

# Great Lakes Region Basket

Traditional foods from the Great Lakes Ojibwe/Anishinaabe (including the Chippewa, Odawa/Ottawa, and Potawatomi), Dakota, Menominee, Ho-Chunk (Winnebago), Meswaki/Kickapoo, Oneida, and Mohican Nations

## Proteins

### Wild game:

Bear, beaver, bison, elk, 0g  
duck, goose, turkey,  
(smoked) fish (walleye,  
pike, sturgeon, trout,  
suckerfish), rabbit,  
venison - any amount

### Plant-based protein:

Acorn nut 1oz 15g  
Black walnut 1oz 3g  
Hazelnut 1oz 7g

## Starches

Beets, parsnips, 1c 12g  
rutabagas (raw)  
Corn (cooked) ½c 15g  
Lotus root (cooked) ½c 10g  
Shelling beans (cooked) ½c 18g  
Sunchokes, wapato/  
pincince (raw) ½c 15g  
Winter squash, 1c 15g  
pumpkin (cooked)

## Non-Starchy Vegetables

Asparagus (cooked) ½c 5g  
Dandelion leaves, 1c 5g  
nettles (raw)  
Fiddlehead ferns (raw) 1c 10g  
Summer squash, ½c 5g  
zucchini (cooked)  
Turnips (raw) 1c 9g  
Wild ramps/green 1c 2g  
onions/leeks, kale,  
Wild spinach (raw) 1c 2g

## Grains

Corn flour ½c 40g  
Frybread/Gabubu 5.5 piece 73g  
bread  
Wild rice (cooked) ⅓c 11.5g

## Mixed Dishes

Buffalo/venison stew 1c 14g  
Frybread taco 1 taco 77g  
Pemmican 1 bar 1g  
Wild rice casserole 1c 32g  
Wild rice porridge 1c 40g  
Wild rice soup 1c 22g

## Fruits

Wild blueberries ¾c 12g  
Chokeberries 1c 10g  
Crabapples ½c 11g  
Raspberries, blackberries, 1c 15g  
gooseberries  
Rhubarb, diced 1c 6g  
Rose hips ½c 25g  
Strawberries 1¼c 16g

## Beverages

Teas unsweetened 12oz 0g  
(cedar, sage, sweetgrass,  
rosehip, chaga, wild  
bergamot, mint)  
Sumac lemonade 8oz 5g  
honey sweetened

## Desserts

Maple, elderberry, 1 tbsp 15g  
wild grape, or  
birch syrup

Wild rice pudding/  
custard ½c 13.5g  
Wojapi ¼c 22g

