

MEALTIME PRAYER

QE?CIYÈW'YEW' NÚ•NIM HANYAW'Á•T
THANK YOU CREATOR

KI•TAQC LÈHEYN
THIS DAY TODAY

QE?CIYÈW'YEW' KI•HIPT KA KU•S
THANK FOR THIS FOOD & WATER

NECNÍME NÚ•NIM CILÁKT?AYN
GIVEN TO US FOR OUR BODIES

NE•SWELÉXNE?NIM NÚ•NIM HIMYÚMA
WATCH OVER OUR RELATIVES

HÈNEK'E QE?CIYÈW'YEW' HANYAW'Á•T
AGAIN THANK YOU CREATOR

YÓQ'O KALÓ?
THAT IS ALL

YAQ'AX ILP'ILP -JEWIE DAVIS &
THE CHIEF JOSEPH BAND DESCENDANTS

PÁAXAM SÍIS WAR DANCE SOUP

1 POUND VENISON, ELK, BEEF, BISON OR BLACK BEAN
SUBSTITUTE
2 1/2 CUPS OF WATER
2 TABLESPOONS OF LARD
1 TEASPOON OF SALT
1/2 MEDIUM SIZE ONION
1 TEASPOON OF PEPPER
1/2 CUP OF BISCUIT ROOT, ALMOND OR WHEAT FLOUR

CUT MEAT INTO SMALL PIECES, APPROXIMATELY 1/2
INCH SQUARES. RINSE THE MEAT IN COLD THOROUGHLY
IN COLD WATER. PUT IT IN A KETTLE, ADD WATER AND
OTHER INGREDIENTS. COOK OVER LOW HEAT FOR ABOUT
ONE HOUR UNTIL TENDER. ADD TWO CUPS OF WATER TO
COOKED MEAT MIXTURE.
BRING TO BOIL. SERVES 4. THE RESULTING CONSISTENCY
WILL BE LIKE COUNTRY GRAVY. FOR A THINNER
CONSISTENCY REDUCE FLOUR AND ADD MORE WATER.

LILLIE RUEBEN OF SPALDING, ID

BISCUIT ROOT

ESSENTIALS: DIGGING STICK, GRINDING STONE,
DEHYDRATOR, FIRE PIT
HARVEST AND CONSERVATION: THE BISCUIT ROOT IS
A PRETTY LITTLE WILDFLOWER THAT GROWS ON DRY,
ROCKY HILLSIDES AND FLATS ACROSS NEZ PERCE
COUNTRY. THE ROOT IS DUG UP AFTER THE SEEDS
ARE FORMED, SO IT'S EASIER TO PEEL.

BISCUIT ROOT CAN BE COOKED FRESH AS A
VEGETABLE, OR DRIED WHOLE, AND IS OFTEN
GROUND INTO FLOUR AFTER BEING PEELED AND
DRIED IN THE SUN (OR DEHYDRATOR). THE FLOUR IS
USED TO MAKE BREADS AND BISCUITS. FORM THE
DOUGH INTO A LITTLE BISCUIT SHAPE AND DROP IT
INTO THE HOT ASHES AT THE EDGE OF A CAMPFIRE,
WHERE IT WOULD COOK INTO AN "ASH CAKE", JUST
BLOW OFF THE ASHES AND EAT IT AS IS OR WITH
TOPPINGS. THE DOUGH CAN ALSO BE WRAPPED
AROUND THE END OF A GREEN STICK AND TOASTED IN
THE FIRE (KIND OF LIKE TOASTING MARSHMALLOWS).
TOASTED BISCUIT ROOT DOUGH WITH WILD CURRANT
JAM IS A REAL TREAT IF THE BISCUIT ROOT IS DRIED
AND CHOPPED UP, LITTLE PIECES OF IT CAN ALSO BE
STIRRED INTO SOUPS OR STEWS TO THICKEN THEM
LIKE POTATOES. DRIED WHOLE ROOTS ARE ALSO
EATEN AS SNACKS AND HIGH IN VITAMINS TOO.

