



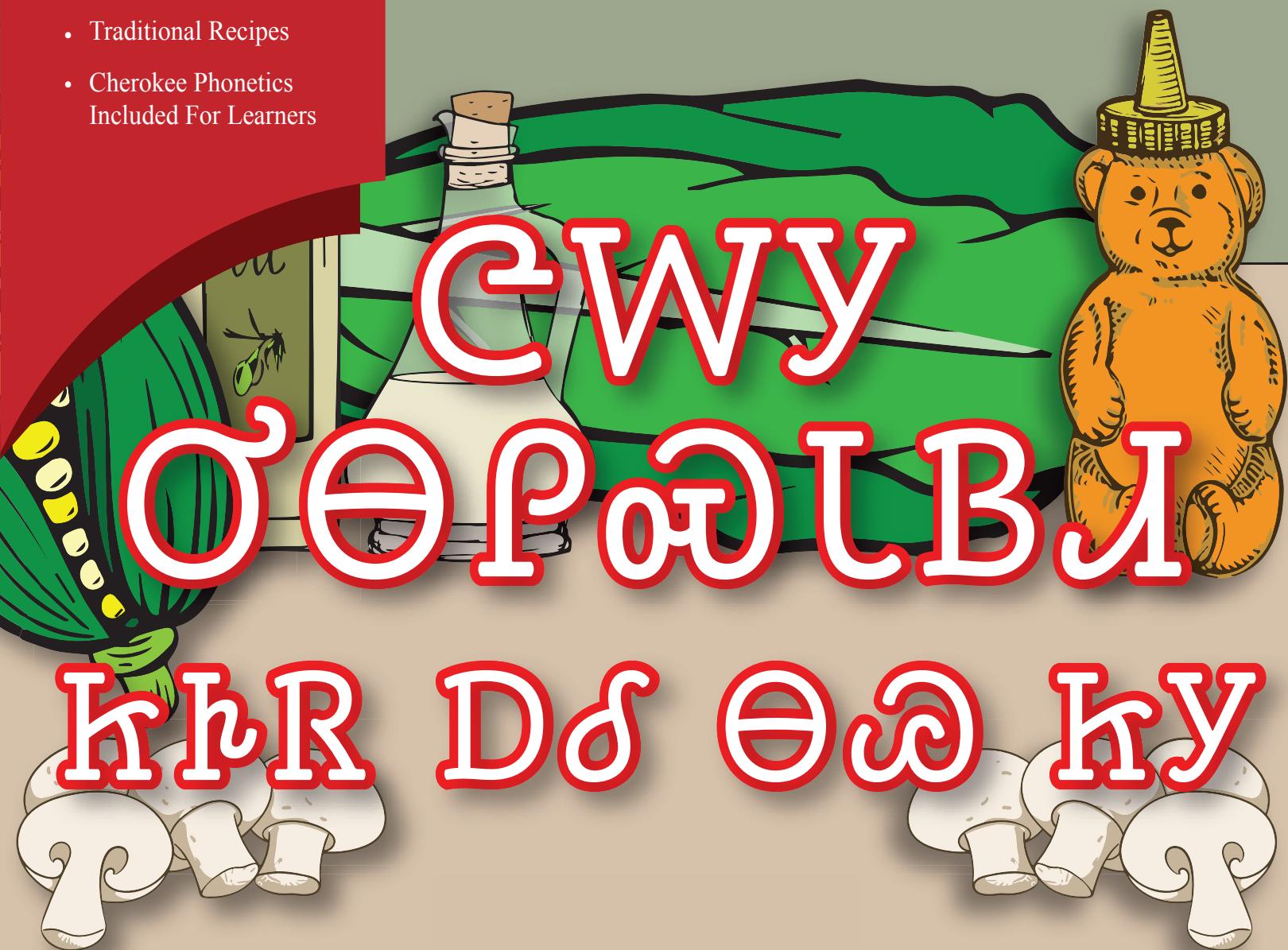
Cherokee Nation
Tribal Youth Council

- Coloring Pages
- Traditional Recipes
- Cherokee Phonetics Included For Learners

CWY
O'EPOLVLA

KhR Ds eelky

CHEROKEE FOODS
PAST AND PRESENT



The Cherokee Foods Past and Present, activity book was inspired by youth for youth in a Cherokee Nation partnership with Education Services, Language Department and Health Services. Cherokee Nation Public Health collaborated with the Cherokee Nation Tribal Youth Council to create a unique activity book featuring the Cherokee language. The activity book, is a combination of traditional Cherokee foods and ingredients used in both contemporary and traditional dishes.

