

Plains Region Basket

Traditional foods from the Great Plains Lakota/Dakota/Nakota, Blackfoot, Cheyenne, Comanche, Crow, Kiowa, Pawnee, Arapaho, MHA Nation, Assiniboine, Wichita, Osage, and Plains Apache

Proteins

Wild game: Antelopes, beavers, buffalo, deer, turkey, ducks, elk, muskrats, prairie dogs, rabbits, raccoons, porcupines, prairie chickens, skunks, wolf, salmon and steelhead - any size

Plant-based protein:

Acorn nut	1oz	15g
Black walnut	1oz	3g
Hazelnut	1oz	7g
Sunflower seeds	½c	14g

Starches

Beets, parsnips, rutabagas (raw)	1c	12g
Corn (cooked)	½c	15g
Lotus root (cooked)	½c	10g
Prairie turnips	½c	23g
Shelling beans (cooked)	½c	18g
Sunchokes, wapato/pincince (raw)	½c	15g
Winter squash, pumpkin (cooked)	1c	15g

Non-Starchy Vegetables

Dandelion leaves, nettles (raw)	1c	5g
Fiddlehead ferns (raw)	1c	10g
Summer squash, zucchini (cooked)	½c	5g
Cattail leaf shoots	1c	7g
Wild asparagus (cooked)	½c	5g

Wild ramps/green onions/leeks, kale	1c	2g
Spinach (raw)	1c	2g

Grains

Corn flour	½c	40g
Frybread/Gabubu bread	5.5" piece	73g

Mixed Dishes

Buffalo/venison stew	1c	14g
Frybread taco	1 taco	77g
Pemmican	1 bar	1g
Three sisters stew	1c	30g
Tripe Soup	1c	8g
Wild rice bowl	1 bowl, small	55g

Fruits

Buffaloberry	¾c	17g
Chokeberries	½c	26g
Currants, raspberries	1c	16g
Prairie crabapples	½c	11g
Rhubarb, diced	1c	6g
Rose hips	½c	25g
Strawberries	1¼c	15g
Wild plums	7-10, small	15g

Beverages

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

Desserts

Currant jam/jelly	1 tbsp	14g
Maple, white birch, black walnut, elderberry, wild grape syrup	1 tbsp	15g
Sun cookie	1 cookie (40g)	27g
Wojapi	¼c	22g

