

Southeastern Region Basket

Traditional foods from the Southeastern Cherokee, Choctaw, Chickasaw, Muscogee (Creek), and Seminole Nations

Proteins

Wild game:

Rabbit, turkey, deer, 0g
turtle, alligator, quail,
squirrel, bison, wild pig,
trout, catfish, shrimp, and
any meat jerky - any size

Plant-based protein:

Hazelnut 1oz 7g
Black walnut, pecan, 1oz 5g
peanuts, pepitas
Acorn chesnut 1oz 15g
Sunflower seeds ½c 14g

Starches

Corn on the cob (cooked) ½ cob 15g
Heart of cabbage 144g 37g
palm (raw)
Hominy (cooked) ½c 12g
Pinto beans (cooked) ½c 22g
Pumpkin, squash (raw) 1c 5g

Non-Starchy Vegetables

Cattail leaf shoots 1c 7g
Poke, dock, dandelion 1c 5g
leaves, nettles (raw)
Wild onions/leeks, wild 1c 2g
asparagus, wild spinach/
lambs quarters

Grains

Amaranth (cooked) ½c 23g
Corn bread 1 small piece 20g
Corn flour/banaha ½c 40g
Corn grits, Corn (sofkee) ½c 18g
Frybread/fried 1c 5g
pumpkin bread

Mixed Dishes

Acorn soup 1c 7g
Hickory nut porridge 1c 15g
(uksak alhanta, kanuchi)
Persimmon Stew 1c 18g
Three sisters soup 1c 30g
Turkey/venison/bison 1c 14g
and corn soup

Fruits

Grapes ½c 15g
Mulberries, blackberries 1c 15g
Pawpaw ½c 13g
Persimmon 1 small piece 8g
Sand plums 7-10, small 15g
Southern crabapples ½c 11g
Strawberries 1¼c 16g

Beverages

Sofkee 12oz 18g
Teas unsweetened 12oz 0g
(sassafras, cedar, mint,
blackberry, catnip, mulberry,
dandelion, red root, yaupon)
Sumac lemonade 8oz 5g
honey sweetened

Desserts

Fruit dumplings ½c 22g
Blackberry, mulberry, 1 tbsp 14g
mint, marmalade,
dandelion, chokecherry,
red bud jams/jellies
Maple, elderberry, 1 tbsp 15g
wild grape syrup,
molasses, honey