The Cherokee Nation Public Health Program is committed to working in partnership with individuals, families and our communities to make positive changes that will lead to improvements in health and wellness. Engaging families and communities in Cherokee culture, language and traditional practices help serve as important protective factors that builds strength, resilience and supports a healthy lifestyles and healthy futures for this generation and generations to come.

A special WADO (thank you) to those contributing recipes to the book include 17 members of the 2019-2020 Cherokee Nation Tribal Youth Council; Watie Byrd, Makaya Crisp, Camerin Fite-James, Sydneigh Fourkiller, Teegan Fourkiller, Charlcie Gatewood, Adan Harbaugh, Baleigh Fite-James, Abigail Lowe, Lauryn Fields, Morgan McSpadden, Taylor Pearce, Daley Reynolds, Mackenzie Teehee, Chelbie Turtle, Madison Walters and Chloe Zickefoose.

Cherokee translations provided by Anna Sixkiller.

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TABLE OF CONTENTS:

Bean Ball.....	1
Brown Beans.....	3
Cherokee Bean Bread.....	5
Cherokee Bread Pudding.....	7
Corn Soup.....	9
Cornmeal Mush.....	11
Dirty Rice.....	13
Crawdads.....	15
Fried Hominy.....	17
Grape Dumplings.....	19
Hog Meat.....	21
Huckleberry Dumplings.....	23
Kanuchi.....	25
Sautéed Mushrooms.....	27
Three Sisters Salad.....	29
Venison Jerky.....	31
Wild Onions and Eggs.....	34
Syllabary Chart.....	36
Add Your Recipe.....	37

Bean Ball

SS S& A&T AJO~T

Gadu Tuya Disuya Digunvi

D&BO~&J:

- O&W& D&B&V&J &P O&hRT S& O&A& O&S& S&A.
- W& O&R&J& &P 4M TH.
- D&C O&J& JV& F&
- O&W& D&B&V&J &P O&B& D&
- O&W& D&B&V&J &P D& DPC&U

TEJ APJ:

D&BO~&J 4M TH D& JV&B& F& O&J&U &C&E&I&, JK&h D& Th&L&C&J. O&J& O&O~&J& T&C&J
JV&T O&W& JV& EV& S& O&F& D& S& O&Th&G&C&J D& C&F&L h&S& &C&S& G&J&F& Z&D
K&h C&V& Th&C&J JV& &I&L&J T&G&J S&F&T& J&E& D& D& O&J&L&S D&C&J Th&C&J Th&U
T&J&C&J JV& D&J&R&&E T&A&S. K&A T&G&W&L&W&O~ T&A&S O&Th&P&C&J. Th&UZ G&O~&T&B&V&U JV&C&J,
&Th&AT JV&SC&J D& D&J. O&S&L&A&B O&F& D&J&W&J h&S&P &P4&h D&F&B&J D& O&S&Th&J& T&E&L&A
C&Z&4&H&T.

