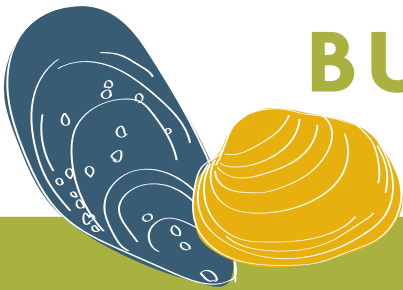


BURKE FROM HOME

FOOD

ALL AGES! BEST FOR GRADES 2-6



LAND ACKNOWLEDGMENT

The Burke Museum stands on the lands of the Coast Salish peoples, whose ancestors resided here since time immemorial. Many Indigenous peoples thrive in this place—alive and strong.

WHAT'S INSIDE

- Learn about some of the natural resources Indigenous peoples have used for food in Washington since time immemorial, and how those foods are still used today!
- Play a Seasonal Rounds game to harvest and trade for the resources you need to thrive for a year.
- Design your own creative recipe, build a bentwood box, and boil up some bountiful soup as you investigate the traditions and ingredients essential to our local food web.

INTRODUCTION

Native peoples of the Pacific Northwest have harvested, gathered and prepared foods since time immemorial. Traditional foods are still gathered and respected today. Understanding when, where and how to gather and store foods is important for the health of people and the environment.

For Washington's Tribes, food is at the center of culture and integral to the heart



Gathered wild roots in baskets.

of the Tribe. Food is considered medicine because of its healthful qualities. As medicine, food is used to heal, energize and nourish the body. By gathering food, picking berries, hunting, fishing and protecting natural resources and ways of life, Tribes honor the seasons and the food web.

The food is what makes us who we are—it binds us to our families, community, history and identity.

Tribes throughout the Pacific Northwest have shared information, stories and their experiences about harvesting, gathering and cooking food with the Burke Museum. In this packet we will be sharing some with you and will name the Tribes they come from. We encourage you to continue your learning of Native American cultures by reaching out to your local Tribe for [more resources](#).

Where do you get your food?
Have you ever eaten something that you collected outside?

Let's take a look at three types of food that have been eaten and continue to be eaten by Native peoples and learn about traditional ways to gather them.

THESE FOODS ARE HARVESTED...

BUTTER CLAM

Saxidomus gigantea

Shellfish are very common in the Pacific Ocean and Puget Sound—a common saying west of the Cascades is: “When the tide is out, the table is set!” Coast Salish Tribes dig for butter clams at low tide in the spring along the Pacific coastline.



CLAM BASKET

Clam baskets, like this one, are used to hold clams as they are dug up from the sand. They are made of split red cedar limbs and roots in an openwork weave that allows water and mud to drain away.

BERRIES

Various species

Summertime berries are an important food source on both sides of the state. Communal berry picking allows for trade and culture-sharing among Tribes. Traditionally dried for winter, Native families today use berries for a variety of recipes.



CEDAR BASKET

Basket making is an art that is still practiced today. Cedar bark, cedar root, spruce root, cattail leaves and tule are all possible weaving materials. Baskets have many uses, from gathering foods to boiling water and cooking. Some baskets are woven so tightly they can even hold water!

BITTERROOT

Lewisia rediviva

Bitterroot is an important edible plant of Washington's plateau. Still given as a gift and traded among tribes today, the root has a bitter-tasting “heart” that can be steamed, baked, boiled or dried.



DIGGING STICK

Used like a shovel, this tool helps harvest edible roots, without harming surrounding plants. The pointed end of the stick is inserted into the ground to carefully pry up roots. Our example has a deer antler handle and a shaft of ironwood.

