will lend their delicious flavor and elegant visual appeal to many familiar dishes.

Health Canada advises that fresh fiddleheads must be properly cooked before being consumed.

Fiddleheads

Fiddlehead Greens are the premium wild forage vegetable of Spring. No other vegetable matches the delicious flavor of fresh Fiddleheads.

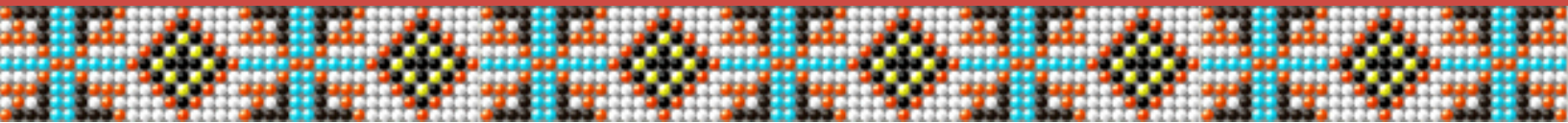
A Fiddlehead is a fern so young and new that it hasn't yet "unfurled" and opened its leaves. The end is still curled in a tight spiral, ready to unroll as the sun warms it and it gathers strength and size. This spiral shape reminds many people of the end of a violin, hence the name "Fiddlehead."

Every Spring, Aboriginal families on the East coast would make an outing of fiddlehead picking. The young children were taught to hunt for fiddleheads along rivers, streams, and brooks. They were also taught how to recognize them, by their brown papery scale-like covering on the uncoiled fern and by the smooth stem. Fiddleheads are picked when they are an inch or two above ground.

Sautéed Fiddlehead Ferns with Parsley and Garlic

1-pound Fiddleheads
1 or 2 garlic cloves, minced very fine
¼ cup butter or extra-virgin olive oil
2 tablespoons finely chopped fresh parsley
Salt and freshly ground black pepper

Trim and wash fiddleheads in cold water, removing the brown covering as you go. Drain and pat dry. Heat half of the butter (or olive oil) in a large skillet over medium heat. Add the fern shoots and turn the heat up to medium-high. The ferns should sizzle, but don't allow the butter to burn. Toss and stir for about 5 minutes. Add the other half of the butter (or oil), the garlic, and the parsley. Continue cooking for one minute longer, or until you can smell the garlic and the ferns are tender. Season with salt and pepper and serve immediately on hot plates



Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Moose and Elk

Moose Roast or Elk Roast Baked in Foil

- 3-4 lb. Roast
- 1/2 pkg. of dry onion soup

Preheat oven to 425 degrees. Place roast on piece of heavy duty aluminum foil. Sprinkle 1/2 pkg of dry onion soup over meat. Bring edges of foil together and seal tightly. Place in shallow roasting pan and bake for 2 to 2 1/2 hours. There will be ample juice collected inside foil which can be thickened for gravy.

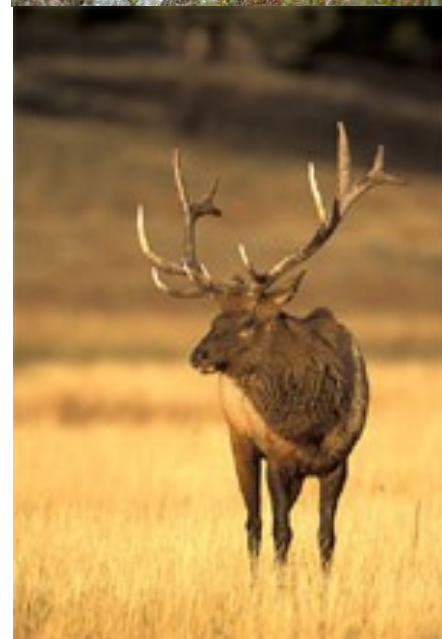
Moose Meat Loaf

- 1 1/2 lbs. ground venison or moose
- 1 tsp. minced onion
- 1 cup milk
- 1 egg
- 1 1/2 tsp salt
- 1 cup oatmeal

Preheat oven to 350 degrees F. Mix all ingredients together. Place in a greased 9x5x3 inch loaf pan.

