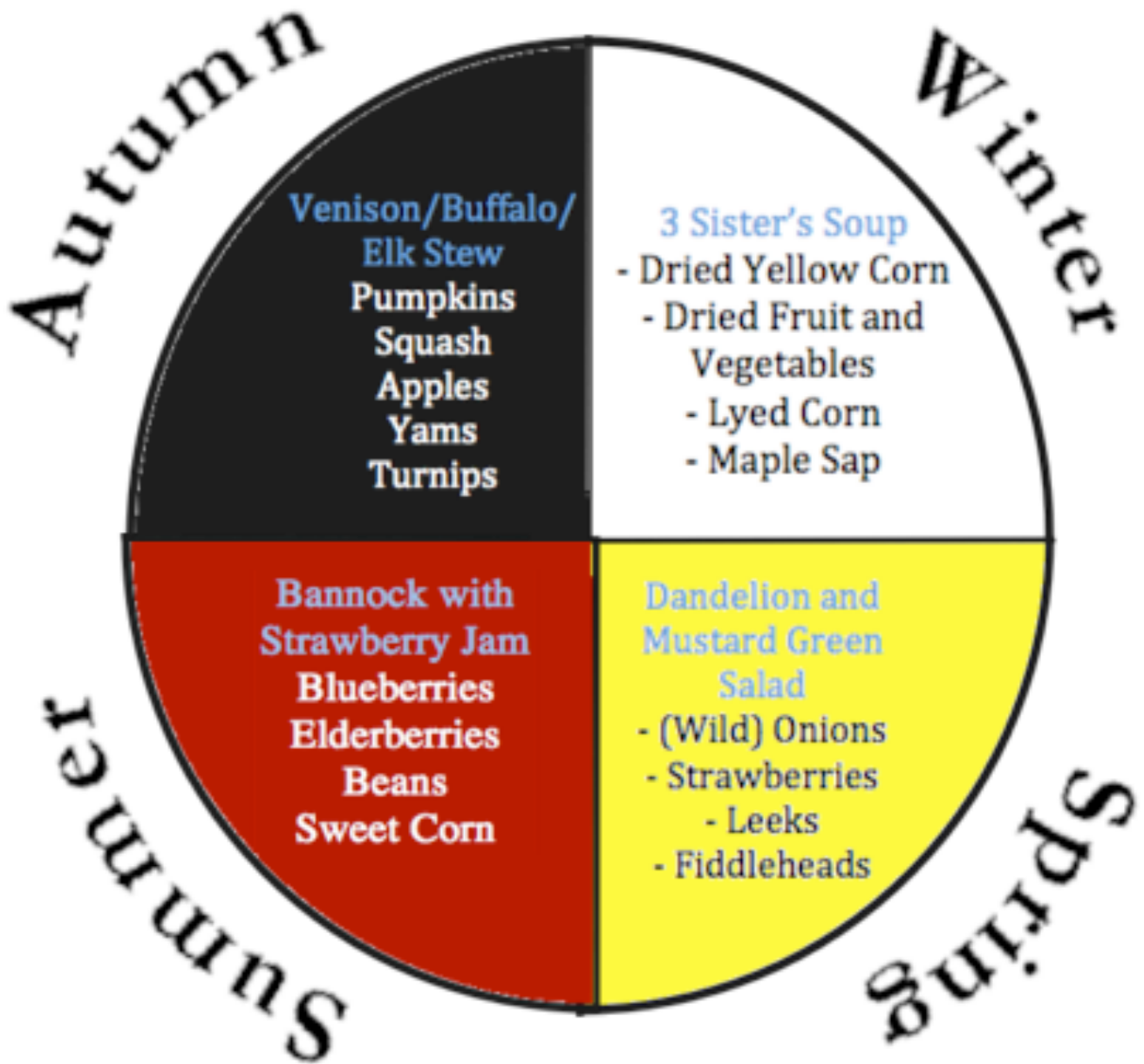


Back to Roots:  
Traditional Cycle of Foods and  
Accompanying Recipes

Created for the NACHC by Lindsay Keuning Rutherford and Thalia Ottaviano

# Overview



# Autumn

Autumn

Venison/Buffalo/  
Elk Stew  
Pumpkins  
Squash  
Apples  
Yams  
Turnips

Winter

3 Sister's Soup  
- Dried Yellow Corn  
- Dried Fruit and  
Vegetables  
- Lyed Corn  
- Maple Sap

Summer

Bannock with  
Strawberry Jam  
Blueberries  
Elderberries  
Beans  
Sweet Corn

Spring

Dandelion and  
Mustard Green  
Salad  
- (Wild) Onions  
- Strawberries  
- Leeks  
- Fiddleheads

## Venison Stew

### *Ingredients*

- 1 Tablespoon vegetable oil
- 1-1/2 cups corn
- 1 onion
- 3 cloves garlic
- 1- cup beans
- 3 to 4 pounds of Venison meat cut into 1 inch cubes
- 1 pound carrots
- 1 pound potatoes
- 1 pound white mushrooms sliced
- 4 tablespoon of Worcestershire sauce
- 1 teaspoon Sage
- 1 Medium Acorn Squash sliced and peeled
- 2 cups hot water

### *Directions*

1. In a skillet, deeply brown the meat in oil. Add onions, garlic. Worcestershire sauce, sage, and water. Simmer, covered, for 1 1/2 to 2 hours, or until meat is tender.
2. Add potatoes, corn, beans, mushrooms, squash and carrots; cook until tender.
3. Combine flour and water. Stir into the stew to thicken.
4. Serve hot.