FRUIT LEATHER

ESSENTIALS: BERRY BASKET OR BUCKET, STRAINER,
TOOL MAT OR TOWEL, BLENDER OR FOOD
PROCESSOR, COOKIE SHEET, WAX PAPER

YOU WILL NEED 2 CUPS OF RIPE FRUIT, WASH THE
FRUIT AND LET IT DRAIN ON A CLEAN TULE MAT (OR
TOWEL). LEAVE THE PEELS ON FOR THEY ARE CHEWY
AND NUTRITIOUS. PUT THE FRUIT INTO A FOOD
PROCESSOR ON HIGH FOR 15 SECONDS. COVER A
LARGE FLAT COOKIE SHEET WITH WAX PAPER, THEN
POUR THE FRUIT MIXTURE ONTO IT. LET IT DRY IN A
WARM PLACE FOR AT LEAST 24 HOURS UNTIL COOL
AND FIRM. PEEL THE FRUIT LEATHER OFF THE WAX
PAPER OR ROLL IT UP IN SECTIONED WAX PAPER AND
KEEP IT IN AN AIR-TIGHT CONTAINER FOR STORAGE.

KII WÉETES HÍIWES 'ÍNIM CILÁAKT

THIS LAND IS MY BODY

A COLLECTION OF NIMÍIPUU RECIPES

CAMAS ROOTS/BULBS

ESSENTIALS: DIGGING STICK, COLLECTION BAG, VEGETABLE STEAMER, SLOW COOKER, FOOD DEHYDRATOR.

HARVEST AND CONSERVATION: USE EQUIPMENT TO UNEARTH BULBS THAT ARE BIGGER THAN THE LAST DIGIT OF YOUR THUMB WITH PURPLE PETALS, REPLANT ALL THE REST AND AVOID DIGGING ALL LARGER BULBS.

CLEAN THE BULBS: PEEL OFF THE DIRTY OUTER SKIN AND BREAK OFF THE BASAL ROOT CROWN. LEAVE THE INNER LAYERS OF SKIN SO THAT THE BULBS WILL REMAIN INTACT AS THEY COOK AND RINSE DIRT OFF.

STEAM FOR 36 HOURS: PLACE VEGETABLE STEAMER INSIDE OF SLOW COOKER AND FILL THE WITH WATER TO JUST BELOW THE LEVEL OF THE STEAMER. SET SLOW COOKER TO MODERATE-HIGH TEMPERATURE AND STEAM FOR 36 HOURS. CHECK WATER LEVEL EVERY 2-4 HOURS. THEY WILL BEGIN TO BROWN AND SMELL LIKE MOLASSES AFTER 12-24 HOURS. COOK UNTIL DARK BROWN.

DEHYDRATE OVERNIGHT: SQUISH THE BULBS FLAT WITH THE BOTTOM OF A WATER GLASS AND PLACE THEM IN A FOOD DEHYDRATOR OR OVEN ON VERY LOW HEAT UNTIL THEY ARE DRIED. SEAL THEM IN A PLASTIC BAG AND PLACE THEM IN THE FREEZER UNTIL YOU ARE READY TO EAT. CAN REHEAT IN OVEN ON WARM SETTING UNTIL DETHAWED OR IN MICROWAVE WITH WET PAPER TOWEL ON TOP OF THE BULBS ON DEFROST SETTING.

PAN SEARED CORN

2 POUNDS OF CORN
1 STICK OF PLANT BUTTER (AVOCADO OR OLIVE OIL),
PEPPERS, ONIONS, CAMAS BULBS OR ANY DESIRED
VEGETABLE, HERBS AND SPICES

MELT BUTTER IN A SKILLET. ADD CORN. WAIT UNTIL CORN ABSORBS BUTTER AND BROWNS THEN ADD VEGETABLES. WHEN VEGETABLES HAVE BEEN BROWNED IN SKILLET THEN ADD DESIRED HERBS AND SPICES. GARLIC, PEPPERS, WILD ONIONS, CAMAS BULBS OR SHALLOTS COMPLEMENT FRIED CORN TOGETHER. CAN BE ADDED INTO A VEGETABLE BROTH TO MAKE STEW OR WITH FAVORITE MEAT DISHES.

HUCKLEBERRY REDUCTION SAUCE

2 CUPS OF HUCKLEBERRIES
1/3 CUP OF GRANULATED SUGAR OR SUBSTITUTE
2 TABLESPOONS OF FRESH SQUEEZED LEMON
JUICE
2 TABLESPOONS OF CORNSTARCH OR SUBSTITUTE
1 1/2 TEASPOONS OF WATER

IN A SAUCEPAN OVER MEDIUM HEAT, ADD HUCKLEBERRIES, GRANULATED SUGAR AND LEMON JUICE. BRING TO BOIL, REDUCE HEAT AND SIMMER FOR 5 TO 8 MINUTES. IN A SMALL BOWL, COMBINE THE CORNSTARCH AND WATER. SLOWLY STIR INTO THE HUCKLEBERRY SAUCE AND HEAT UNTIL THOROUGHLY COMBINED AND THICKENED. POUR SAUCE INTO GLASS BOWL TO COOL.