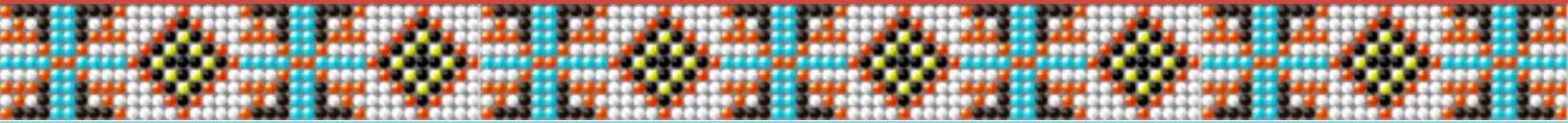
Elegant Elk Stew

- 2 lb Elk steak
- 1/2 lb Bacon or salt pork
- 2 tbsp flour
- 6 cups of stock
- 1 can stewed tomatoes or preferably zucchini
- 8 small carrots
- 2 stalks celery diced
- 2 tbsp. sugar
- 7 small onions
- garlic to taste
- 1 cup peas
- Salt and pepper to taste



Cut bacon (or salt pork) into 1" cubes and saute in large saucepan until lightly browned. Remove and set aside. Cut Elk into 1 1/2 or 2" pieces and brown over high heat in bacon fat. Stir in flour and make a roux. Lower heat and let brown 2-3 minutes. Then add stock and stir till smooth. Simmer 1 hour or more until Elk begins to get tender, add more liquid as necessary.

Add all the other ingredients, except peas, and continue to simmer to make a thick stew. Simmer peas in a separate pan until done. Strain and spoon over or around stew when served. Serve with corn muffins, potatoes or parsnips and a salad.



Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Deer

Sautéed Filet of Venison

Wash venison thoroughly.
Cut filet into 3/4" to 1" thick slices
butter
Thin lemon slices or frozen lemonade (easier)

Brush sliced filet with a very small amount of lemonade. If using lemon slices, slice lemon very thin and place a slice on each fillet. Place in refrigerator; wait 15-30 minutes. Remove, turn over, and place lemon slices on top. Again, let stand in refrigerator 15-30 minutes.

Sauté filets lemon side up, in skillet and brown quickly. Turn, placing lemon on browned side, and cook until rare or medium rare. Sprinkle with salt and serve. Serve rare. Do not overcook as venison is dry and will toughen almost immediately.

Quick Cooked Venison

1 lb. cubed venison, marinated in buttermilk with tenderizer, then washed and cleaned
4 baby carrots
1 med. onion, chopped
2 ounces butter
1/8 tsp. thyme
Flour
1 diced celery stalk
1 cup burgundy wine

Brown venison in butter. Add seasonings, celery, carrots, onion, and enough water to cover meat. Cook until tender; thicken sauce with flour and add wine. Serve with wild rice.



Easy Venison Chili Recipe

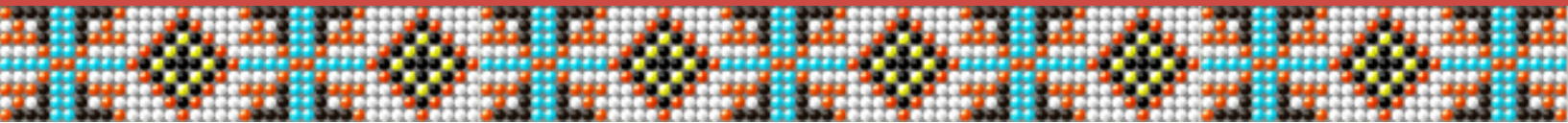
1 pound ground venison
2 cans of kidney beans (16 oz)
1 can tomato juice (1 qt 14 oz)
Salt and pepper to taste
3 drops of Tabasco sauce
1 small onion (diced)
2 sticks of celery (diced)
2 Tbsp chili powder
1/2 Tbsp brown sugar

Brown meat and onion. Add rest of ingredients and simmer for 1/2 hour.

Boiled Deer Tongue

1 deer tongue
1 tbs. salt
4 peppers, whole
3 bay leaves
2 cloves, whole

Wash deer tongue well then cover with water in pot. Add spices and salt and simmer covered until tender. Remove from water and peel off outer layer before serving.



Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Duck

Stuffed Wild Duck

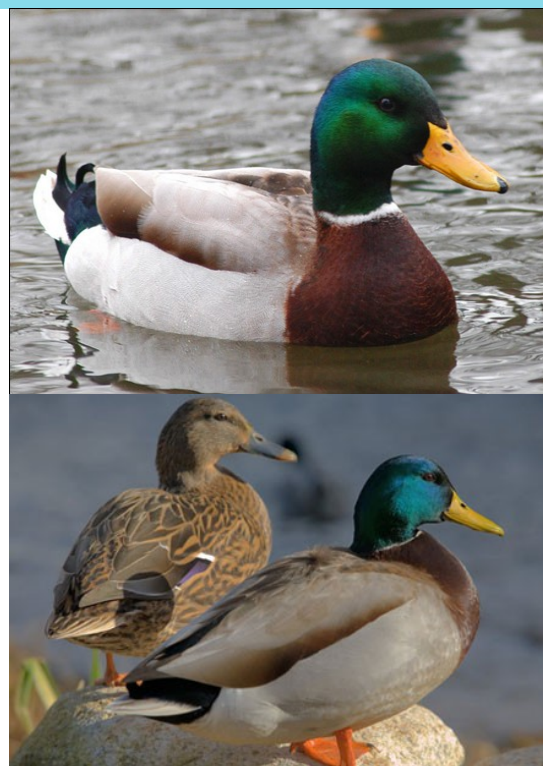
- 2 young, plump wild ducks, cleaned
- Parsley, grapes, apple wedges
- 2 small onions, chopped
- 1 cup chopped apple, unpeeled
- 1 1/3 cups water
- 6 tbsp. melted shortening or bacon drippings
- 2/3 cup orange juice
- 2/3 cup chopped celery
- Salt

Rub cavity of each duck with 1 tsp. salt. Combine celery, chopped apple, and onion; stuff into cavity of each duck. Close cavity with skewers. Brown ducks in shortening in a heavy Dutch oven; add water, orange juice, and 1/2 tsp. salt. Cover tightly; cook over low heat 45-60 minutes or until tender (time depends on age of duck). Baste 2-3 times during cooking. Garnish with parsley, grapes, and apple wedges. Makes 6 servings.

Duck and Wild Rice Casserole

- 1 dressed duck
- salt and pepper
- water
- 1 small box wild rice, cooked

Put duck in crock pot. Add salt, pepper, and a small amount of water. Cook on low for 8 hours. Discard skin and bones. Pull meat apart into small pieces. Mix cooked wild rice and duck meat. Put in greased casserole dish. Heat thoroughly at 350 degrees.



Grilled Duck

- Duck breast sliced into 1/2" strips
- Olive oil
- 3 tbs. soy sauce
- 3 tbs. Worcester sauce
- 1 tbs. salt

Wash duck breast, slice into 1/2" strips or just wide enough not to fall through the grill. Place breast strips into plastic bag to be marinated. Pour some olive oil over the duck being sure to make sure all strips are covered. Add remaining ingredients and mix bag thoroughly and leave in refrigerator for 24 hours or more.

Take duck strips out and cook on the grill - do not overcook the duck - the meat will get tough in a hurry if you do - cook strips 3-4 minutes on each side.

Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Goose - Partridge

Roasted Wild Goose

Wild Goose
Salt and pepper
Chopped onions
Chopped celery
Apple slices
Thin bacon slices
Dry red wine
Flour for gravy

Allow one pound of Goose per person. Dry goose thoroughly inside and out and rub insides with salt. Fill the insides with onions, apple and celery. Place in an uncovered roasting pan, cover breasts with bacon. Add dry red wine and cook in a 325 degree oven for 10-12 minutes per pound for rare meat (really marvelous) or 15-20 minutes per pound for well done. Baste frequently with red wine drippings. Mix cold water with drippings and thicken with flour for gravy if desired.

Goose Stew

1 goose.
3 cups of water.
Poultry seasoning, to taste.
2 cups of chopped celery ribs with leaves.
2 onions, sliced.
3 tablespoons of butter.
½ cup of cooked wild rice.

