

# NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH!

Join us as we honor the important contributions of indigenous peoples and celebrate their cultures, traditions, and histories.

## Take home a packet!

You'll learn about the Ancient Ancestors of present day Native Americans

Test your knowledge on Native crops and harvests

Learn about various Native dwellings across the Americas

Play fun activities and color

Test out a recipe using "The Three Sisters"

You'll even get to create your own totem pole!



Come visit the library to  
check out books by and  
about Native Americans of  
various tribes!

You can also log on to Mango  
Languages to learn  
Potawatomi or Cherokee  
FREE  
with your library card!



# Ancient Ancestors

Read the passage to learn about Ancient Indigenous Ancestors who lived in many regions across the Americas. Fill in the blanks with the word that fits from the Word Bank!

Thousands and thousands of years before \_\_\_\_\_' ships landed in the Bahamas, a different group of people discovered America. Ancient Native ancestors crossed a \_\_\_\_\_ from Asia to what is now Alaska. Almost \_\_\_\_\_ people were already living in North and \_\_\_\_\_ America before European explorers arrived in the 15<sup>th</sup> century!

The Arctic culture area was a cold, frozen desert. Present-day Alaska, Canada, and Greenland was home to the Inuit and the Aleut. The nomadic Inuit followed seals and \_\_\_\_\_ as they migrated.

The Southeast culture area, north of the Gulf of \_\_\_\_\_ was a humid and fertile land. Many Natives there were expert \_\_\_\_\_. They grew maize, beans, \_\_\_\_\_, tobacco and sunflower. The most familiar of the Southeastern Indigenous peoples are the Cherokee, Chickasaw, Choctaw, Creek and Seminole! In \_\_\_\_\_, the federal Indian Removal Act forced nearly 100,000 Indigenous people into "Indian Territory" so white settlers could have their land. The Cherokee called this deadly trek the \_\_\_\_\_.

## Word Bank

polar bears

land bridge

farmers

1830

Christopher Columbus'

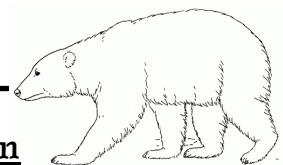
Mexico

South

50 million

Trail of Tears

squash



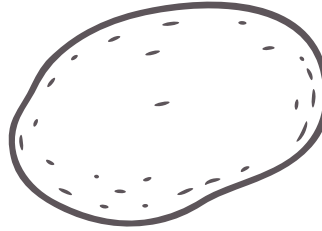
# NATIVE AMERICAN CROPS

November is Native American Heritage Month. For thousands of years, indigenous peoples celebrated the plentiful harvest season with dishes made from crops that we still get to eat today.

Can you name the indigenous fruits and vegetables below? Let's color them first!



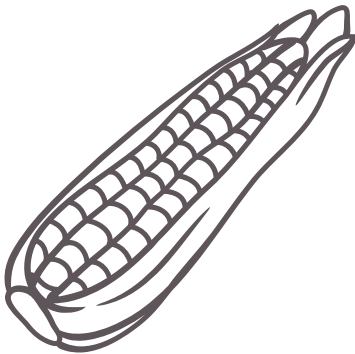
\_\_ u \_\_ k \_\_



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\_\_ v \_\_ c \_\_ o \_\_



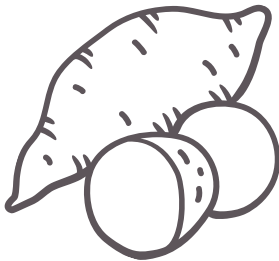
\_\_ o \_\_



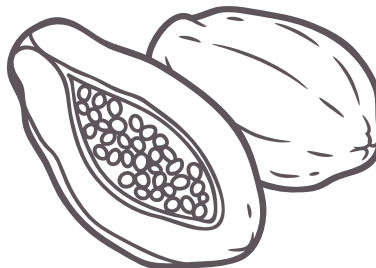
\_\_ p \_\_ r \_\_



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\_\_ w \_\_ t \_\_  
\_\_ t a \_\_



\_\_ p \_\_ a y \_\_



\_\_ c \_\_ o \_\_

# Ancient Ancestors pt. 2

The Natives of the Southwest area lived in desert areas in what is now Arizona, New Mexico, \_\_\_\_\_, Utah, Texas and Mexico! The Hopi, Zuni, Yaqui and the Yuma were farmers and many lived in permanent settlements, called \_\_\_\_\_, built of stone and adobe.