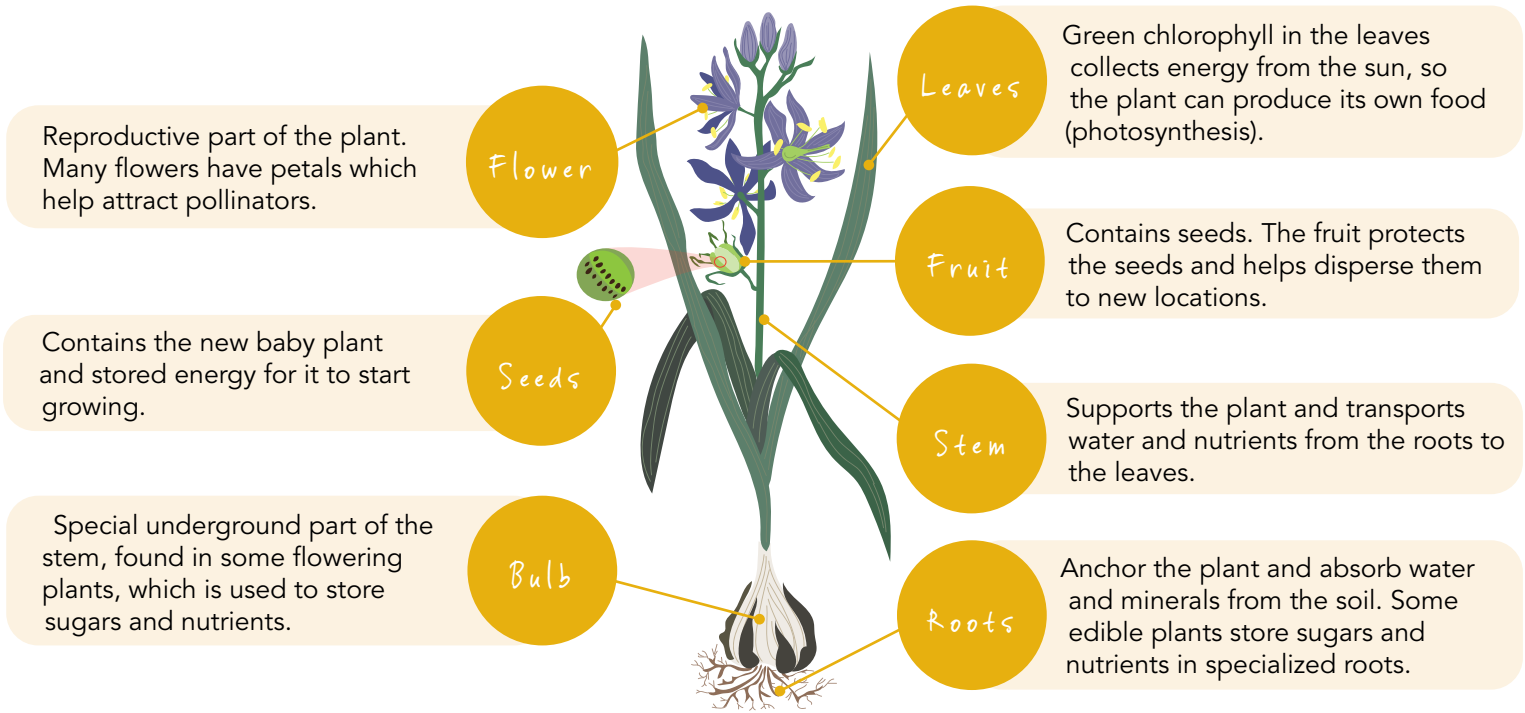
...WITH THESE TOOLS!

WHAT'S THE BIG DEAL ABOUT BASKETS?

Baskets are tools that can be used to gather different foods. They can be made in many different sizes, shapes and weave patterns.