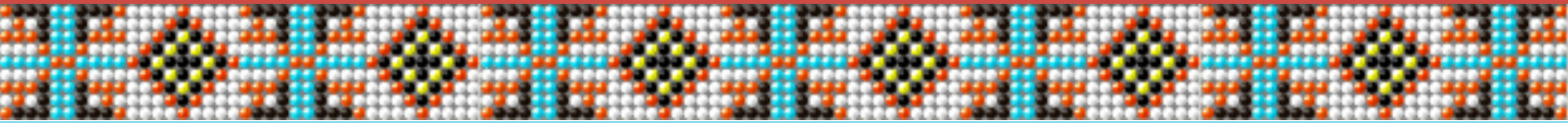
Preheat your oven to 350°F (175°C). Place the goose in pot with water, poultry seasoning and 1 cup of celery. Cover and simmer for 1 hour 30 minutes. Reserve broth and place in refrigerator. Debone the goose. Sauté the onions and 1 cup of celery with butter. Stir in reserved, degreased broth. Cover and simmer for 5 minutes. In a large pot, combine goose, cooked rice, celery and onions. Serve when heated.



Grilled Partridge

4 partridge
1 lemon zest (grated lemon peel)
3oz butter, softened
Salt & ground black pepper

Cut the partridges in half lengthways with a sharp serrated knife and hit the pieces so the legs lie flat. Rub the partridge all over with the butter and season with salt and pepper. Cook under a hot grill being careful not to burn them, turn several times, brush with butter as needed. Cook for about 10-15 minutes, until golden brown and the skin is crisp.



Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Beaver -Ground Hog

Beaver Stew

- 1 beaver (8-10 lbs.)
- 1 bay leaf
- 2 med. onions
- 1-2 garlic cloves
- Celery leaves - optional
- 4 carrots diced
- 1 tbsp sugar
- 2tsp thyme
- Flour
- Salt and pepper

Remove all fat from beaver. Cut beaver the same way as you would a rabbit. Soak overnight in salt water. Marinate in buttermilk. Parboil until about half-cooked in water with the bay leaf, onions, garlic, celery and seasonings. Drain, roll in flour and brown in bacon fat, season with salt and pepper. Bake in covered pan in a moderate oven until tender. Gravy may be made from the drippings.

Beaver Tails

- 1-2 Beaver tails
- Salt and pepper to taste

Hold over open flame until rough skin blisters. Remove from heat. When cool, peel off skin. Roast over coals or simmer until fork tender. Season to taste.



(Groundhog) Woodchuck Stew

- 1 woodchuck, cleaned
- 2 onions, sliced
- 1/2 cup celery, sliced
- Flour
- Vinegar and water
- Salt and pepper
- Cloves

Cut woodchuck into serving pieces. Soak overnight in a solution of equal parts of water and vinegar with addition of one sliced onion and a little salt. Drain, wash, and wipe. Parboil 20 minutes, drain, and cover with fresh boiling water. Add one sliced onion, celery, a few cloves, and salt and pepper to taste. Cook until tender; thicken gravy with flour.

Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Rabbit

Rabbit Salad

- 1-2 dressed rabbits
- 1/2 cup chopped celery
- 1/2 cup pickle cubes
- 3 boiled eggs, chopped
- 1 tsp. Salt
- 1 tsp. Pepper
- 1 tsp. Sugar
- 1 cup Italian or vinaigrette or blue cheese dressing

Boil rabbit till tender, remove and cut into small pieces. Add celery, pickles, eggs, salt, pepper, sugar, and dressing; toss thoroughly until mixed. Serve on lettuce with sliced tomato and crackers.

Grilled Rabbit

- 1 rabbit, cut up
- 1/2 cup lemon juice
- 3/4 cup butter
- 2 tsp. salt
- 2 tsp. summer savory
- 1 tsp. paprika
- 1 tsp. dry mustard
- 1/4 tsp. pepper

Marinate rabbit in lemon juice for at least three hours in refrigerator. Melt butter in saucepan and add remaining ingredients. Grill rabbit 5 to 7 inches from coals, under medium to high flame. Brush with butter mixture and grill 40-45 minutes, turning frequently until golden brown and tender.



Plain Sautéed Rabbit

- 1 rabbit, cut into serving-size pieces
- 1/2 cup flour
- 1/4 tsp pepper
- 1 tsp. salt
- 1/4 cup water
- 4 tbsp. fat
- 1 onion, chopped

Roll rabbit in mixture of flour, salt, and pepper. Brown in fat. Add water, and onion. Cover and simmer until tender. Remove cover for the last 10 minutes to brown.

