

TRADITIONAL FOODS



Food is Sacred






-  Traditional foods are a part of cultural ceremonies and are used for healing and medicine.
-  Planting, harvesting, preparing, and sharing traditional foods is an important part of physical, mental, and spiritual health.
-  Eating traditional seasonal foods like summer and winter squash reconnects you with the land.
-  Traditional foods preserve culture and well-being within your family and community.
-  Food is the center of culture; food connects us with family conversations, songs, and stories.

Five Ways to add Traditional Foods to Your Meals

Adding a traditional food ingredient will become easier as you go!

-  Find out about the traditional foods within your Tribal community. Start by asking an elder!
-  Learn and participate in ceremonies that use traditional foods.
-  Introduce foods from your culture to your baby as a first food.
-  Try a traditional food recipe or add a traditional food to your usual meals.
-  Check-out your local stores or farmers' markets to find local ingredients.

What Are the Benefits?

-  Traditional plant-based foods are rich sources of natural antioxidants, protein, and fiber.
-  Traditional foods reduce chance of heart disease and diabetes.
-  Traditional foods have higher calcium and iron, supporting bone health and the immune system.
-  You support local farmers within the community.
-  Incorporating traditional foods supports restoring and decolonizing meals.

Try these resources



Ramona Farms:

<https://bit.ly/RamonaFarms>



Baby Food Recipes:

<https://bit.ly/FNHABabyFoodRecipes>



Get seeds from Native Seed Search:

<https://bit.ly/NativeSeedsSearch>



Southwest Traditional Foods



Beans: lima beans, tepary beans, pinto beans, mesquite bean pods, and purple beans



Corn: white, red, blue, and yellow corn



Squash: pumpkin, acorn, butternut, pattypan, and zucchini



Potatoes: sweet, white, red, purple, and russet



Cacti and Plants: nopales, prickly pear fruit, saguaro fruit, cholla buds, yucca, sage and agave



Nuts and Seeds: acorn, pinyon pine, sunflower, and walnuts



Other: wild berries, chokecherry, elderberry, desert hackberry, melons, and wild game

