

Seasoned with Spirit

Sundays

Nov 5-26 & Dec 17, 11:30am-12pm

This five-part weekly series presents a culinary celebration of America's bounty, combining Native history and culture with delicious, healthy recipes inspired by indigenous foods.

Part 1: Gulf Coast Original • Sunday, Nov. 5

More than 6,000 years before today's Cajuns arrived in Louisiana, there were Native peoples living and fishing in Louisiana's bayou country. A historical tour of this Gulf Coast region provides a lesson about Native influences on Cajun cooking.

Part 2: Cuisine of the Desert Southwest • Sunday, Nov. 12

Most people think of Mexican food when they think of the southwest, but Native cuisine also express the flavors of the region. Join the Tohono O'odham tribe of Arizona for the "Harvest of Saguaro Cactus Fruit," and prepare a feast of wild spinach with tepary beans, ribs, ash bread, and a sweet, refreshing drink – mesquite juice.

Part 3: Return of the Buffalo • Sunday, Nov. 19

There is a movement among Native tribes to bring the buffalo back to the Great Plains to "promote cultural enhancement, spiritual revitalization, ecological restoration, and economic development." Travel to the buffalo range of Fred Dubray on the Cheyenne River Sioux Reservation in South Dakota to learn more about the buffalo.

Part 4: Bounty of the River's Edge • Sunday, Nov. 26

The people of the Yurok tribe live off the bounty of the Pacific Coast on the banks of California's Klamath River, harvesting salmon, shellfish, seaweed, and edible wild greens that are ground and cooked in tightly woven handmade baskets. Join the Yuroks for a traditional feast of their native foods.

Part 5: Food Upon the Water • Sunday, Dec. 17

Wild rice – manoomin – is still harvested the traditional way by the Anishanaabe, or Ojibwe, people of the Great Lakes region. Ricers and their families take canoes into the fields and harvest the rice by hand. Join the Anishanaabe as they harvest manoomin to prepare a feast of their favorite Native staples.



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