Roasted Rabbit

- 1 Rabbit
- Garlic powder
- Lemon
- Butter
- Salt and pepper

Rub surfaces of rabbit pieces with garlic powder, and lemon. Stuff if desired. Place on a greased rack in a shallow pan. Brush with melted butter and cover loosely with foil. Roast at 325 degrees F. for 1 hour (store rabbit) or 2 hours (wild rabbit). Remove foil during last 1/2 hour to brown.

Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Fish

Poached Pickerel (Walleye)

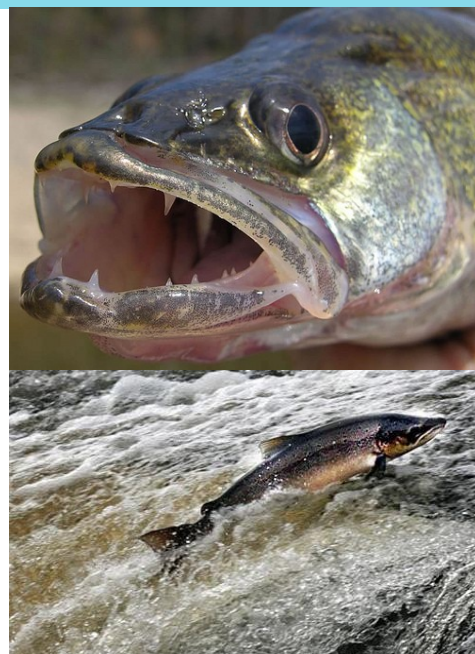
- 1 pound northern Pickerel fillets
- 2 tbsp. olive oil
- 1 cup chopped onions
- 1 cup of julienne carrots
- 1 large julienne green pepper
- 2 large tomatoes peeled, diced
- 1 cup diced celery
- 1 tsp. garlic powder
- Salt and pepper to taste

Simmer vegetables and seasoning until tender. Poach Pickerel until tender in just enough broth to cover. Remove Pickerel and reserve. Blend vegetables and broth into a sauce on high. Place Pickerel in a warm serving dish, cover with sauce and serve.

Crispy Oven Fish

- 1 tbsp vegetable oil
- 1 lb fish fillet = (walleye, pike, sole, flounder and/or whitefish are recommended)
- 1 cup milk
- 1 tsp salt
- 24 unsalted soda crackers crushed fine
- Lemon wedges for serving

Season fish with salt and pepper. Dip both sides of fish in milk and gently coat with cracker crumbs. Place in single layer on baking pan. Bake for 10-15 minutes at 450 degrees until crispy and firm to touch.



Salmon & Wild Rice Chowder

- 1/4 cup butter
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 teaspoon minced fresh thyme
- 1/4 cup all-purpose flour
- Salt and pepper to taste
- 4 to 5 cups milk
- 1 cup cooked wild rice
- 1 to 1 1/2 cups cooked or uncooked salmon, cut into bite-size pieces
- 1 dash Tabasco to taste

In a large soup pot over medium-low heat, add butter, onion, garlic, and thyme; sauté until soft. Add flour, salt, and pepper, stirring constantly until well blended. Gradually add milk, stirring constantly until sauce comes to a boil and thickens. Add cooked wild rice and salmon; simmer 5 minutes until salmon is heated/or cooked. Season to taste with Tabasco, and additional salt and pepper if needed. Remove from heat and serve.

Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Wild Rice

Man-O-Min (Ojibwa Wild Rice)

1 cup wild rice
4 cups
1 teaspoon salt

Wash the wild rice in a colander or bowl, changing the water two or three times. Measure water into a large saucepan; add salt. Heat the water to boiling. Slowly add the rinsed rice to the boiling water. Lower heat to medium and simmer the rice, undisturbed, for about 40 minutes. (Do not stir the rice.) The rice grains will swell to four times their original size. Serve hot or at room temperature.

Popped Wild Rice

Wild Rice
Cooking oil

Place about 1/2 inch of oil in a small, shallow pan with a small strainer set in the oil. Heat at high temperature until oil is at about 450 F. Drop 1 kernel of rice into the strainer. When it sizzles, cracks open and expands to about double it's length, the oil is ready. (You may wish to reduce the heat temporarily.) Add 1 tablespoon of rice at a time to the oil, when all the kernels have expanded (which constitutes the popping), empty the strainer out onto paper toweling. Repeat, adjusting heat as necessary. Crisp popped rice may be seasoned with salt, pepper, and mixed herbs to enhance the flavor. This popped rice can be made in large quantities and stored in a sealed container for several weeks.