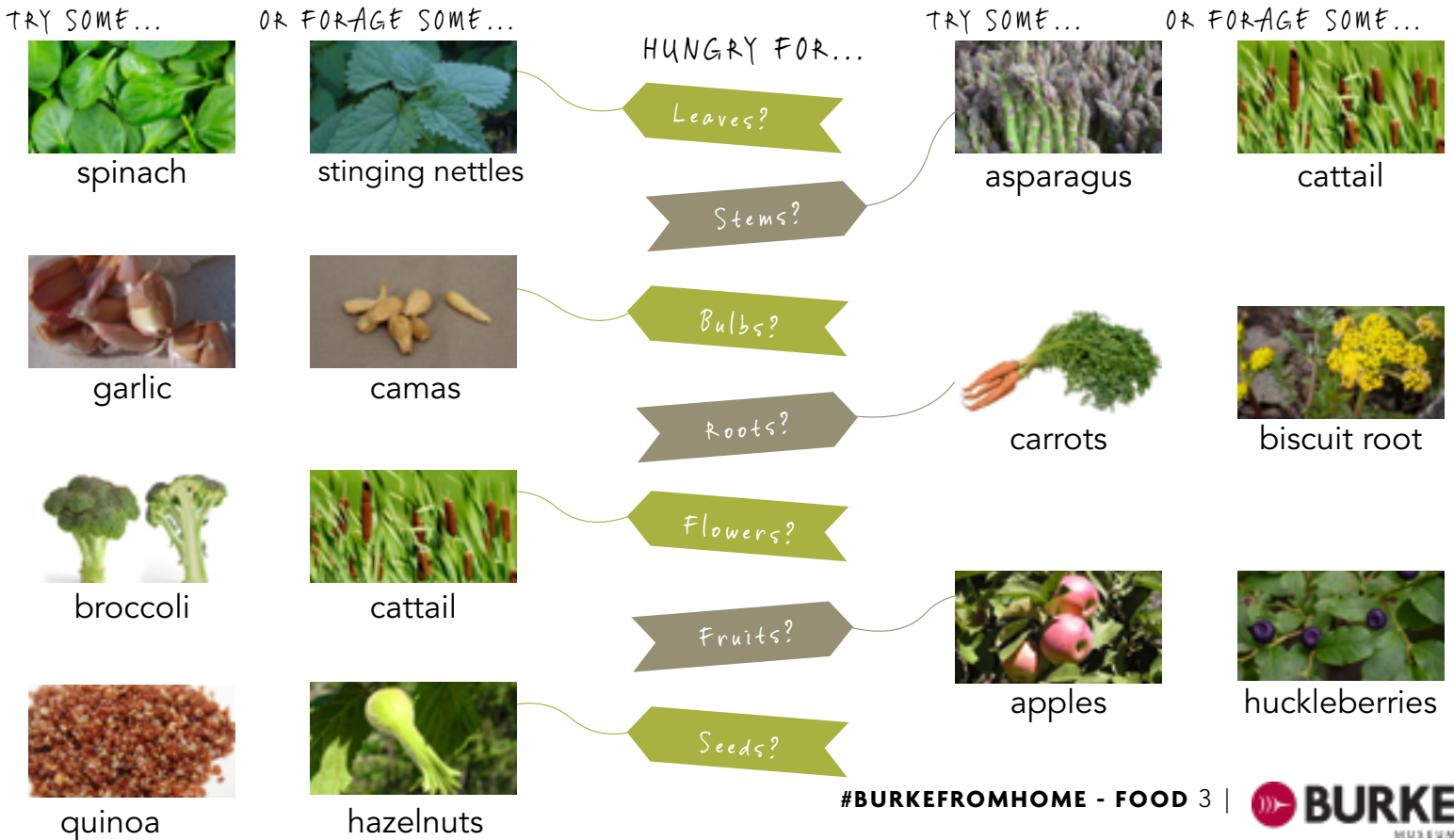
- What are some similarities and differences between the baskets above?
- What natural materials can be used to build a basket?
- Why might some baskets be woven looser or tighter than others?

Many of the plants we eat as food (either grown or foraged) are angiosperms, or flowering plants. These plants reproduce by making flowers that, once pollinated, produce seeds encased in a protective fruit. Angiosperms are the most diverse group of land plants on Earth, with over 300,000 known species!



CAN I EAT IT?

Most parts of an edible plant can be eaten, but depending on the plant, some parts may be more delicious (or nutritious) than others! Take a look at the chart below to learn what part of a flowering plant you've been eating.



The foods you find in nature vary based on where you live and what time of year it is. In this game, you'll learn about some of the food Native peoples in Washington have been eating for centuries, where to find it, and when to collect it.

OBJECTIVE: Work on your own or with friends to collect all the food items around the state and throughout the year.

MATERIALS:

- Seasonal Rounds spinner (found on page 4)
- Brass brad
- 16 game markers (coins, paper scraps, Lego, etc.)
- 6-sided die
- Felt-tipped pen
- Paperclip

