

Mvskoke Food Sovereignty Initiative

Muscogee (Creek) Nation Citizen's Diabetes Awareness Summit
September 29 and 30, 2008

Traditional Foods

Food Contributions of Native Americans

Squash	Mushrooms	Alfalfa
Yellow	Strawberries	Allspice
Acorn	Blackberries	Amaranth
Butternut	Raspberries	Chickweed
Hubbard	Persimmons	Clover
Cucumbers	Cherries	Dandelion
Gourds	Elderberries	Mint
Edible	Chokecherries	Goldenrod
Dipper	Grapes	Wild lettuce
Many utilitarian shapes	Blueberries	Wild okra
Cantaloupe	Huckleberries	Winterberries
Many types of melons	Gooseberries	Peppers
Pumpkins	Barberries	Hot
Peanuts	Bunchberries	Sweet
Black walnuts	Mulberries	Chili
Light walnuts	Crab apples	Pimento
Hickory nuts	Cranberries	Many varieties
Pistachio nuts	Currants	Beans
Chestnuts	May apples	Green
Cashew nuts	Maypops	Yellow
Pecans	Papaya	Wide pod
Beechnuts	Sumac	Pinto
Pine nuts	Yucca	Many varieties
Acorns	Wild garlic	Peas
Filbert or Hazelnuts	Wild onions	Tapioca
Artichoke	Wild leeks	Vanilla
Aloe	Buckwheat	Cocoa
Potatoes	Indian millet	Maple sugar
Sweet potatoes	Rye grass	Maple syrup
Beets	Water oats	Honey
Turnips	Wild oats	Bay leaves
Wild cabbage	Wild rice	Hops
Wild carrot	Wild wheat	Prickly pear cactus
Wild ginger	Corn	Tobacco
Wild parsley		
Sunflowers		
Sarsaparilla		
Sassafras		

There are many, many more food and utilitarian plants
indigenous to the North American continent, Turtle Island

For further information or educational programs contact MFSI at 918-756-5915 or visit the office at
208 W. 6th Street Okmulgee, OK
www.mvskokefood.org