

## Nutritional Value of Native Foods II

| Resource                                | Nutritional Value   | Used                         | Region Obtained           |
|---|---|------------------------------|---------------------------|
| <b>Acorns:</b>                          |   |                              |                           |
| Valley Oak                              | high in fiber,<br>fat, carbohydrate,                                    | also<br>roasted              | valley & foothills        |
| Blue Oak                                |   | leached                      |                           |
| Golden Oak                              | high in protein   | & cooked                     | foothills & mountains     |
| Black Oak etc.                          |   |                              |                           |
| <b>Aquatic:</b>                         |   |                              |                           |
| Clams/<br>Mussels                       | high in protein<br>low in calorie<br>rich in iron,<br>vitamin C, & zinc | boiled<br>steamed<br>baked   | foothill - river ways     |
| Fish                                    | high in protein   | cooked,<br>dried<br>smoked   | valley floor to mountains |
| Salmon                                  | rich in vitamin B12,  | cooked<br>baked              | valley to foothills       |
| Trout                                   | high in protein &<br>phosphorus,  | cooked,<br>steamed,<br>dried | foothills to mountains    |
| <b>Animal:</b>                          |   |                              |                           |
| Deer                                    | high in protein,<br>iron & vitamin B6<br>vitamin B12<br>zinc & niacin   | cooked,<br>jerked<br>dried   | foothills to mountains    |
| Pig                                     | red meat<br>high in protein, B1   | pit BBQ<br>smoked            | foothills to mountains    |
| Rabbit -<br>Brush<br>Cottontail<br>Jack | vitamin B12 & B6<br>high in iron, protein<br>& cholesterol;<br>niacin   | cooked<br>rotisserie         | foothills                 |

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| <b>Animal:</b>                           |  |                       |                                |
| Squirrel -<br>Gray &<br>Ring Neck Ground | high in protein<br>high in calorie                                     | roasted<br>rotisserie | foothills to mountains         |
| <b>Berries:</b>                          |  |                       |                                |
| Elderberries                             | high in potassium,<br>vitamin A, good<br>phosphorus, &<br>carbohydrate | raw                   | valley / foothills / mountains |
| Black Berries                            | good fiber, vitamin<br>C & B & iron                                    | raw                   | valley / foothills / mountains |
| Goose Berries                            | good fiber, vitamin<br>C & B & iron                                    | raw                   | mountains                      |
| Manzanita<br>Berries<br>Flowers          | medicinal<br><br>tea / honey sweet steeped                             | cider<br>raw          | mountains                      |
| <b>Fowl:</b>                             |  |                       |                                |
| Dove                                     | high in protein<br>low in fat  | cooked                | valley / foothills             |
| Ducks                                    | high in protein<br>high in calorie                                     | cooked                | foothill river / ponds / lakes |
| Geese                                    | high in protein<br>high in cholesterol                                 | cooked                | foothill river / ponds / lakes |
| Grouse                                   | high in protein<br>high in calorie                                     | cooked                | foothills & mountains          |
| Quail                                    | high in protein,<br>iron, vitamin B                                    | cooked                | foothills & mountains          |

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| <b>Fowl:</b>   |   |                    |                            |
| Native Pigeon  | very high in protein<br>high in calorie   | cooked             | foothills & mountains      |
| Wild Turkey  | very high in protein<br>high in calorie   | cooked             | foothills                  |
| <b>Nuts:</b>   |   |                    |                            |
| Black Walnut   | very high in calorie  | raw                | valley & foothills         |
| Bull Pine-Cone   | cholesterol reducer   | green<br>raw       | foothills                  |
| Buckeye  | medicinal<br><i>[considered non-edible]</i>   | leached,<br>cooked | foothills                  |
| Hazelnuts  | high in fat,<br>though primarily<br>unsaturated   | raw                | foothills & mountains      |
| Pine nuts -<br>Sugar Pine<br>Yellow Pine<br>Bull Pine<br>Pinyon Pine | high in protein &<br>vitamin B<br>cholesterol reducer,<br>lowers bad cholesterol &<br>improves good cholesterol | raw or<br>roasted  | foothills & mountains      |
| <b>Plants:</b>   |   |                    |                            |
| Clover-White   | high in protein   | raw                | steams - springs - meadows |
| Clover-Red   | chromium, niacin<br>magnesium, calcium<br>phosphorus, potassium<br>thiamin                                      | raw                | steams - springs - meadows |
| Miners Lettuce   | vitamin A   | raw                | foothills & mountains      |

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| <b>Plants:</b>               |   |                                   |   |
| Watercress                   | high in vitamins<br>A, B, C, fiber & iron | cooked<br>raw                     | streams & creeks in<br>foothills & mountains    |
| Wild Onions                  | high in iron,<br>vitamin A, fiber         | cooked<br>raw                     | streams & creeks in<br>foothills & mountains    |
| Wild Grape                   | anti-toxin                                | raw<br>strained<br>drink          | foothills                                       |
| <b>Mushrooms:</b>            |   |                                   |   |
| White<br>Button<br>Mushrooms | high in iron, good<br>source of fiber     | cooked<br>raw<br>dried            | open fields - lower foothills                   |
| Black<br>Moral<br>Mushrooms  | high in iron, good<br>source of fiber     | cooked<br>raw<br>dried            | mountains - burns - forest                      |
| Field<br>Mushroom            | high in iron, good<br>source of fiber     | cooked<br>raw<br>dried            | open fields - under oaks                        |
| Oyster<br>Mushroom           | cholesterol reducer                       | cooked<br>dried                   | streams & creeks on trees<br>damp stumps & logs |
| <b>Spice:</b>                |   |                                   |   |
| Salt Grass                   | vitamin C<br>good fiber                   | raw or<br>candy rocks             | mostly in flat Alkali fields                    |
| Sour berries<br>3 leaf sumac | high in vitamin C,<br>good fiber          | laxative<br>& spice<br>raw, drink | open foothill area                              |

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| <b>Teas - Medicine:</b>    |                                  |                          |                                |
| Teas - Mint                | stress reducer                   | tea                      | foothills & mountains          |
| Joint Grass                | blood thinner                    |                          |                                |
| Lupine                     | blood thinner                    |                          |                                |
| Miniature Fern             | blood thinner                    |                          |                                |
| Wild Rose                  | rose hips -<br>high in vitamin C | raw                      | foothills                      |
| Wormwood                   | stress reducer<br>fever breaker  | tea<br>sun tea<br>boiled | valley / foothills / mountains |
| Yerba Santa<br>(Wild Plum) | blood thinner<br>flesh healer    | tea<br>soaked            | foothills                      |