Asuyvnvhvsdi:

- Utana adasdayvdodi kali unvnisvi tuya ugoda ugama ganehi
- Tali ulisquida kali selu isa
- Ayetli usdi didodi soda
- Utana adasdayvdodi kali uyvtlo ama
- Utana adasdayvdodi kali ama alitlisgi

Igvdi Gotlvdi:

Asuyenvhvhsdi selu isa ale disuyvda soda nvsgi yitsasquada, ditsoyeni ama winiditsvdi. Usdi unvwedi itsvdi sugedii utana didodi gvdodi tuya ugama ale tuya unatsuya watlisdi ale tsasuyedi nigada osda yudisuyehi noquu tsoyeni tsvdodi witsalesdi sugedi squatlesdi iyusdi gasoqualv idigvdi ale ama uditlega atlidi widitsalodi nasgi iditsvda sugeda adisvhvsgv igohida. Tsosgo iyutawostanv igohida unalitlidi. Nasgino yunvnasi telidogi digalodi, hawiya goi disdutlisdi ale ama. Udanehiyy ugama aditasdi yoduli kalisetsi asuyvdi ale uganasdi igvnehi tsanosehoi.

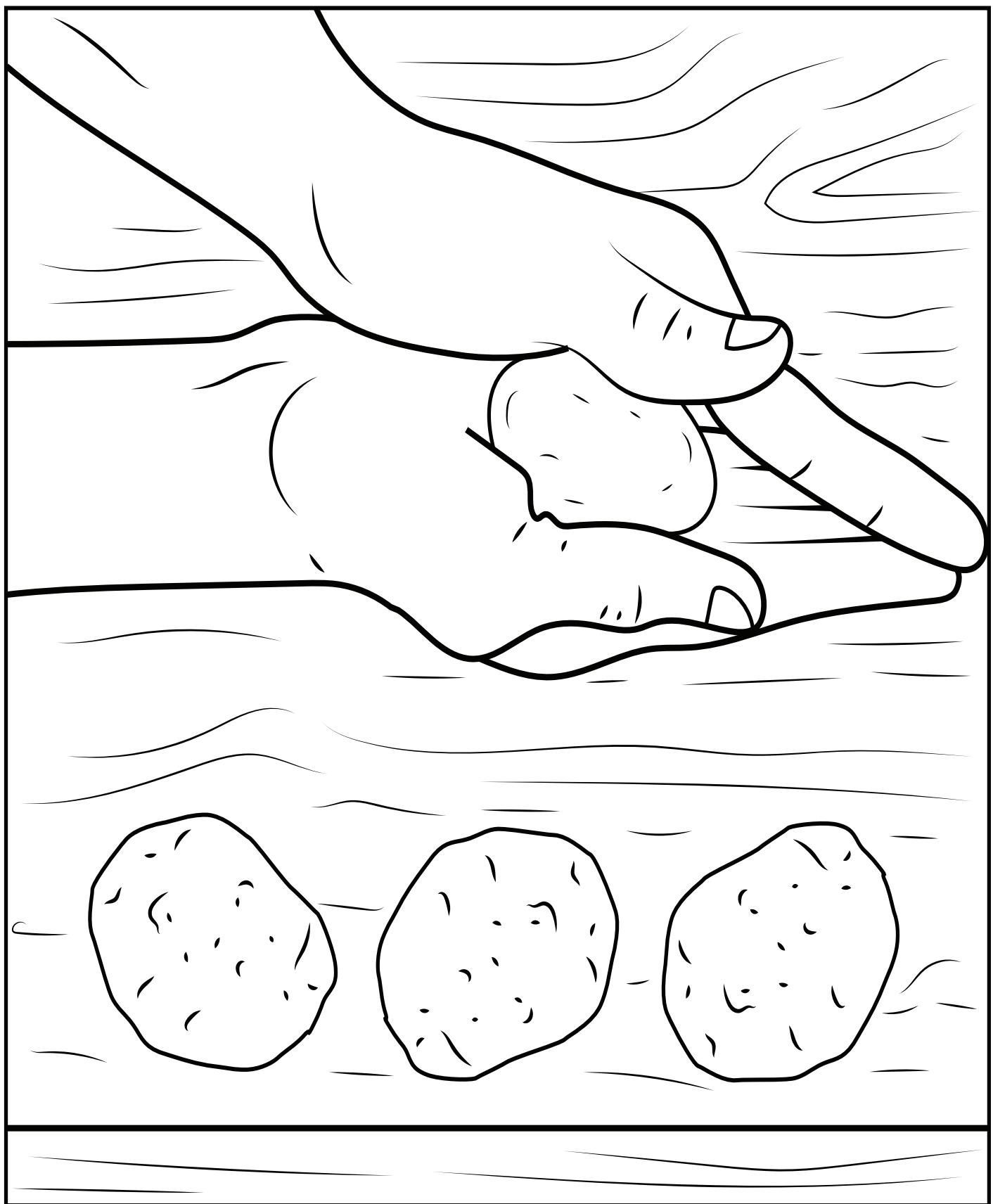
Ingredients:

- Large pot of pinto beans (with lots of soup)
- 2 c. cornmeal
- $\frac{1}{2}$ tsp. baking soda
- Large bowl of cold water
- Large pot of boiling water

Directions:

Mix cornmeal with baking soda. Make a small well in the cornmeal mixture. Pour a ladle full of bean soup with a little beans into the cornmeal mixture and form a ball. Try not to mash the beans while forming a ball. Drop the ball into the pot of boiling water, repeat until all the cornmeal has been used up. Let boil for approximately 30 minutes, stir to keep from sticking to the bottom, but do not break up the balls. Once the bean balls are done, remove the bean ball to a platter. Bacon grease can be poured over the bean ball and a little salt sprinkled over

the top depending on taste. The soup the bean balls were taken from can be used as a drink by pouring in a cup and adding a little sweetener to it.



Brown Beans

ଓହତାର୍ ସନ୍ଦର୍ଭ Uniwodige Tuya

Dିକ୍ଷାବୋନ୍ଦର୍ମାଳା:

- ସର୍ବ ପାଇଁ ଓହତାର୍ ସନ୍ଦର୍ଭ
- ମାଲୁ ପାଇଁ ଦଶ
- ପାଇଁ ହାମ କାନ୍ଦା ଏକାବଥ ଅଟଇ (ham)
- ପାଇଁ ଗୋଟିଏ ଦିକ୍ଷାବୋନ୍ଦର୍ମାଳା
- ପାଇଁ clove ZGC
- Lite salt Dose ଆମାର

ତଥା ପାଇଁ:

1. ଦିକ୍ଷାବୋନ୍ଦର୍ମାଳା ପାଇଁ ପାଇଁ କାନ୍ଦା ଏକାବଥ ଅଟଇ କରିବାକୁ ପାଇଁ।
2. ହାମ କ୍ରୋକ ପୋଟ୍ କ୍ରୋକ ପୋଟ୍
3. ଆମାର ପାଇଁ ପାଇଁ କାନ୍ଦା ଏକାବଥ ଅଟଇ କରିବାକୁ ପାଇଁ।

ଅନୁଷ୍ଠାନିକ ପାଇଁ:

- Tali ulisquida unikayodi tuya
- Hisgi ulisquida ama
- Nvgi digalvdalvdv galitsohida nudasuyvna hawiya (ham)
- Saquu galodv asuyanai damatli
- Saquu clove noyutli
- Lite ama ale diquayodi

Igvdi Gotlvdi:

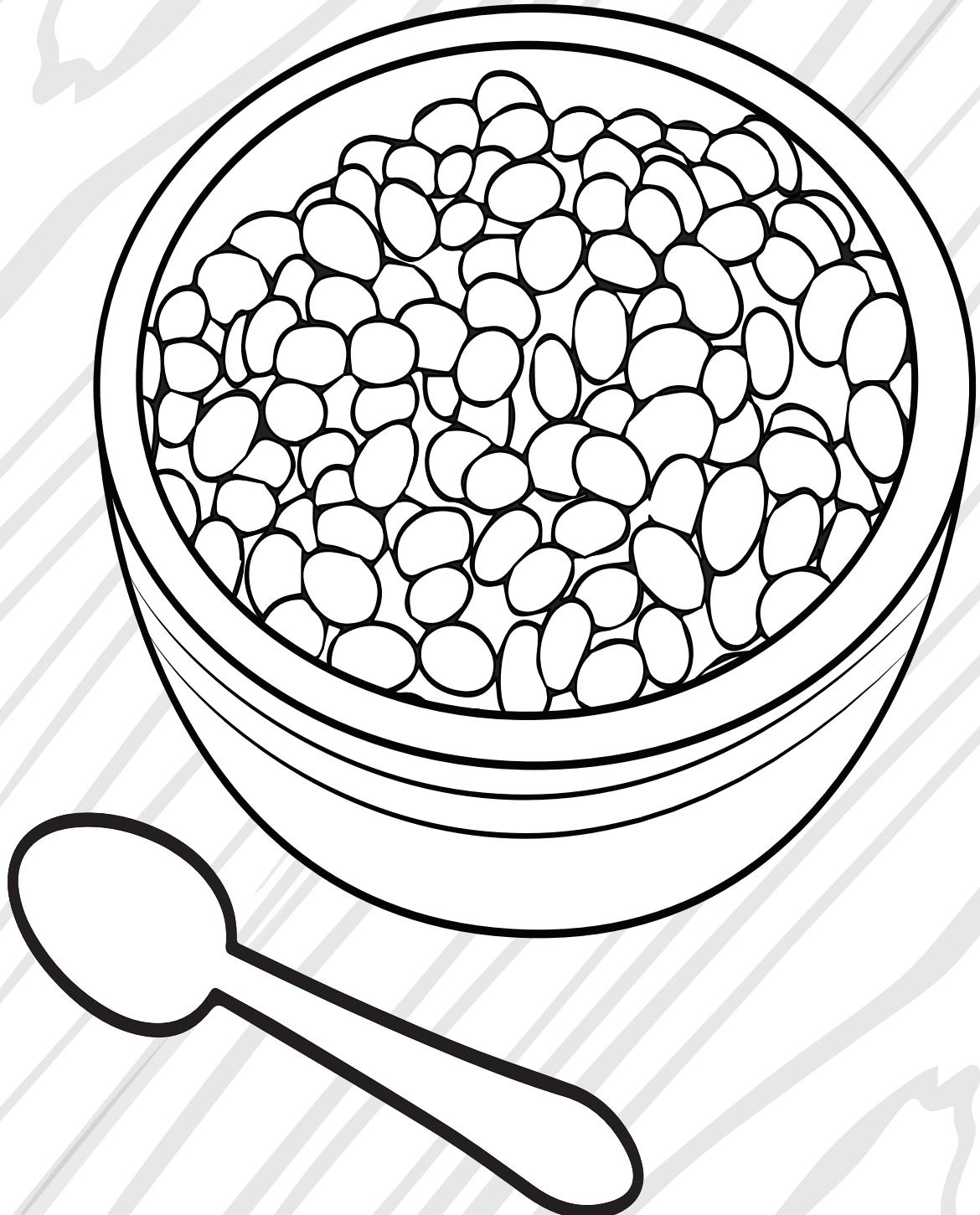
1. Asuyesdi udasuyanavi duyai ale diguhilosdi.
2. Nigada tsigoweli wigalodi crock pot.
3. Digvnisdodi nahnai ayetli ale ayetli uditlega nahna sudali ale tsunela iyutliloda igohida ale unvnasv yisvlistani detsalvquodvi.

Ingredients:

- 2 c. dry pinto beans
- 5 c. water
- 4 slices lean ham
- 1 can stewed tomatoes
- 1 clove garlic
- Lite salt and pepper to taste

Directions:

1. Rinse and sort beans.
2. Mix all ingredients in crock pot.
3. Cook in crock pot at medium to medium-high heat for 6-8 hours until desired consistency.