AGE RANGE:
5 - 10 years of age

PLAYERS:
1 - 4 players

HOW TO PLAY - COOPERATIVE VERSION

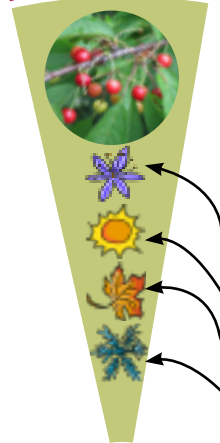
- Roll the 6-sided die to determine whether you are playing from the west side of the state or the east side of the state. Players with an odd roll play from the west side of the state and players with an even roll play from the east side. Players can play from the same side of the state.
- The player who most recently ate fruit goes first.
- Spin the spinner to determine which resource you are trying to acquire.
- Once you have spun the seasonal rounds spinner, roll the die to determine which season you are foraging in. Match your die roll to the Seasons Die Roll Table on page 4. If the resource you are trying to collect is available in the season you rolled, or if you acquire that resource on trade, you have gathered that resource! Put one of your game markers on that resource's picture. It is no longer available in the game.
- If you spin the Seasonal Rounds spinner and land on a resource that has already been collected, you may spin until you land on a resource that has not been collected. The game ends when all resources on the Seasonal Rounds Spinner have been collected.

COMPETITIVE VARIATION:

- Players each use a distinctive set of game markers.
- When a player collects a resource, they place their marker on the resource, removing it from game play.
- When the spinner lands on an unavailable resource, that turn ends. The next player may start their turn.
- The game ends when all resources have been collected. The player with the most markers on the game board wins.

READING THE GAME BOARD

BITTER CHERRY



LOCATION:

A resource's background color indicates its location:

- West = blue
- East = yellow
- Both = green

SEASON:

The following icons indicate a resource's available seasons:

