

NUTR 3620 Lecture – Native American

I. Introduction

A. early migration 20,000-50,000 years

B. regions

1. Northeastern

- Clam bake – Indians taught New Englanders to bake clams in earthen oven with seaweed
- Maple syrup
- Indian pudding
- Succotash

2. Southern (includes delta south/southeastern Dixie)

- Soul food including barbecue, creamy grits, red beans n' rice, gumbo, oysters, hominy)
- Sassafras (thickener)
- Beechnuts, cane molasses
- Gumbo

3. Plains

- Nomadic relying on bison, jerky
- Wild rice in Minnesota and Wisconsin

4. Southwestern

a. Navajo

- Culinary ash
- Gray clay

b. Hopi (video presentation, use handout)

- Blue corn – grows close to the ground to conserve energy and water

c. Pima (video presentation, use handout)

5. Northwest Coast/Alaska Natives

a. Inuit's (includes Eskimos and Yupik) / carbohydrate problems – congenital primary sucrase-isomaltase deficiency

b. Alaska Traditional plants

c. Alaska's Vanishing Arctic Cuisine

- Seal oil unified cuisine
- Ulu – blade about seven inches wide shaped into a half-sphere with an ivory or wood handle at the top
- Skinning board – board about 15" by 18" to ease labor of skinning seal, etc.
- Remarkable variety of food
- Only Elders eat subsistence food

C. Contribution of Traditional Native Foods to the Old World

1. Fruits – blueberries, cranberries, currants, grapes, persimmons, plums, strawberries, gooseberry, sour choke cherries, elder berries, hackberry, squaw berry
2. Vegetables – **beans, corn, squash (intercropping)**, pumpkin, chile peppers, chayote, Jerusalem artichoke
3. Game – deer, moose, partridge, pigeon, rabbit, raccoon, squirrel, **turkey**
4. maple syrup (Northeastern)
5. grains – wild rice, corn (maize), quinoa (Andes), amaranth (Mexico) has 16 % more protein and 2X more lysine than wheat
6. nuts
 - a. pecans
 - b. hickory nuts – southeastern Indians
 - c. acorns and pine nuts - California

II. Food Preservation Methods

A. Air

B. Dry Heat

1. long drying racks
2. spit roasting for immediate consumption

C. Fermentation

1. controlled – hole dug in ground or waterproof baskets to maintain necessary Ph
2. by product of hunting – plants decompose/ferment in stomach of animal

D. Moist Heat

E. Rendering – two weeks for oil to ooze out of blubber via gravity

F. Freezing – cold cellars

G. Raw Food

III. Corn

A. Introduction

1. 800 different culinary uses
2. 50# corn products eaten daily (including corn oil, corn syrup, corn starch, corn meal, beer, popcorn)
3. domesticated/cultivated 6,000 yrs (Mexico), 1,000 yrs Southwest
4. processing/corn flakes
- 5.

IV. Human Nutritional Needs

A. CHO

B. Protein and amino acids

C. Fatty acids

1. Inuits
2. Polynesians

D. Vitamins

1. Mexicans - pellagra
2. Zuni

E. Minerals

F. Disease prevention

1. Heart Disease
2. Type II Diabetes

- a. Pima
- b. Papago