

## #9- Traditional Foods and Cookbook

Note: this time of year we tend to turn to thoughts of food, so I thought I would share some info with you on traditional native foods and recipes. LW

Go to this website for the story:

Traditional Native Foods Nutrient Database scheduled to launch soon.

<http://www.ars.usda.gov/is/AR/archive/sep05/native0905.htm>

Nutrient Database To Help Native Communities Nutritionist Pamela Pehrsson prepares an Alaskan Arctic char before nutrient analysis. The fish was harvested in the Point Hope region of Alaska by Alaska Natives. PHOTO

Subject: Cookbook - website:

<http://www.thestate.com/mld/thestate/entertainment/13053817.htm>

Cookbook preserves the tastes of American Indian culture Just in time for Thanksgiving, the Eastern Cherokee, Southern Iroquois and United Tribes of South Carolina have published a cookbook of authentic American Indian recipes.

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Smithsonian's Indian café shows diet's highs and lows Washington Post

Lean, low-cholesterol buffalo meat, salmon rich in omega-3 fatty acids, corn, squash: the traditional diet of the American Indian had a lot going for it. But today's Indians are suffering a crisis of obesity and diabetes caused by junk food and processed carbohydrates. The cafeteria at the National Museum of the American Indian serves up both extremes of the Indian diet.

The Mitsitam (\mi-ts&-'täm\ Native Foods Café in the Smithsonian-operated museum has been praised for attempting to offer food made from authentic ingredients like venison, quinoa, jicama, and maple syrup (pictured is the sampler with salmon, buffalo, beans and cabbage). But alongside the healthy fare is the reservation-style Indian taco: iceberg lettuce, grated cheese, and chili on top of the "lead frisbee" (greasy, high-calorie Indian fry bread).

When the Indians were relocated to reservations, their traditional food sources became unavailable. The U.S. government filled the void with commodity food like white flour, powdered eggs, pemmican, and lard.

The Smithsonian Institution is helping to reacquaint Indians with their ancestors' diet, as well as introduce non-Indians to these healthy alternatives to fast food. In addition to the Mitsitam Café, the Smithsonian cooperated in the editing of Foods of the Americas: Native Recipes and Traditions, a lavish book of recipes for traditional foods of North and South American Indians, as well as Hawaiians.

And in a hopeful trend, Indian enterprises and entrepreneurs are starting to produce traditional food products, marketing them internationally in some cases.