

Northeast Region Basket

Traditional foods from the Northeast Haudenosaunee Confederacy (Mohawk, Oneida, Onondaga, Cayuga, and Seneca) and Wabanaki Confederacy (Mi'kmaq, Maliseet, Passamaquoddy, Penobscot, and Abenaki), and Mohegan, Narragansett, Onondaga, Pequot, Shinnecock, Tuscarora, Wampanoag Nations

Proteins

Wild game:

Fish (sturgeon, herring, mackerel, tuna, cod, bass, haddock), oysters, quahog clams, whelks, lobster, scallops, crawfish, eel, whale, deer, moose, elk, rabbit, beaver, racoon, turkey, duck, goose
any amount

Herring eggs ½c 5g

Plant-based protein:

Acorn 1oz 15g
Hazelnut 1oz 7g
Black walnut, 1oz 3g
Hickory nut, 1oz 5g
peanut/groundnut

Starches

Beets, cow parsnips (raw) ½c 13g
Corn ½c or ½ cob (cooked) 15g
palm (raw)
Hominy (cooked) ½c 12g
Shelling beans ½c 18g
(cranberry beans, potato beans, cooked)
Sunchokes (raw) ½c 13g
Winter squash (gete 1c 15g
okosomin, pattypan),
pumpkin (cooked)
Popcorn (cooked) 1c 5g

Grains

Corn Flour ½c 40g
Corn bread/ 1 small piece 20g
pones boiled bread
Cornmeal dumplings ½c 30g

Non-Starchy Vegetables

Asparagus, green beans 1c 10g
(cooked)
Dandelion leaves, 1c 5g
fiddlehead ferns, lovage,
mustard greens, nettles,
sea rocket (raw)
Kelp/sea lettuce (raw) 1c 10g
Summer squash, ½c 5g
zucchini (cooked)
Wild ramps/green onions/
leeks, kale, wild spinach,
purslane (raw)

Mixed Dishes

Succotash, cooked 1c 17g
Cornmeal porridge ½c 18g
(nasaump)/mush
Corn chowder/corn soup 1c 29g
Traditional baked beans ⅓c 15g
Three Sisters Soup/Stew 1c 30g

Fruits

Blueberries ⅔c 15g
Cranberries 1c 12g
Crabapples ½c 11g
Pawpaw ½c 13g
Persimmon 1 small piece 8g
Raspberries 1c 15g
Rose hips ½c 25g
Strawberries, whole 1¼c 15g
Wild plums ½c 17g

Beverages

Nut milks (hickory, acorn) 4oz 20g
Teas unsweetened 12oz 0g
Sumac lemonade 8oz 5g
honey sweetened

Desserts

Maple snow 1 stick (1 tbsp) 15g
candy
Maple, blueberry, 1 tbsp 15g
elderberry, wild grape,
or birch syrup

