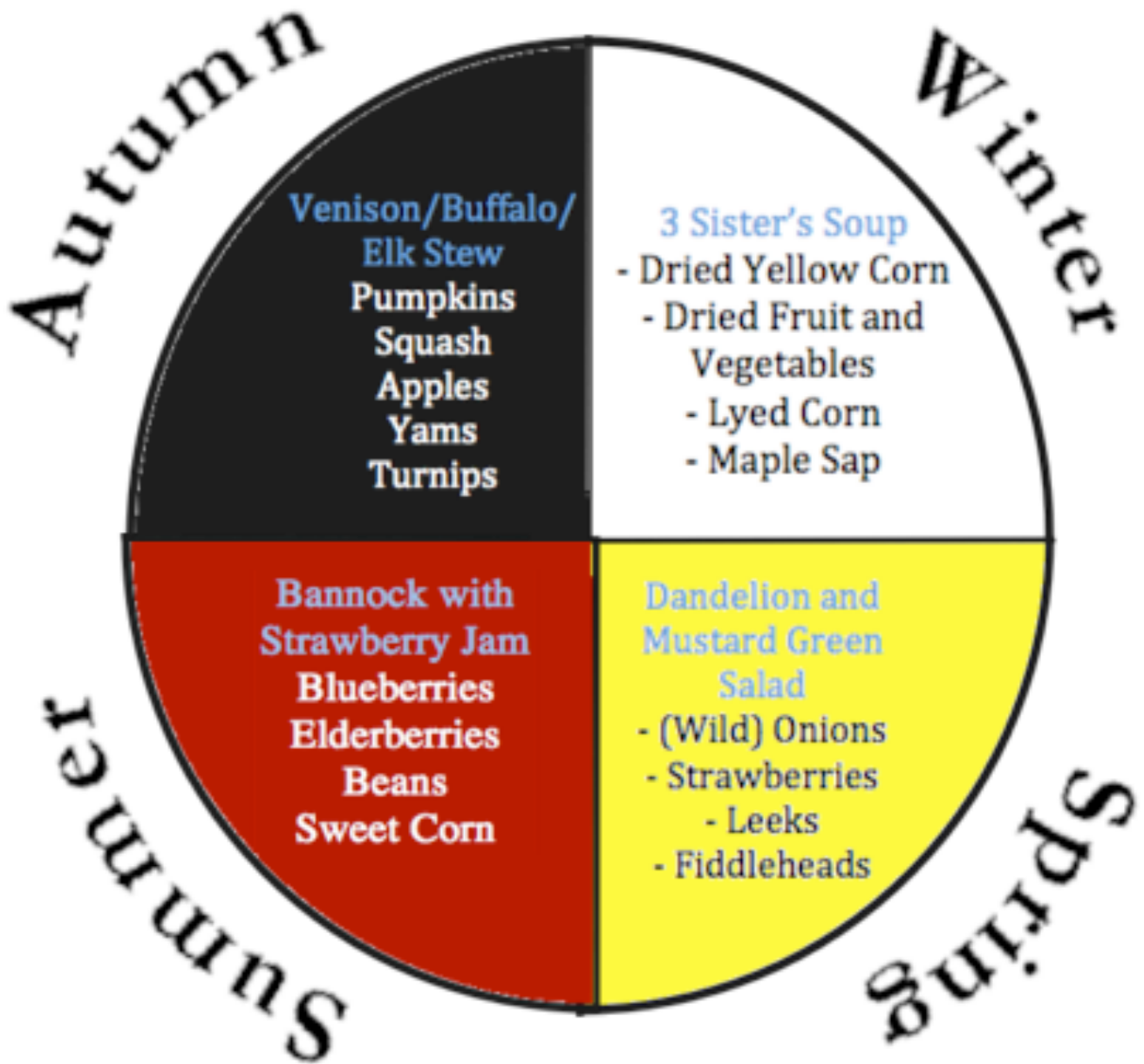


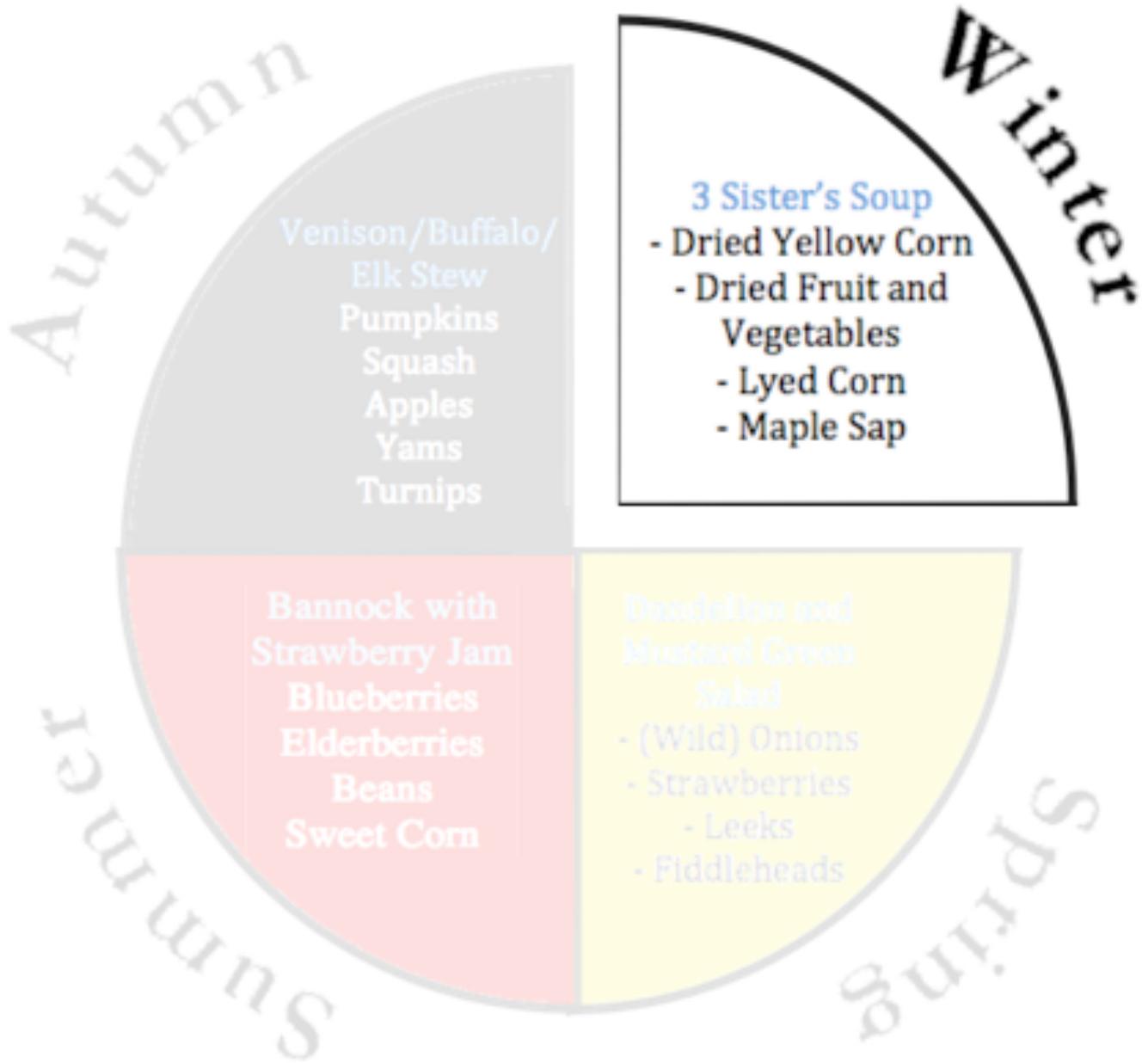
Back to Roots:  
Traditional Cycle of Foods and  
Accompanying Recipes

