

First Foods



What are First Foods?

- These are traditional foods that the people of Grand Ronde ate since relocating to Grand Ronde and still eat today.
- They are foods that can be gathered around Oregon.
- Remember - These foods are only safe when prepared and cooked in the right way. Always talk to an adult before eating something that you gather!

Salmon

- Gathered from lakes and rivers
- Gathered using fishing poles and nets
- Can be cooked right away or dried/smoked to save for later





Berries

- Gathered from bushes and trees around the Reservation
- Women and children gather the berries and place them into baskets.
- Can be eaten right away, used in other recipes, or dried to save for later



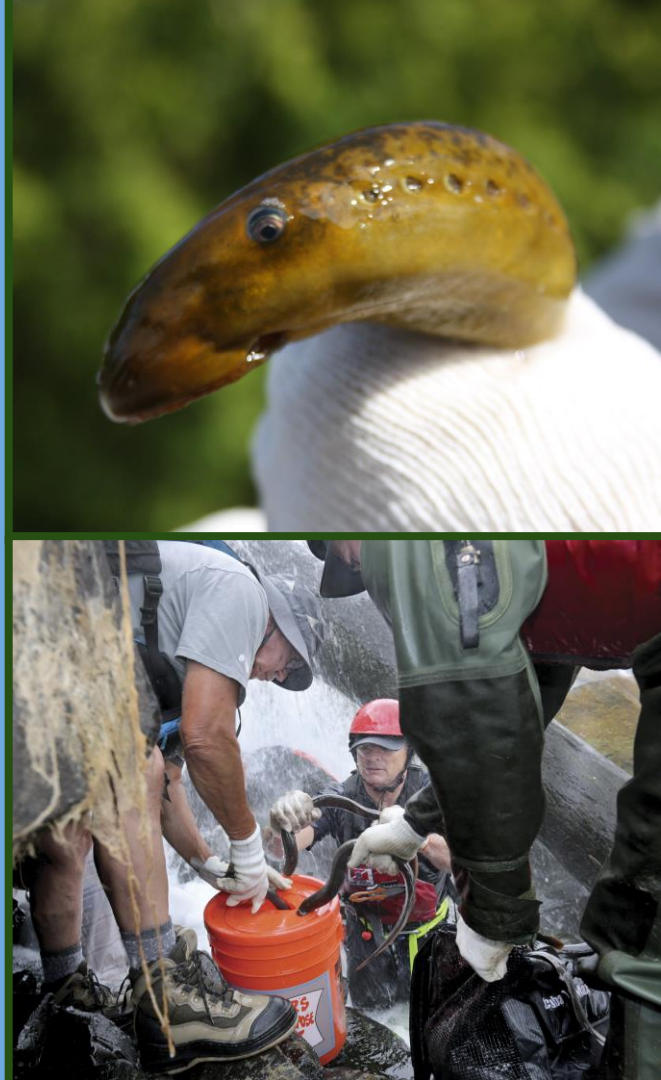
Deer & Elk

- Harvested from wooded areas and grasslands around Oregon
- Harvested using bows, arrows, and hunting rifles
- Can be cooked right away or dried/smoked to save for later



Lamprey

- Harvested from Willamette Falls and other areas
- Harvested by hand or by using a skak^hwəl-ik^hik-stik (traditional eeling stick with a hook)
- Can be cooked right away by roasting over the fire or dried/smoked to save for later



Harvesting lamprey at the Willamette Falls



Camas

- Harvested from wet prairie environments in the Willamette Valley
- Harvested using a camas digging stick made of wood and deer/elk antler
- Baked in an in-ground oven for 3-5 days, can be eaten right away or dried for later, and can also be mashed up into cakes.



