

TRADITIONAL FOODS IN TODAY'S WORLD

Vegetables	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Agave		X	X			X
Asparagus		X	X			
Bean (Lima)	X	X	X			X
Bean (String)	X	X	X			
Bean (Pinto)	X	X	X			
Beets	X	X	X			X
Cabbage	X	X	X			
Chile	X	X	X		X	X
Cholla Buds	X				X	X
Corn	X	X	X		X	X
Cucumbers	X		X		X	X
Fried Potatoes	X	X	X	X		X
Fried Potatoes with Cornbeef	X		X		X	X
Green Beans	X		X		X	X
Pangi (Wild Artichoke)				X		
Potatoes-Boiled	X	X	X		X	
Pumpkin	X	X	X		X	X
Squash	X	X	X		X	X
Tepary Beans (White)					X	X

Vegetables (continued)	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Tepary Beans (Brown)			X		X	X
Tomatoes	X	X	X		X	X
Wild Asparagus	X	X	X			
Wild Celery	X	X	X			
Wild Mushrooms	X	X		X (Canakpa)		
Wild Onions	X	X	X	X (Psin)	X	X
Wild Spinach	X	X	X		X	X
Wild Turnips	X		X	X (Timpsila)		
Yucca Blossoms		X				X

Nuts and Seeds	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Acorns	X	X	X			X
Mesquite Pods	X				X	X
Palo Verde Pods					X	X
Pinons	X	X	X			
Squash Seeds	X	X	X		X	X
Sunflower Seeds	X	X	X		X	
Walnuts	X	X	X			

Beverages	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Atole (addola)			X			
Box Elder Tea	X	X		X(Cankalyapi)		
Cedar Leaves Tea	X	X	X	X		
Chokecherry Juice	X	X	X	X		X
Coffee	X	X			X	X
Cresote Tea	X	X			X	X
Mesquite Pod Juice					X	X
Mormon Tea		X			X	X
Navajo Tea			X			
Peppermint Tea	X	X	X	X (Ceyaka & Maka Ceyaka)		
Rose Hip Tea				X		
Walnut Pod Juice	X	X				
Water	X	X	X	X	X	X
Wild Tea	X	X	X	X		

Fruits	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Apples	X	X	X			X
Apricots			X			
Bahidaj					X	X
Blackberries	X	X	X			X
Buffaloberries				X		
Cantaloupe	X	X	X		X	X
Chokecherries	X	X	X	X		
Currants			X	X		
Desert Hackberry			X			X
Hodge Hog						X
Juŕ	X				X	X
Juneberries				X		X
Navajo melon			X			
Organ pipe						X
Peaches	X	X	X			
Plums	X	X	X	X		X
Prickly Pear	X	X		X		X
Rose Hips	X	X	X	X		
Sandcherries				X		
Wild Strawberries	X	X	X	X		
Watermelon	X		X			X
Wild Bananas	X	X	X			X
Wild Grapes	X	X		X		
Wojapi				X		

Grains and Cereals	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Acorn Stew	X	X				
Alkaad			X PubertyCake			
Ash Bread	X	X	X			
Barley	X	X	X		X	
Biscuits	X	X	X			
Bread (Corn)			X			
Cornmeal Mush (Blue)			X		X	X
Cornmeal Mush (Yellow)	X	X	X		X	X
Corn Stew	X	X	X			
Corncake	X	X	X			
Corn Tortillas	X		X			
Cracked Corn	X		X			
Cracker Jacks	X	X	X			
Frybread	X	X	X	X	X	X
Flour Tortillas	X	X	X		X	X
Kabubu Bread				X		
Kneel-down Bread			X			
Macaroni	X	X	X			
Popover					X	X
Soba					X	X
Sun-driedCorn	X	X	X	X (Wastunkala)	X	X
Tamales			X			
Wheat (Pinole)					X	X

Four-Legged Animals	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Ach'ii' (Tripe)	X	X	X			
Antelope	X	X	X	X	X	X
Beef	X	X	X	X	X	X
Backbone	X	X	X	X		
Blood			X			
Sausage						
Bone Marrow	X		X	X		
Brains		X	X			
Buffalo				X		
Caterpillars					X	X
Cicadas					X	X
Deer	X	X	X	X	X	X
Elk	X	X	X	X		
Goat			X			
Gopher					X	
Heart			X	X		
Hooves	X	X	X	X		
Javelina	X	X			X	X
Jerky	X	X	X	X	X	X
June Bugs					X	
Kidney	X	X	X	X	X	X
Menudo			X			
Mutton			X			
Mountain Sheep					X	

Four-Legged (continued)	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Muskrat					X	X
Prairie Dogs			X	X		
Rabbit	X	X	X	X	X	X
Ribs	X		X	X		
Spleen				X		
Stew			X			
Stomach	X		X			
Squirrel	X	X				
Taniga				X		
Wakapapi				X		
Wasna				X		

Two-Legged Animals	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Chicken	X	X	X	X	X	X
Chicken eggs	X	X	X	X	X	X
Dove					X	X
Geese				X		
Grouse		X		X		
Pheasant				X		
Quail	X	X	X	X	X	X
Wild Bird Eggs				X	X	
Wild Duck		X		X	X	
Wild Turkey	X	X	X	X		

Fish	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Bass		X		X		
Blue Gill				X		
Bullhead				X		
Carp				X		
Catfish		X	X	X	X	
Northern Pike		X		X		
Sunfish				X		
Trout		X	X	X		

Seasoning	San Carlos	White Mountain	Navajo	Lakota	Gila River	Tohono O'odham
Rock Salt	X		X			