Note: Not all wild rice will pop successfully. The best wild rice to use is hand processed wild rice that usually has more moisture left in each kernel, which will expand when heated.



Wild Rice Casserole

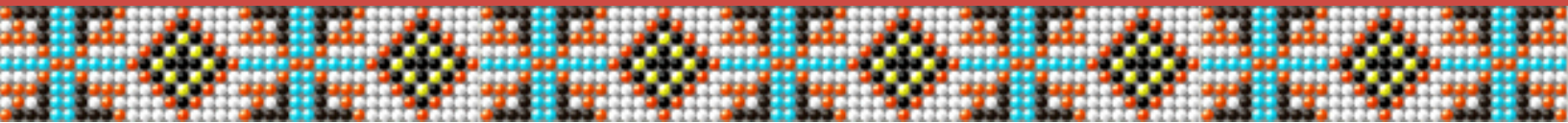
1 1/4 cups of uncooked wild rice
2 teaspoons of salt
1/2 teaspoon of thyme leaves
1 medium onion, sliced
3 cups of water
2 tablespoons of butter or margarine

Heat oven to 350°F. In a 2-quart casserole, combine all ingredients. Bake covered at 350°F. for 1-1/4 to 1-1/2 hours or until rice is tender, stirring occasionally during last half hour

Long-Grain and Wild Rice Mix

1 cup of long-grain brown rice
1/2 cup of wild rice
1 tablespoon of dried parsley
1 teaspoon of dried thyme
1/2 teaspoon of salt

Boil 3 1/4 cups water in medium sized saucepan. Add all ingredients, cover, and simmer for 50 minutes. Remove from heat, and wait 10 minutes before fluffing with a fork.



Recipes On The Wild-Side

Please note these recipes are not diabetic specific or tested.

Bannock - Fry Bread

Bannock or fry bread is simple to make, and just as easy to modify and flavor. Several “recipes” are provided here, however most basic bannock recipes contains the following ingredients:

Flour - Baking Powder - Water - Salt - Lard or Fat

Bannock can be cooked several different ways, the most common method is pan frying. These recipes can be used for oven baking, bannock on a stick, and even dumplings!

Bannock on a stick? Simply make a drier dough, and cook on a stick over an open fire, turning as needed.

Making your favorite stew, and want dumplings? These recipes make a fantastic dumpling, again just make the dough drier.

Fry Bread Recipe I

2 c Flour
1/3 c Powdered milk
2 tsp Baking powder
1 tsp Salt
3 Tbsp Lard, divided
3/4 c Warm water
Oil

Mix dry ingredients. Cut in 2 Tbsp. lard until crumbly. Add water & mix until a soft dough forms. Knead until dough is smooth & springy in texture. Make into 12 balls. Melt 1 Tbls. lard & brush on each ball of dough. Set aside for 30-45 minutes. On a lightly floured surface, roll each ball to a 4" circle, then stretch to 7-8" in diameter. Poke hole in center. Fry in oil until lightly browned, turning once.



Fry Bread Recipe II

3 c Flour
1/2 tsp Salt
Vegetable Oil for frying;
1 1/2 tsp Baking Powder
1 1/3 c Warm Water

Mix the flour, baking powder and salt together Add water and knead the dough until soft. Roll the dough until 1/4 inch thick, then cut out rounds 4 inches in diameter. Fry the bread in 2 to 3 inches of hot oil until puffed and browned on both sides.

Enjoying Bannock

Bannock is a versatile food that can be served with butter, honey or jam, or as the bottom layer of an Indian taco. Hot bannock goes very well with wild game, such as fresh fried moose meat.

Many people modify and flavor bannock recipes in a number of ways, some ideas are below, be creative and invent your own family favorites:

- Add cheese chunks
- Add cinnamon and raisons
- Add blueberries (or your favorite berries)
- Add diced onions, savory spices and parsley

Recipes on the Wild Side

Please note these recipes are not diabetic specific or tested.