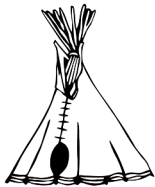
They looked like apartments! Other Southwestern Natives like the Apache or Navajo were more nomadic and lived in less permanent houses made of mud and bark. Their houses were called \_\_\_\_\_.

The California area had more people and diversity than any other culture area! About 100 different tribes and groups spoke more than \_\_\_\_\_ dialects! The Californian Natives organized themselves into small, family-based bands of hunter-gatherers known as \_\_\_\_\_.

The Northwest Coast culture area was so abundant in natural resources the Natives of the area were secure enough to build \_\_\_\_\_ villages that housed hundreds! The villages had a social structure. A person's status was determined by their closeness to the village's \_\_\_\_\_ and by the number of possessions they had, like blankets, shells, skins, and canoes.

The Plains Natives became more nomadic after white settlers brought \_\_\_\_\_ to the region in the 18<sup>th</sup> century. They frequently lived in cone-shaped dwellings covered in bison-skin called \_\_\_\_\_.

You may also know them for their elaborate feathered war bonnets!



## Word Bank



permanent

200

horses

Colorado

chief

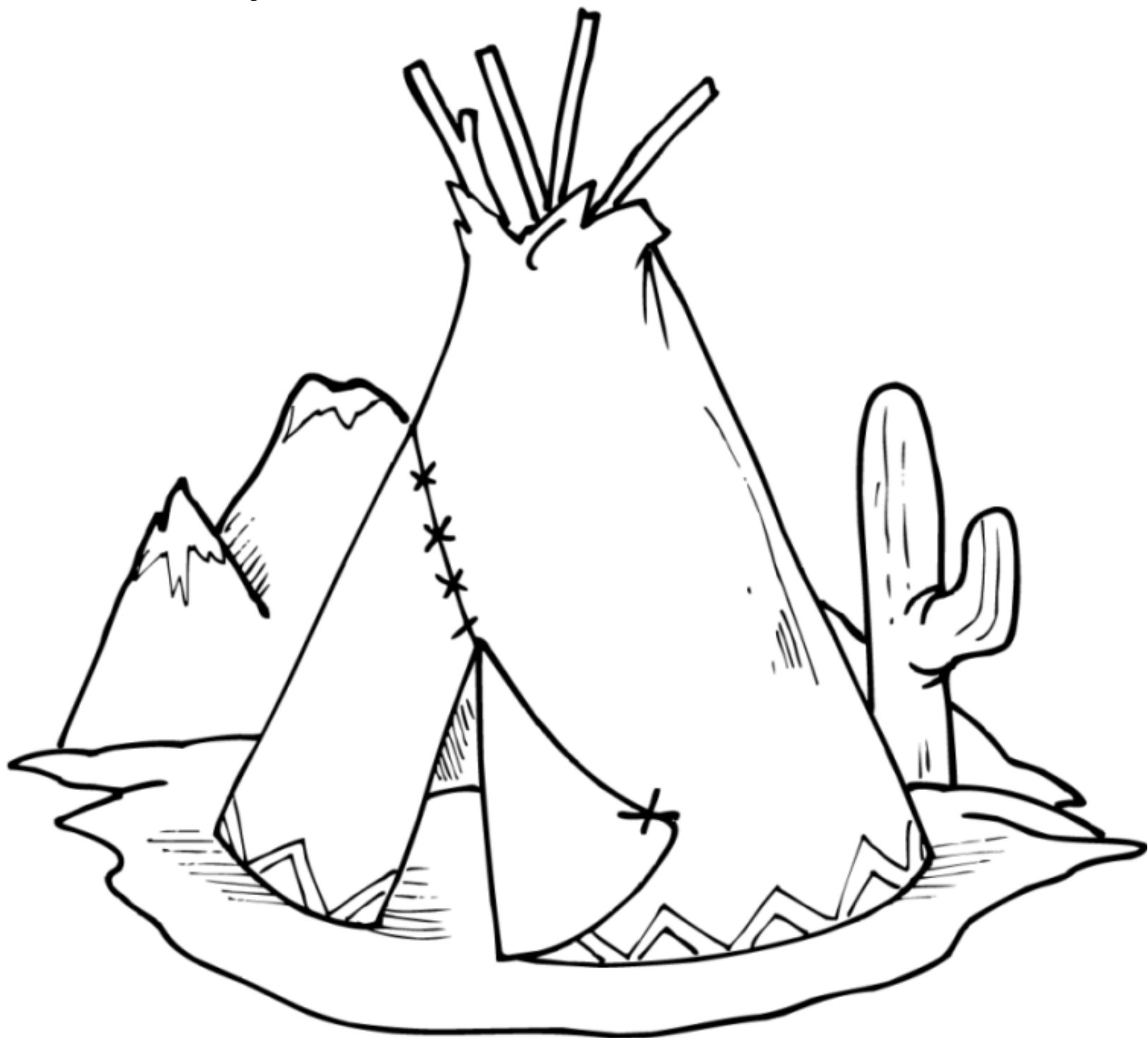
triblets

hogans

pueblos

teepees

# WHAT ARE TEEPEES?



Teepees or tipis are cone-shaped tents used by Native Americans, particularly those from the Great Plains. These houses were made of wooden poles, sheets of bark, and other materials found in nature.

# Create Your Own Totem Pole

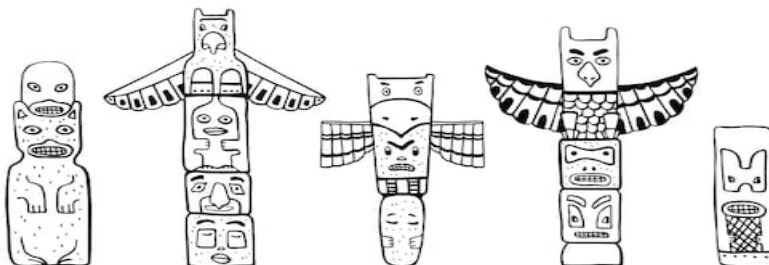
Totem poles are monuments created from red cedar wood by Native Americans, particularly those of the Pacific Northwest. They represent and commemorate ancestry, history, people, events, and even family legends! Often the animals or beings carved into the totem poles show a family's story or history.

**In the space below, design your own totem pole!**

What is important to you and your life? What makes up your personal or family history?

What would you want people to know about you when they see your totem pole?

Describe what you have created and what each element of your totem means to you!