Cherokee Bean Bread GWI S^q M^gq SS Tsalagi Tuya Diyuya Gadu

DZBO-லோக:

- WR ଓରକ୍ଷଣ କାହିଁ D୦ ଓମ୍ବେ 4MTA
 - ଏକ ଓରକ୍ଷଣ ଲ୍ୟାନ୍ ଦକ୍ଷ
 - ଏକ ଓରକ୍ଷଣ ଲ୍ୟାନ୍ ଲାଖାଳ
 - YQVL ଓରକ୍ଷଣ ଲ୍ୟାନ୍ YSF ଲିନ୍ଗ (L D4)
 - WR ଓରକ୍ଷଣ ଲେହାଲ୍ଲାଓସ, ଓଫକ୍ ଡିଟ୍ରିବ୍ ସଙ୍ଗ
 - ଏକ DBC ଓରକ୍ଷଣ ଓପାର୍ଶ୍ଵ
 - WR ଜାମିକ୍ ଲାଖାଳ୍ଟ
 - WR ଓଫାଇ ଲ୍ୟାନ୍ ଅଥବା AT, D୦ AT (cooking oil)

ТЕЛАРЛТ:

1. ԱՏՀ DԵBVԼ ԹԵ 450 TGՎԼԸ
 2. ԹԾԸՆԼ ՎԹԿ ԱՏ ԹԵ ՇԱԱ ՏԵՎԼՆԼ ՏՎԸ ՕԳԵՑԱԼՏ, ԱՏՀ ԹԾԸՆԼ ԾԵBVԼ.
 3. ԹԾՅՎ ՏՐՎՅ, ՀՔՎԼ ԴԺ 4ՄԹՒ, ԴԺ ԴԺ ՀՔՎԸ.
 4. ՊԵՄ ՏՐՎՅ, ԱՀՔՎԼ ԺՋԻՌ ԴԺ ՕՊՎԵ
 5. ՀՔՎԼ ՕՊՎԵ ԺՐԸՆՈՎ ԹԾՅՎ Մ ԾՀ ԹԾԸՆԼ
 6. ԱՎՎԳՆԼ ՏՀ ԸՏԺ ԴԺ ԽՎԼ ԷԼ ԹԾԸՆԼ ՀԻՆ
 7. ՕԳԵՑԱԼ ՕԱԼԿ ԹԾԸՆԼ ԱՏՀ, ԹԾԸՆԸՆԼ ԺՐԸՆՈՎ ՕԳԵՑԱԼ ԴԺ ԷհԵՎԼ ՎՐԸՆԱ
TGՎԼԸՆՈՎ ԴԺ ՕԱԼԿ ՒՎՐԸՆՎԼ.

Asuyvnvhvsdi:

- tali ulisquida dalonige ale unega seluisa
 - saquu usdi didodi ama
 - saquu usdi didodi disuyvdi
 - ginudodi usdi didodi gigage diquayodi (tla ase)
 - tali ulisquida digvnistanv, ugama atsewv tuyu
 - saquu ayetli ulisquida unvda
 - tali tsuwetsi disuyehvi
 - tali utani didodi hawiya goi, ale goi (cooking oil)

Igvdi Gotlvdi:

1. Digadi ateyvdodi nahna 450 iyuditlag
 2. Witsatlisdi hawiya goi nahna sgohi isitadisdi igida uwatesadii, digadii witsalodi tsateyvdodi.
 3. Nasgino delidogi, tsasuyedi itsula seluisa, ama ale disuyvda.
 4. Nudale telidogi, ditsasuyedi tsuwetsi ale unvda
 5. Tsasuyedi unvda tsulistanyv nasgino isa tsalodi sugeda
 6. ditsatsewasdi tuyu ugama ale didodi gvdi witsalodi sugeda
 7. Uwatesadi uditlagi witsalodi digadii, witsasdutlisdi tsulistanyv uwatesadi ale gvnisdodi talisgo iyutawostanyv ale uwodige yinulisdodi.