- Spring
- Summer
- Fall
- Winter

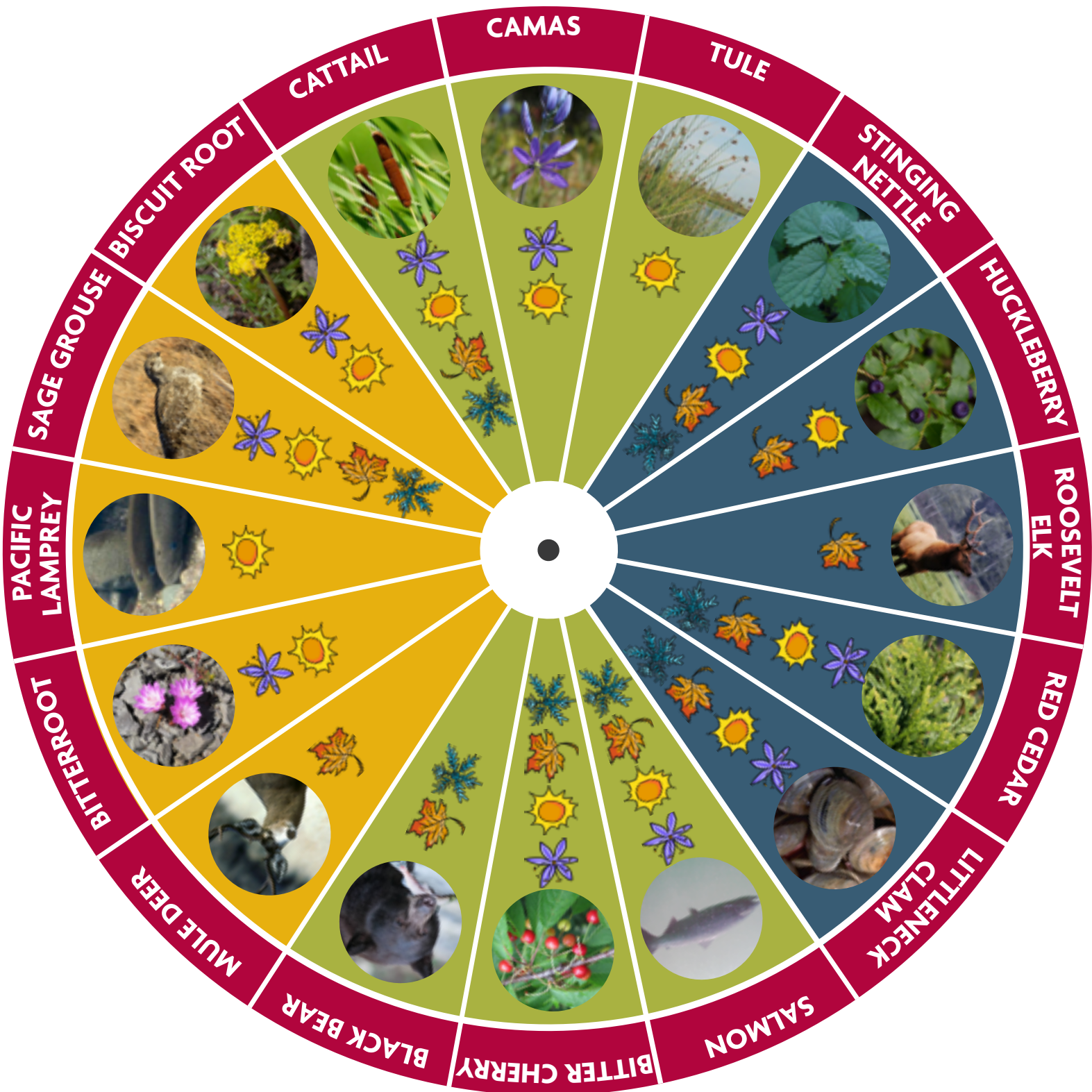
ASSEMBLE YOUR SPINNER



STEP 1: Print the Seasonal Rounds Spinner on page 4, or draw your own.

STEP 2: Use a felt-tipped pen to make a mark on the long curve of the paperclip. The mark will be your indicator.

STEP 3: Going through the paperclip's short curve, secure the brad through the center dot on the spinner.



1	2	3	4	5	6
Spring	Summer	Autumn	Winter	Trade: Claim resource	Extra forage: Roll again

SEASONS DIE ROLL TABLE

Learn about a traditional recipe, then get creative in your kitchen with the help of an adult!



NETTLE PESTO

Did you notice the stinging nettles on the Seasonal Rounds game board? Nettles are an example of a food that can be used to make seasonal dishes.

Watch [this video](#) to see Polly Olsen (Yakama), the Burke Museum's Tribal Liaison, teach us how to harvest and make Nettle Pesto from scratch. This delicious and nutritious dish incorporates native plants that peoples of the Northwest have harvested for many years.

RECIPE WRITER

Capturing a recipe in a video—like Polly did—or on a recipe card is a great way to remember your favorite food, the memories that you attach to that food, and a way to share knowledge with your community! Choose one of these recipe challenges, and use the recipe template on the next page to record your work!

HAVING A HARD TIME PICKING A FAVORITE FOOD?

Choose an ingredient from the Seasonal Round Spinner and design a recipe with that ingredient!

CHALLENGE 1: FOODIE FAVES

Is there a food that you love to eat every spring or in the summer? Choose your favorite dish and record the recipe on the next page. If you're unsure of every ingredient or step, do your best then ask an adult to help you fill in the rest!

CHALLENGE 2: COOKING UP SOME CREATIVITY

Turn your recipe card into a piece of art — draw a picture of each ingredient on the card, or even tape a sample of that ingredient onto your card as inspiration (Only tape plants, not animals)!

EXTENSION: SHARE THE WEALTH

Check in with your community! Take a photo of your recipe card and share with your friends — and with #Burkefromhome!

Does a friend have the same favorite recipe? Would they change some of the ingredients that you chose to use?

Did you and your family end up making your favorite food after you wrote out the recipe?

RECIPE TITLE:

WRITTEN BY:

**BEST EATEN IN:
(CIRCLE A SEASON)**



INGREDIENTS (THE FOODS YOU NEED TO COOK THE RECIPE):

DIRECTIONS (THE STEPS YOU TAKE TO COOK THE RECIPE):

THIS RECIPE IS SPECIAL TO ME BECAUSE:

In this three part activity, prepare your ingredients for cooking, build a bentwood box, then try your hand at a traditionally-inspired pretend meal! *Recommended for ages 8+*

PART 1: GATHER YOUR INGREDIENTS

It's time to eat! We need to gather the food we are going to pretend to cook. Native edible plants have been grown and eaten for as long as anyone can remember. We learned that some plants can only be gathered during certain seasons and that some plants can only be found in certain places.

Sculpt your food using playdough or clay at home. If you don't have playdough or clay, you can make your own salt dough!

Option 1
**SCULPT YOUR
INGREDIENTS**



Kneading the dough.

SALT DOUGH RECIPE

Ingredients

- 1 cup salt 2 cups of flour
- 1 cup of water

Instructions

1. In a large bowl mix salt and flour together.
2. Gradually stir in water and mix dough.
3. Put dough on the table or counter and knead with your hands until it feels well mixed.