Created for the NACHC by Lindsay Keuning Rutherford and Thalia Ottaviano

# Overview



# Winter



## Three Sisters Soup with Wild Rice

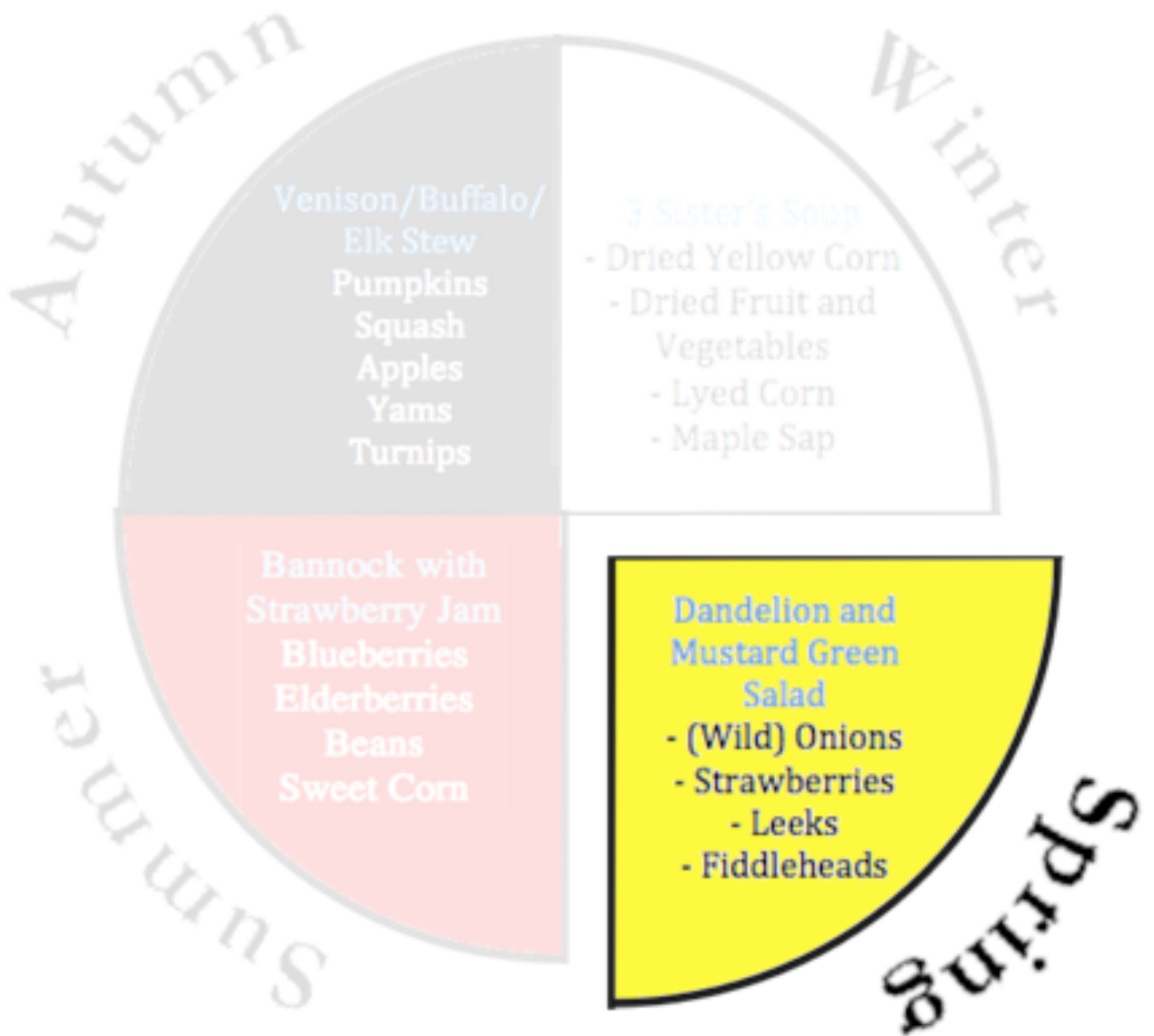
### *Ingredients*

- 1 cup of wild rice
- 2 cups peeled and chopped butternut squash
- 2 cups chopped potatoes
- 2 cups frozen or fresh green beans
- 2 cups frozen corn
- 5 cups of water
- Pepper and basil (optional)
- 3 cups of vegetable broth