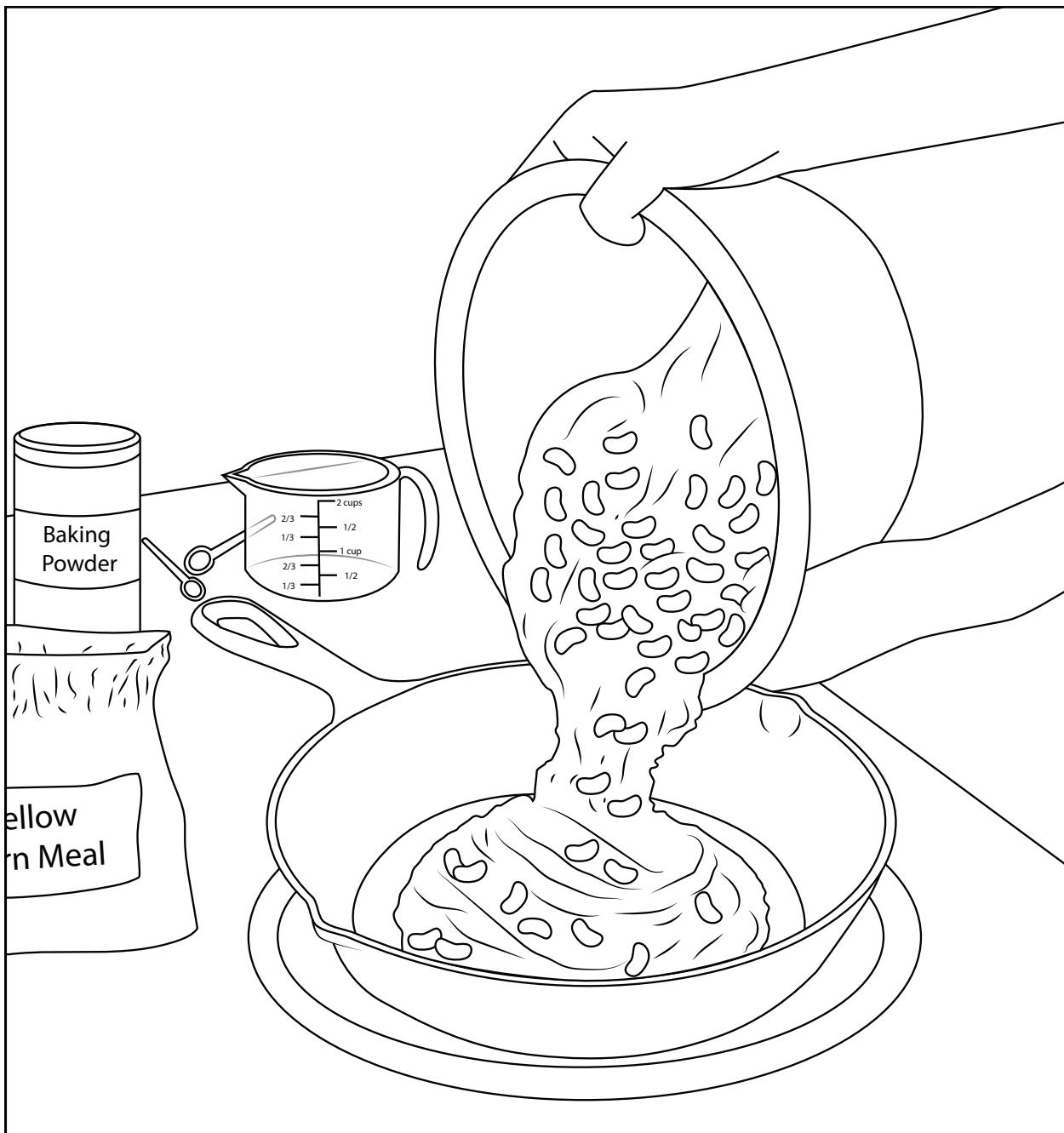
Ingredients:

- 2 c. yellow or white cornmeal
 - 1 tsp. salt
 - 1 tsp. baking powder

- $\frac{1}{4}$ tsp. red pepper (optional)
- 2 c. cooked, drained pinto beans
- 1 $\frac{1}{2}$ c. milk
- 2 eggs lightly beaten
- 2 TB. bacon drippings, or vegetable oil

Directions:

1. Preheat oven to 450° F.
2. Place bacon drippings or oil in 10" cast iron skillet or 9" pan, place in oven to heat.
3. In a medium size bowl, stir together cornmeal, salt and baking powder.
4. In a separate bowl, combine eggs and milk.
5. Stir wet mixture in dry mixture.
6. Drain beans and spoon into batter.
7. Remove hot pan from oven, pour batter in pan and bake for 20 minutes or until golden brown.



