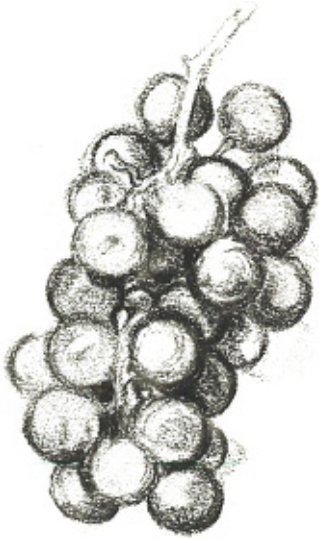


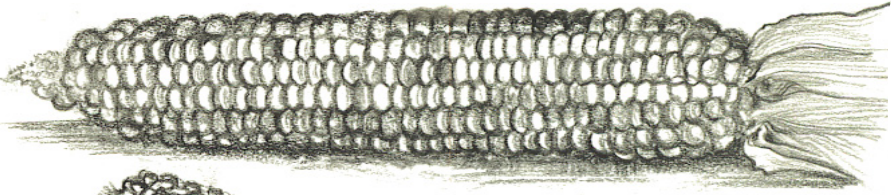
Locally-Grown Foods

A Few Native American Favorites

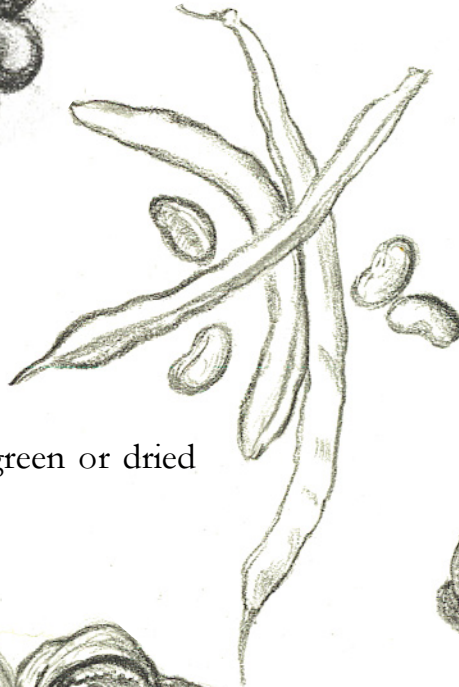
Some of these grew wild in the forests while others were deliberately planted and tended in fields and gardens. Corn, squash and certain kinds of beans (including 'green beans') were first domesticated by Native American farmers.



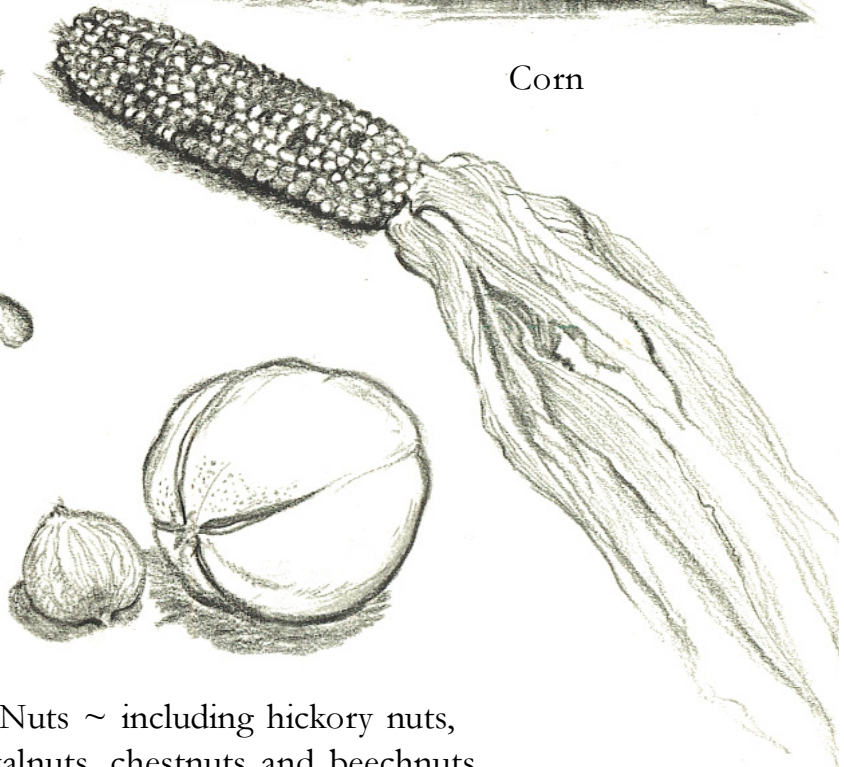
Grapes ~ fresh
or dried



Corn



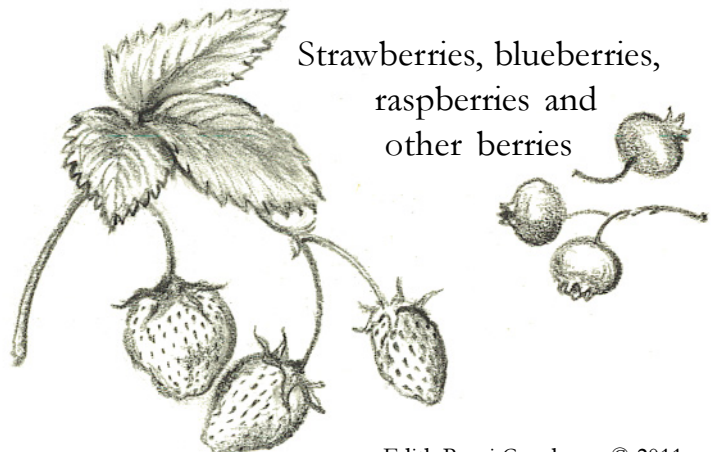
Beans ~ green or dried



Nuts ~ including hickory nuts,
walnuts, chestnuts and beechnuts



Pumpkins, gourds, winter and summer
squash and other members of the squash family



Strawberries, blueberries,
raspberries and
other berries

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