

TRADITIONAL FOOD AND WAY OF LIFE



Nomadic (Algonquians)

Nomadic Aboriginal communities lived on hunting, trapping and fishing. They also gathered wild berries.

They could therefore eat:

- > Meat (moose, hare)
- > Fish
- > Berries (blueberry, cloudberry, raspberry)

Sedentary (Iroquoians)

Sedentary Aboriginal communities lived mainly on agriculture*. They also went hunting and fishing.

They could therefore eat:

- > Vegetables (corn, squash, beans)
- > Meat (beaver, hare)
- > Fish

*The Iroquoians invented a way of setting up their gardens so that the plants all helped each other to grow. This method was called the three sisters because three main plants were grown: corn, squash and beans.

To create a three-sisters garden, first you make mounds of earth. Then you plant corn kernels in the center and bean seeds beside them. The beans cling to the long corn stems as they grow. Squash seeds are planted at the base of the corn: their big leaves prevent the sun from drying out the ground and their thorns keep rodents away.



Photos : pixabay.com