1) Name some animals the Nansemond people used for food.
___________________________________________________

2) How did the Nansemond people hunt or trap?
___________________________________________________
___________________________________________________
___________________________________________________

3) How else did Nansemond people use animals, beside food?
___________________________________________________
___________________________________________________
___________________________________________________

Algonquian words you heard here: ________________________________
___________________________________________________
___________________________________________________
1) What does "Nansemond" mean? __________________________________________________________

2) Describe two ways the river was used by the early Nansemond people.

   A) _____________________________________________________________
   _____________________________________________________________
   B) _____________________________________________________________
   _____________________________________________________________

3) How is the Nansemond river used today?
   _____________________________________________________________
   _____________________________________________________________

4) Describe ways the Nansemond people are trying to preserve the Waterways.
   _____________________________________________________________
   _____________________________________________________________

Algonquian words you heard here: ______________________________________________________
Nansemond Cookery:

Try some of the recipes from the book *Nansemond Indian Cuisine, Then and Now* for yourself:

**Scalloped Oysters** - from Joyce (Mrs. Bobby) Bass

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oysters</td>
<td>1/2 c. Butter, melted</td>
</tr>
<tr>
<td>2/3 c. Liquid composed of half oyster liquid and half milk</td>
<td>1/2 tsp. Salt</td>
</tr>
<tr>
<td>1 1/2 c. Dry bread or cracker crumbs</td>
<td>1/4 c. Celery, diced</td>
</tr>
<tr>
<td>2 tsp. Parsley, minced</td>
<td></td>
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</tbody>
</table>

Mix crumbs and butter, then spread half the mixture on the bottom of a greased baking dish. Make a layer of oysters over the crumb mixture. Sprinkle on salt, pepper, celery, and parsley, then top with the remaining crumb mixture. Pour the liquid over it all and bake at 450 degrees for 30 minutes.

**Three Sisters Stew** - from Sabry Bright

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 T olive or canola oil</td>
<td>4 c. Butternut squash, peeled and cubed (1 lb.)</td>
</tr>
<tr>
<td>1 lg. Onion, sliced</td>
<td>3 c. Green beans, cut to 1” pieces (1 lb.)</td>
</tr>
<tr>
<td>1 Clove garlic, crushed</td>
<td>1 c. Frozen whole kernel corn</td>
</tr>
<tr>
<td>4 c. Yellow summer squash, sliced (1 lb.)</td>
<td>1 tsp. Dried thyme leaves</td>
</tr>
<tr>
<td>4 c. Zucchini squash, cut to 1” pieces (2 medium squash)</td>
<td>2 - 16 oz. cans kidney beans, drained</td>
</tr>
</tbody>
</table>

Heat oil in large pan over medium heat (originally in a Dutch oven over hot ashes). Cook onion and garlic in oil, stirring occasionally, until onion is tender. Stir in remaining ingredients and cook over low heat, 10-15 minutes, stirring frequently until squash is tender. Serves 6.
The Three Sisters: Corn, Beans and Squash

One of the important farming skills Squanto taught the pilgrims was the Three Sisters Method, which is an effective technique used to plant corn, beans and squash.

Corn is the strong and tall sister. She helps her sister, the bean, by allowing her to grow up her stalk.

Bean gives corn the nutrients she needs to grow healthy.

Squash is the third sister. Her large leaves help keep the soil moist and prevent weeds from growing.

The Three Sisters help each other grow strong and healthy.

Color and label each of the Three Sisters
- Corn
- Beans
- Squash