What you'll need to make this recipe.

If sculpting is not your favorite choice, you can color your ingredients instead!

Draw and color your own ingredients inspired by the foods you've learned about in this packet, or use the coloring sheet on page 9.

Option 2
**COLOR YOUR
INGREDIENTS**

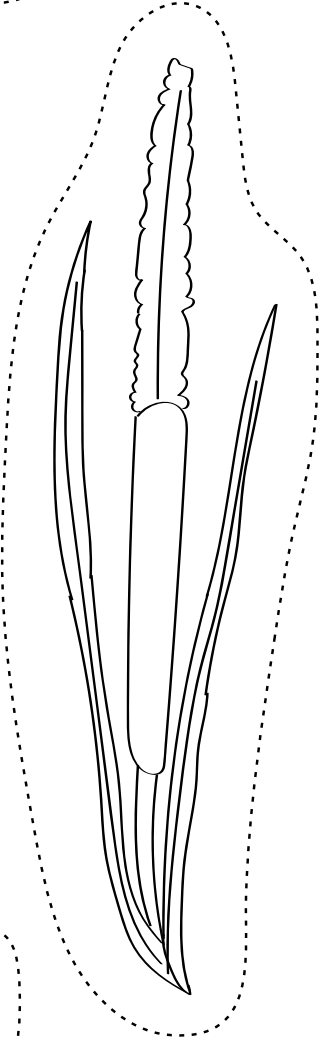
SALMONBERRY



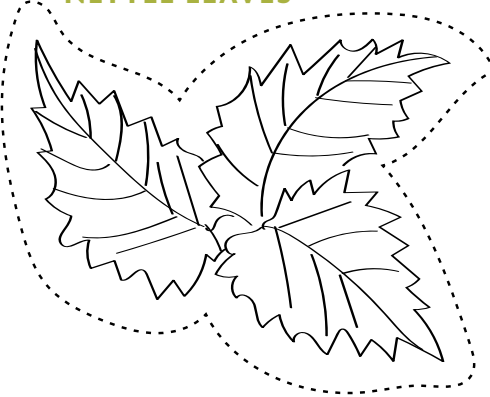
HUCKLEBERRY



CATTAIL



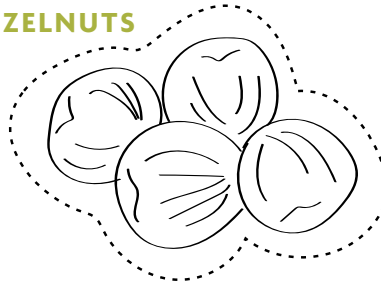
NETTLE LEAVES



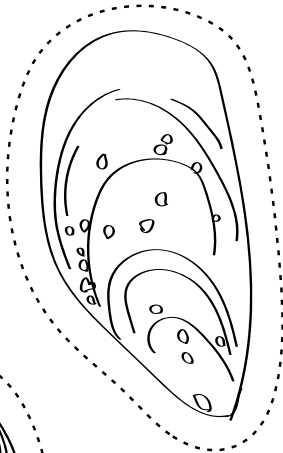
WILD POTATO



HAZELNUTS



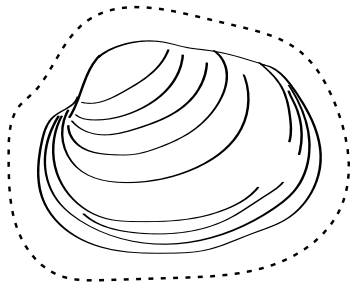
MUSSEL



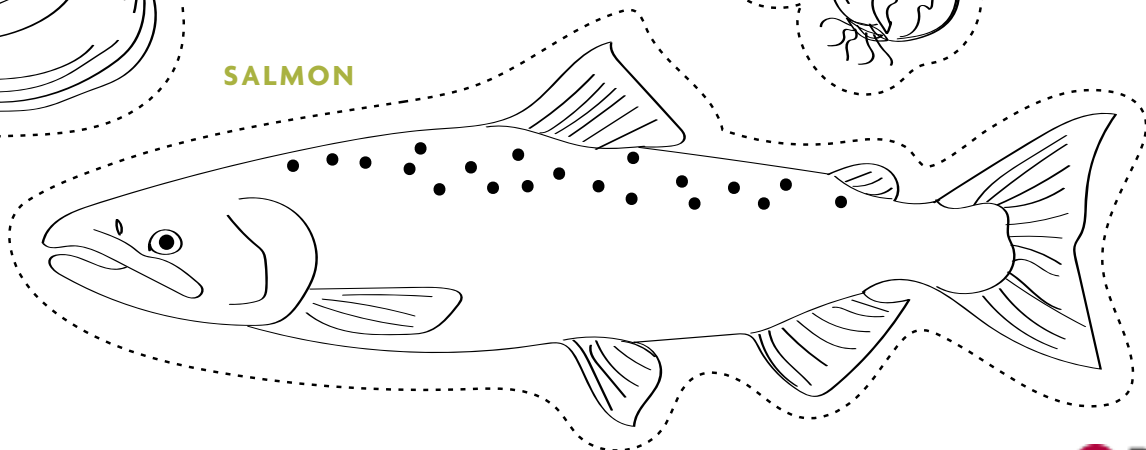
CAMAS BULBS



CLAM



SALMON



PART 2: BUILD A BENTWOOD BOX

Native peoples in Washington have used many cooking techniques throughout history, including earthen pit ovens, fire roasting, and boiling in tightly woven baskets or bentwood boxes. Today, many traditional techniques are still used alongside contemporary tools and techniques. Bentwood boxes are made of cedar and can be used to cook soup. The sides of the box are made from a single board. The artist cuts grooves, then steams the board so the wood becomes flexible and can be bent to create a perfect square. Hot rocks are added to a bentwood box to boil water. This method can boil five gallons of water in just sixteen minutes!

MATERIALS

- Scissors
- Pen or marker
- Cardboard or poster board
- Tape or glue
- Ruler or measuring tape
- Coloring materials (optional)

Step 1:
MEASURE
YOUR BOX

Measure and mark the pieces noted below on your cardboard or poster board. The size of your materials might dictate how large of a box you will be making. Cut out the 3 pieces as shown—ask an adult if you need help cutting.

How big of a box can you make? Think about your bentwood box as having 6 sides of the same size. The four sides are made up of one long piece. If you're making your box sides to be 4" x 4", the long piece needs to be 4" x 16".

PIECES TO MEASURE OUT

- Piece 1: a long rectangle, this will become all four sides of the box. (width = width of finished box; length = width of finished box multiplied by 4)
