

Nature's Bounty:

Passport Stamp

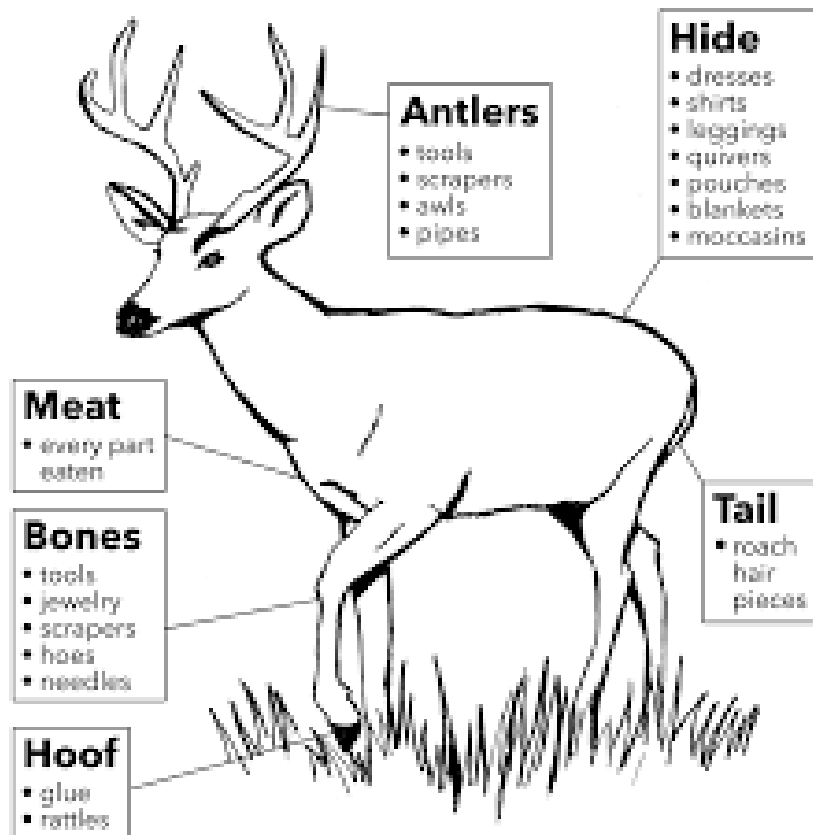


1) Name some animals the Nansemond people used for food.

2) How did the Nansemond people hunt or trap?

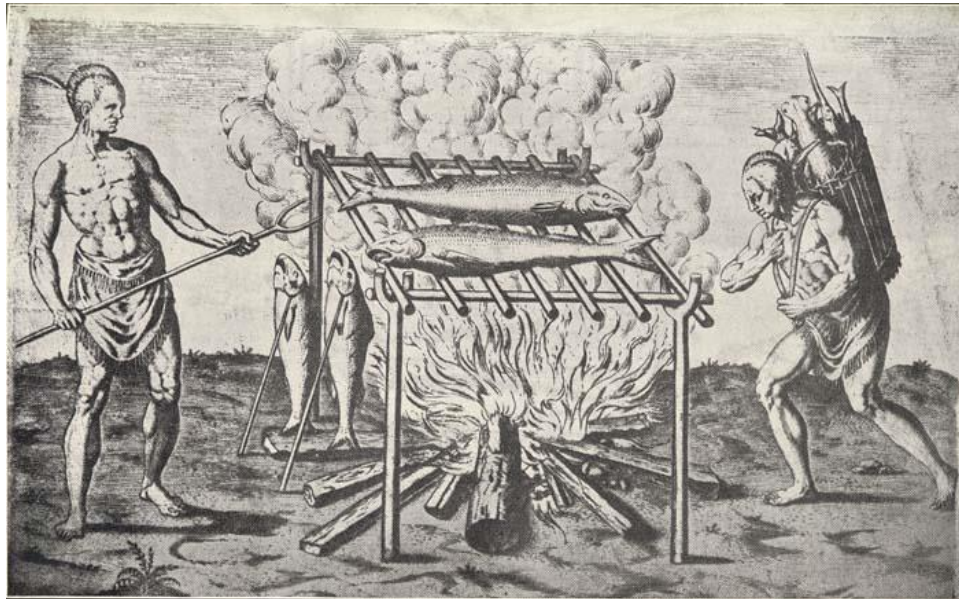
3) How else did Nansemond people use animals, beside food?

Algonquian words you heard here: _____



Navigating Nansemond:

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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:

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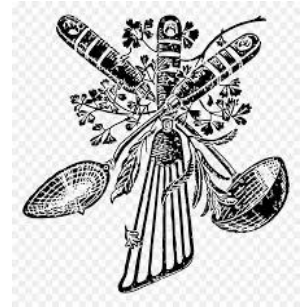


Try some of the recipes from the book Nansemond Indian

Cuisine, Then and Now for yourself:

Scalloped Oysters - from Joyce (Mrs. Bobby) Bass

Oysters	1/2 c. Butter, melted
2/3 c. Liquid composed of half oyster liquid and half milk	1/2 tsp. Salt
	1/2 tsp. Pepper
1 1/2 c. Dry bread or cracker crumbs	1/4 c. Celery, diced
2 tsp. Parsley, minced	



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

1 T olive or canola oil	4 c. Butternut squash, peeled and cubed (1 lb.)
1 lg. Onion, sliced	3 c. Green beans, cut to 1" pieces (1 lb.)
1 Clove garlic, crushed	1 c. Frozen whole kernel corn
4 c. Yellow summer squash, sliced (1 lb.)	1 tsp. Dried thyme leaves
4 c. Zucchini squash, cut to 1" pieces (2 medium squash)	2 - 16 oz. cans kidney beans, drained

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.

Name _____

Date _____

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