STEAMED CLOVER SALAD

ESSENTIALS: GATHERING BAG, VEGETABLE STRAINER, SALAD SPINNER

HARVEST AND CONSERVATION: YOU CAN TRY GATHERING SOME IF YOU KNOW A PLACE WHERE CLOVER GROWS AND IT HASN'T BEEN TREATED WITH PESTICIDES OR HERBICIDES. BETTER YET, IF YOU DON'T HAVE CLOVER, YOU CAN BUY FRESH SPINACH OR OTHER GREENS AT THE STORE AND STEAM THAT. BEET TOPS, COLLARDS, MUSTARD GREENS, OR TURNIP GREENS ARE ALSO GOOD TOGETHER WITH STEAMED CLOVER FOR A MIXED SALAD. CAN BE STEAMED BY LAYING WASHED AND DAMP CLOVER BETWEEN ROWS OR STACKS OF HOT STONES. STEAMED CLOVER IS TASTY AND NUTRITIOUS FOR SOME CLOVERS, SUCH AS TALL RED CLOVER, ARE VERY SWEET AND HONEY-FLAVORED; OTHER CLOVERS HAVE A CITRUS-LIKE FLAVOR. CAN ALSO WASH THE LEAVES OF CLOVER WELL AND PUT A HANDFUL IN A SMALL POT ON THE STOVE. ADD ¼ CUP OF WATER. COVER WITH A LID AND SIMMER FOR 2-3 MINUTES THEN PUT IN VEGETABLE STRAINER OVER SINK. FOR REALLY TASTY GREENS, ADD A TEASPOON OF VINEGAR, A CHOPPED FRESH TOMATO, A TABLESPOON OF HONEY, AND A DASH OF OREGANO.

PEMMICAN

ESSENTIALS: DRIED MEAT, BERRIES, SEEDS, ANIMAL FAT (OR GREASE)

HARVEST AND CONSERVATION: OFTEN PREPARED IN HUNTING AND HARVEST SEASON AND EATEN DURING WINTER SEASON.

PUT 1 CUP OF HULLED SUNFLOWER SEEDS, 1 CUP OF BEEF JERKY (CUT INTO SMALL PIECES), 1 CUP OF RAISINS OR CURRANTS INTO A FOOD PROCESSOR OR BLENDER. BLEND ALL INGREDIENTS TOGETHER IN A FOOD PROCESSOR OR BLENDER AND STORE IN AN AIRTIGHT CONTAINER. CAN ALSO UTILIZE DRIED BUFFALO, CAMAS ROOTS, CHOKECHERRIES, AND ROASTED WHITE PINE NUT SEEDS TO BE GROUND TOGETHER USING GRINDING STONES (OR PESTLES AND MORTARS). CAN BE SEALED IN VACUUM PACKAGING JUST LIKE JERKY, PUT IN AIR TIGHT CONTAINERS FOR REFRIGERATION OR AIR SEALED FOR PANTRY STORAGE.

MOUNTAIN TEA AND MOUNTAIN WATER PUNCH

ESSENTIALS: FRESH FILTERED WATER, TEA LEAVES, HONEY, MAPLE SYRUP, MINT, BERRIES

HARVEST AND CONSERVATION: FILTER FRESH NATURAL WATER BY BOILING OR ADDING FILTRATION METHODS SUCH AS ADDING PURIFICATION TABLETS. HONEY OR MAPLE SYRUP CAN BE MIXED WITH WATER TO MAKE A PUNCH, AND LEAVES ARE USED TO FLAVOR OTHER DRINKS. THE DRIED LEAVES OF SNOWBERRY, WINTERGREEN, SPRUCE AND TWIGS OF RASPBERRY, CHOKECHERRY, AND WILD CHERRY CAN BE DROPPED INTO BOILING WATER TO MAKE TEAS. MANY KINDS OF FLOWERS ARE ALSO DRIED FOR TEAS. WILD MINT LEAVES CAN BE USED TO FLAVOR TEAS AND PUNCH. YOU CAN MAKE A TEA OR PUNCH TO BE ENJOYED. ADD MINT, FRESH BERRIES OR OTHER FRUIT. PUT A COUPLE TABLESPOONS OF FRUIT IN A CUP, ADD A MINT LEAF OR TWO AND A SPOONFUL OF HONEY, THEN POUR IN HOT WATER TILL THE CUP IS NOT QUITE FULL. LET IT REST A MINUTE OR TWO, STIR VERY GENTLY AND ENJOY.