- Piece 2: a square to make the bottom of the box
- Piece 3: a square to make the lid of the box



Adding hot rocks with cooking tongs to a bentwood box to boil water.



The three measured and cut pieces. Now it's time to assemble the box!

Step 2:
BEND THE SIDES

On piece 1 (the rectangle), mark with a pen or marker where you will be bending the sides. The long piece should have four squares. Bend the sides and tape or glue the flap to the other end. To make the cardboard easier to bend, you can use scissors to carve a line along the bends. It might also help to push the ruler up to the line, and bend the cardboard against the ruler's edge. Secure with tape or glue.



Mark out where the long piece will be bent.

Scoring the bending lines with scissors.



Using a ruler can help you bend the sides of the box.

The finished sides of the box.



Step 3:
ATTACH THE BOTTOM

Tape or glue piece 2, the bottom piece, to the bottom of the side structure, closing off one of the open sides.



Step 4:
PLACE THE LID

Place piece 3, the lid, on top. You can attach it with tape to one side of the box so that the lid flips up.

Optional: Decorate your bentwood box with markers or colored pencils.



A decorated bentwood box from the Burke's Education collection.

PART 3: LET'S MAKE SOME SOUP!

INGREDIENTS

- Rocks or crumpled pieces of paper
- Play food: Use the coloring sheet on page 9, draw your own food, make salt dough food, or use fake food toys
- Bentwood box: Make one with the steps above or find a box at home
- Spoon or stick to stir
- Chopsticks or tongs

DIRECTIONS

- Imagine your bentwood box is full of water. Pretend to boil the water by using your tongs to place your rocks inside the box.
- Once your pretend water is hot, place your food inside to cook.
- Stir until your soup is ready.
- Enjoy your yummy meal. Share your soup with someone!

Dig deeper into the connection between community and food by learning more about how food and Native culture is intertwined, and thinking about what food means to you and your family.