# MAIZE MAZE

Did you know that corn was one of the most important crop of Native Americans? They called it maize, and it was part of their daily diet. They stored, preserved, and dried maize for their food supply. They also used cornhusks for weaving everyday items and making dolls!

Help the family join their community in celebrating the harvest season!  
Draw a line to guide them through the field and fill their baskets with maize.





## Three Sisters Soup

The “Three Sisters” is a vegetable medley of corn, squash and beans that are planted together so each plant can support and nourish each other. Traditionally, the vegetables were planted together in late May or early June. In the center of each dirt mound, several corn kernels were planted in a small circle. After the corn grew about a hand high, pole beans were planted in another circle in the mound, about 6 inches outside the corn. A week later, squash seeds were planted around the outer edge of the mound. The beans grew up the cornstalks, which were strong enough to hold the weight. The squash grew out and covered the ground, keeping out the weeds and keeping in the moisture.

These plants provided for each other, just as they provided for many native tribes.

### Ingredients:

- 4 lbs. winter squash
- 1/4 cup olive oil
- 2 small diced yellow onions
- 1/4 cup chopped garlic
- 2 tsps. dried thyme
- 1 tsp. ground black pepper
- 4 quarts vegetable stock (or water)
- 1 large bay leaf
- 1/2 cup white wine
- 1 lb. fresh or frozen corn kernels
- 4 cans cannellini beans
- 1 bunch sliced green onions



### Instructions:

Preheat your oven to 350 °F. Slice your squash in half and scoop out the seeds, then roast for about 40 minutes. Once the squash is soft, remove from the oven and allow it to cool. Once cool enough to handle, scrape out the flesh and blend until totally smooth (you can use a food processor or blender). Save the blended squash for later.

Using your olive oil, sauté onions in a large pot over medium heat until brown, then add garlic, thyme, and black pepper, stirring until the garlic turns brown as well.

Pour the stock into the pot and follow with the bay leaf, wine, and blended squash. Allow it to simmer for a few minutes. Add in the corn, beans, and green onions. Simmer for about 20 minutes before serving.