### *Directions*

1. Put the wild rice, squash, potatoes, green beans, corn and vegetable broth in a large pot.
2. Pour in the water and bring to a boil.
3. After the soup has boiled, turn down the temperature to low and cover with a lid.
4. Let cook on low for 20 minutes

# Spring





## **Dandelion and Mustard Green Salad**

### *Salad Ingredients*

- Sufficient amount of dandelion
- Sufficient amount of mustard greens
- 3 tablespoons of sunflower seeds
- 3-4 tablespoons of dried cranberries or blueberries
- ½ cup diced wild onion

### *Directions*

1. Wash the dandelion and mustard green leaves; dry off excess water
2. Combine all ingredient in a large bowl
3. Pour on dressing
4. Serve immediately or cover and place in fridge

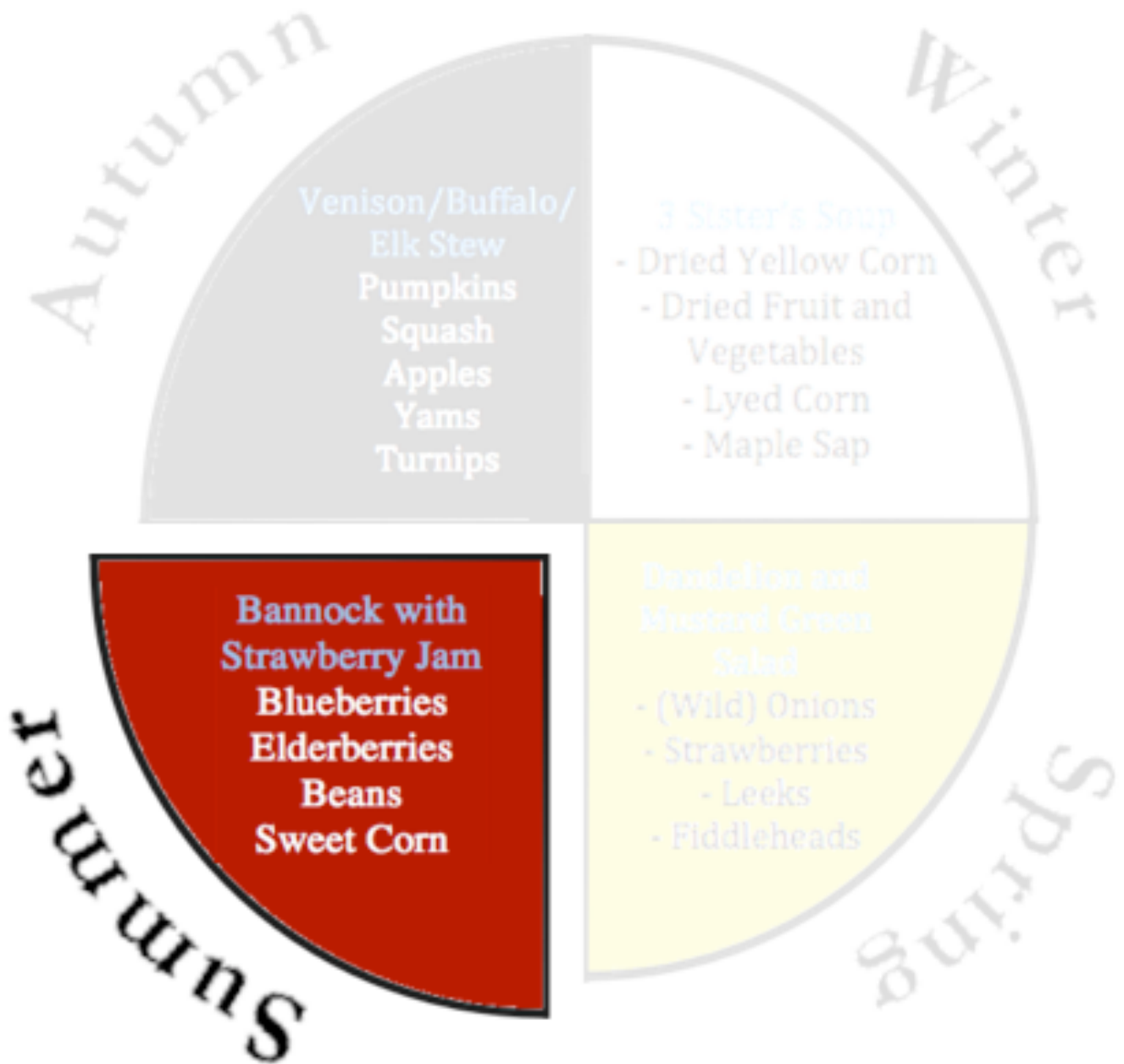
### *Dressing Ingredients*

- ¼ cup of vinegar of choice and vegetable oil, combined

### *Directions*

1. Combine oil and vinegar
2. Shake or stir until consistent

# Summer



## Low-Fat Bannock Recipe

### *Ingredients*

- 2 cup unbleached white flour
- 1 cup oats
- 2 tablespoon baking powder
- 2 teaspoon sugar
- 1 teaspoon salt
- 2/3 cup margarine
- 2/3 cup water or milk
- 2 tablespoon of maple syrup

### *Directions:*

1. Mix flour, oats, baking powder, sugar and salt in a big bowl
2. Add cold margarine in by cutting margarine into pea-sized pieces with a pastry blender (or cut margarine and then use a whisk or fork to mix it in)
3. Pour in milk (or water) and stir until the mixture starts to form in a ball
4. Knead the dough and pat it out using flour and a cutting board
5. Roll out the dough until it is one inch thick (the distance from the knuckle of the thumb to the point) and bake on a greased baking sheet at 425 (F) for 12-15 minutes until lightly browned



# 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.

## Places to Find Traditional Foods

### 1. Napanee

Place	Traditional Food You Can Find There