Three Sisters Soup

Dried Hulled Corn Soup (makes 16 quarts of soup):

1 pound dried kidney beans;
1 Tablespoon baking soda for soaking beans,
Water to cover the beans for soaking.
4 quarts dried white flint corn kernels hulled from the cob;
3 pounds salt pork;
1 quart hardwood ashes.
Lots of water.
Salt and Pepper to taste



Place kidney beans in a medium pot and pour in water to cover the beans by 2 inches and add 1 tablespoon baking soda. Place a lid on the pot and soak beans overnight. After the beans have soaked overnight, change the water and bring to a boil. Reduce heat to medium and cook beans until tender (about 1 and ½ hours). Set aside.

Put the dried corn kernels in a kettle with enough water to cover the corn. Bring to a boil and add ashes. Cook for about 20 minutes, stirring frequently. You will notice the color of the white corn kernels turn from an off-white color to red-orange. This is the result of the chemical reaction of the ashes and water on the corn. This loosens the hulls or shells on the corn and breaks open the hard outer shell. When this color change occurs, the “lye action” has begun, and actually changes the corn from a carbohydrate to a protein. When the hulls slip off the kernels easily, remove the kettle from the heat, drain the water and rinse corn in cold water, working the corn with the fingers to remove the hulls. (A handmade basket called a corn hulling basket, is traditionally used for this purpose)

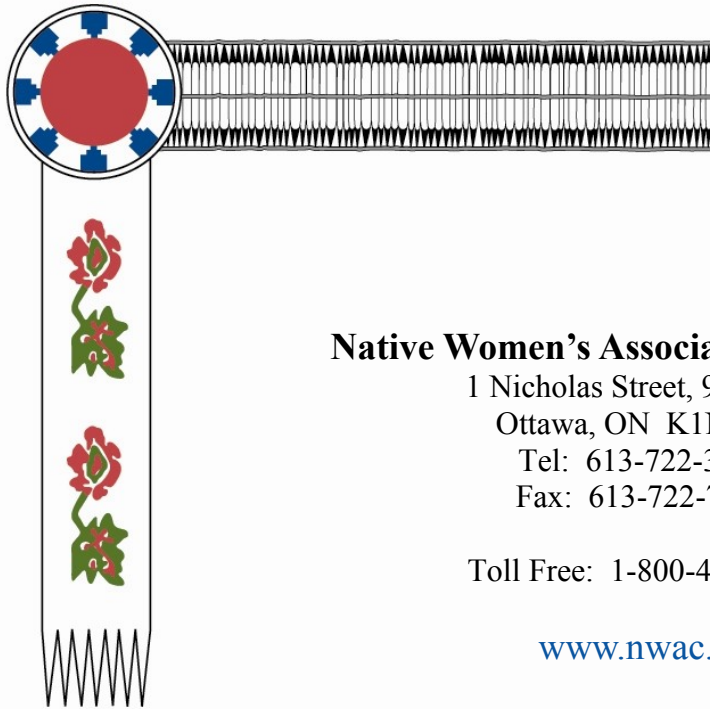
Place the corn back in the kettle and replace the water and return to a boil. Boil for about 20 to 30 minutes and drain and rinse again. Continue to rinse until the water runs clear and no evidence of ashes remain. Place corn kernels back in the kettle, replace water and return to a boil. You may need to repeat the rinsing and boiling several times until the water is completely clear.

When the corn kernels are good and clean, place them in a large kettle or canning kettle with clean water. Add beans, and bring to a boil.

Cut salt pork into small pieces and add to the corn and bean mixture and continue to boil. Be sure to use plenty of water, because the corn swells as it cooks. Cook 3 to 4 hours, or until corn is tender stirring occasionally and adding water as needed. Season to taste with salt and pepper as desired.

Some people add cut up cubes of squash to this hulled corn soup, using all of the Three Sisters. Others add vegetables, such as cabbage and carrot, and may use pork hock or pork loin instead of salt pork.

Note that this is a recipe for a large gathering and will need to be adjusted to a smaller group or family. This is a traditional recipe that takes several hours to prepare.



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IMPORTANT NOTICE

This toolkit was designed to supplement information and resources related to diabetes prevention, awareness and management. It was not designed to replace the valuable insight, care and treatment provided by your Health Care Professional.

Always consult your Health Care Professional