COMING TOGETHER TO HARVEST

Traditional harvesting is a ceremony in itself. It is done with good intention—all of the harvesting practices come from a place of respect for nature and people. The act of harvesting requires preparation and ancestral knowledge of where to go and how to do it. Harvesting is often a social event, and the teaching of ancestral knowledge strengthens the community every year.

Until the early 1900s, the culture of all Native Tribes was based on a seasonal cycle of travel from hunting camps to fishing spots throughout the region. The most common foods were salmon, roots, berries, deer and elk—all of which could be found in different places and in different seasons. This required a lot of movement and travel, which is why there are First Foods Ceremonies. These ceremonies differ from Tribe to Tribe, but they are all about honoring and respecting the food, ensuring safe travel to obtain the food, and the promise of a bountiful harvest.



Digging for clams.



Coast Salish communities gather at the 'Namgis Big House in Alert Bay, British Columbia in July 2014.

First Foods

Ceremonies are still celebrated today! For example, Root Feast is a common celebration among Tribes in Eastern Washington. Another First Foods Ceremony is the Salmon Ceremony. Tribes honor the salmon in hopes of ensuring plenty of salmon for the coming months and following year. Another common practice by Tribes in the Northwest is the Potlatch—a gathering that often includes a meal, gift-giving, a ceremony and occasionally trade. These take place in the longhouse and continue to this day.

REFLECT & CONNECT

Connect with a family member outside your home and share your favorite food-related memories. Swap recipes and try out something new!

- Does your family have gatherings with lots of food?
- What are seasonal recipes your family makes that are special to you? Why?
- Can you think of any recipes that have been handed down over generations in your family?

Still interested in learning about Washington's food resources? Keep the learning going!

MORE TO WATCH

- Review how to [make nettle pesto](#) with the Burke's Tribal Liaison, Polly Olsen
- Listen to Lower Elwha S'klallam's [Roger Fernandes' stories](#) about the importance of food
- Learn more about the [Snoqualmie harvesting practices](#)
- Check out the Burke Museum's [camas planting ceremony](#)
- [Bentwood box cooking](#) with Jason Todd Roberts (Makah)

MORE TO READ

- [Plants and Traditional Coast Salish Diet](#)
- [Salish Bounty: Traditional Native Foods of the Puget Sound](#)
- [Harvesting Dandelions for a Delicious Spring Time Tea](#)
- [Northwest Tribes Reclaim Food as Medicine](#)
- [Food For Thought: Revitalizing Indigenous Knowledge About Healthy Eating](#)

PROUD
OF YOUR
BENTWOOD BOX
MEAL? GATHER ALL
THE SEASONAL
RESOURCES?

WE'D LOVE
TO SEE YOUR
CREATIONS AND
HOW YOU'VE USED
THIS PACKET!

SHARE ON SOCIAL
MEDIA WITH
#BURKEFROMHOME

LOOKING FOR
MORE TO DO?
Continue to
[Burke from Home](#)
with weekly
activities

INTRO (p. 1)

Photo: Gathered wild roots in baskets by LeAnne Campbell (Coeur d'Alene)

THE FORAGING 4-1-1 (p. 2)

Photos: Clam basket, cedar basket, digging stick by Burke Museum

BOTANICAL BOUNTY (p. 3)

Flowering plant illustration by Katharine Canning/Burke Museum

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Photo: Camas bulbs by Burke Museum

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SEASONAL ROUNDS GAME (p. 4-5)

All photos by Burke Museum

Seasonal Rounds Spinner (p. 5)

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Photo: Littleneck clams, [Image](#) by U.S. Fish & Wildlife

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Photo: Stinging nettles, [Image](#) is licensed under [CC BY-SA 3.0](#)

SEASONAL RECIPES (p. 6)

Photo: Harvesting nettle by Natosha Gobin (Tulalip)

LET'S GET COOKING!

Part 1: Gather Your Ingredients (p. 8)

All photos by Burke Museum

Part 2: Build a Bentwood Box (p. 10-11)

Photo: Adding hot rocks with cooking tongs to a bentwood box to boil water by Abe Lloyd

All photos by Burke Museum

COMMUNITY CONNECTION (p. 12)

Photo: Digging for clams by Natosha Gobin (Tulalip)

Photo: Coast Salish communities gather at the 'Namgis Big House in Alert Bay, British Columbia in July 2014 by David Moskowitz