<p>Wendy's Mobile Market – making deliveries to Napanee on Tuesdays  <a href="http://www.wendysmobilemarket.com/">http://www.wendysmobilemarket.com/</a></p> <p>Wendy's Country Market Stand            408 Fortune Line Road            RR#2 Lyndhurst, ON  <a href="http://www.wendyscountrymarket.com/">http://www.wendyscountrymarket.com/</a></p>	<p>Venison, duck, buffalo, rabbit, turkey            Dried and fresh cranberries            Apples            Carrots            Onions and garlic            Leeks            Fresh herbs (sage, thyme etc)            Mushrooms            Potatoes            Squash (all kinds)            Jams (strawberry, raspberry)</p>
<p>No Frills            450 Centre Street North            K7R 1P8</p> <p>Munroe's General Store            RR 1 (McIntyre Road – between Brandon and Townline Road)            K7R 3K6</p>	<p>Squash            Onions            Carrots            Beans            Leeks            Dandelion (seasonal)            Mustard greens (seasonal)            Apples            Mushrooms            Potatoes            Dried cranberries            Corn flour (for cornbread)            Herbs (sage, thyme)            Dried Fruits</p>
<p>The Good Food Box</p> <p>The Salvation Army            135 Mill Street East            K7R 4B1</p> <p>Napanee Community Health Centre            6 Dundas Street East            K7R 1H6</p> <p>Westdale Park Free Methodist Church            7 Richmond Park Drive            K7R 2Z3</p> <p>Roblin Wesleyan Church            3100 County Road 41            Roblin, Ontario            K0K 2W0</p>	<p><i>Good Food Box:</i>            Offers fresh vegetables and fruits at wholesale prices.  <i>Healthy Lunch Box:</i> offers nutritious breakfast and lunch snacks at wholesale prices</p>

2. Tyendinaga

<b>Place</b>	<b>Traditional Food You Can Find There</b>
Nation Natural Foods 123 Highway 49 K0K 1X0 613-396-9922	Wild Rice Elk Buffalo Venison Pickerel Lye Corn Cornflower Sage and Cedar Smudging kits Dried meats – elk, buffalo
Turtle Island Deli and Produce 5965 Highway #2 east K0K 3A0 613-966-2553	White corn lyed with hardwood ashes Yellow dried corn Pickerel Venison Buffalo Premade frozen bases for corn soup Fry breads 3 sisters soup on order

\* For more information contact your health care provider at NACHC