Cherokee Bread Pudding

CWY SS SSO~T

Tsalagi Gadu Gadunvi

D^zBO~T:

- W^r D^rP O^rl^rS, SS DE^rMB, O^rl^rSBWO~
- W^r D^rP O^rl^rS O^rO~S, D^rW^rO~
- M^r O^rl^rS APO~T
- D^rBC O^rl^rS GSP^r Molasses
- ^rLT D^r (salt)
- W^r J^rW^r, J^rW^rT
- M^r O^rW^r JVJ PGY APWO~ GSP^r

TEJ APJT:

D^rBVJ L^rSL Th^r 350 TGJLS. O^rl^r AT SO~P^rJ L^rSVJ T^rPV. GC^rl^r O^rO~S Th^r SS DE^rMB L^rSP^r H^rU D^r l^rA^r TGW^rl^rWO~ TA^r VT TG^rl^rVJ. DVVJ GSP^r, APO~, D^r D^r O^rG^rTH^rT. OC^rl^rSC^rl^r SS L^rSP D^r O^rV^rC^rl^r. ULCC^r J^rW^r SS D^rl^rTh^r L^rSP^r D^r G^rl^rPGY APWO~ GSP^r. GC^rl^r Th^r O^rO~M^r T^rPVYT. O^rl^rGC^r T^rPV Th^r D^r O^rJLY DC^rl^r EH^rl^rVJ M^r TGCC^r TA^r D^r S^rl^rA h^rR^r Th^r G^rl^rW^r T^rA^r.

*SS SSO~ EH^rl^rVJ O^rJLY D^r DC^rl^r Th^r O^rJPY h^rl^rl^rl^rE^r D^r J^rW^r O^rl^rl^rZP O^rO~h^rl^r, D^r h^rl^rl^rh SC^rl^r G^rl^rH. O^rJLY D^r EVJ DC^rl^rVJ O^rW^r D^rl^rl^rBVJ D^r Th^r SG^r AD SS. TGZ t^rl^rl^r h^rl^rE^rl^r, VT k^rl^rl^rl^r S^rl^rGO~RT h^rU.

Asuyvnvhvsdi:

- tali ayvli ulisquida, gadu agvhaluyv usdagayvtanv
- tali ayvli ulisquida unvda, ateyatanv
- saquu ulisquida gotlvnvi
- ayvtli ulisquida wadulisi molasses
- sdii ama (salt)
- tali tsuwetsi disuyehvi
- saquu utana didodi tlwagi gotlvtanv wadulisi

Igvdi Gotlvdi:

ateyvdodi digadi nahna 350 iyuditltlega. Usdi goi ganvliyvdi digadodi telido. Watlisdi gadu agvhaluyv digaylvi hisgi ale sgohi iyutawostanv igohida atlodiquu. Adododi wadulisi, gotlvnv, ale ama uwatesadii. Wasdutlisdi gadu digatlv ale udootlisdi. Tsuwetsi widigalodi gasu digatlv ale asuyedi watlisdi tlwagi gotlvtanv wadulisi. Watlisdi nahna telidogii. Wigalodi telidii nahna ama uditligi atlisdi ale gvnisdodi saquu iyutliloda igohida

*gadu gaduna gvnisdodi uditlegi amai atlisdv nahna uditlvgi nigalisdisgvna ale tsuwetsi usganoli unvnisdi, ale yidanagalen i gatsanuli yunvnisa. uditlvgi ama hia gvdodi atlisdodi utana adasdayvdodi ale nahna gagodi hia gado. Iyuno osda yinigvnelv, doi yalitelvhvgva uwanvsvi yigi.

Ingredients:

- 2 1/2 c. bread cubes, toasted
- 2 1/2 c. milk, scalded
- 1 c. butter

$\frac{1}{2}$ c. sorghum molasses

Dash of salt

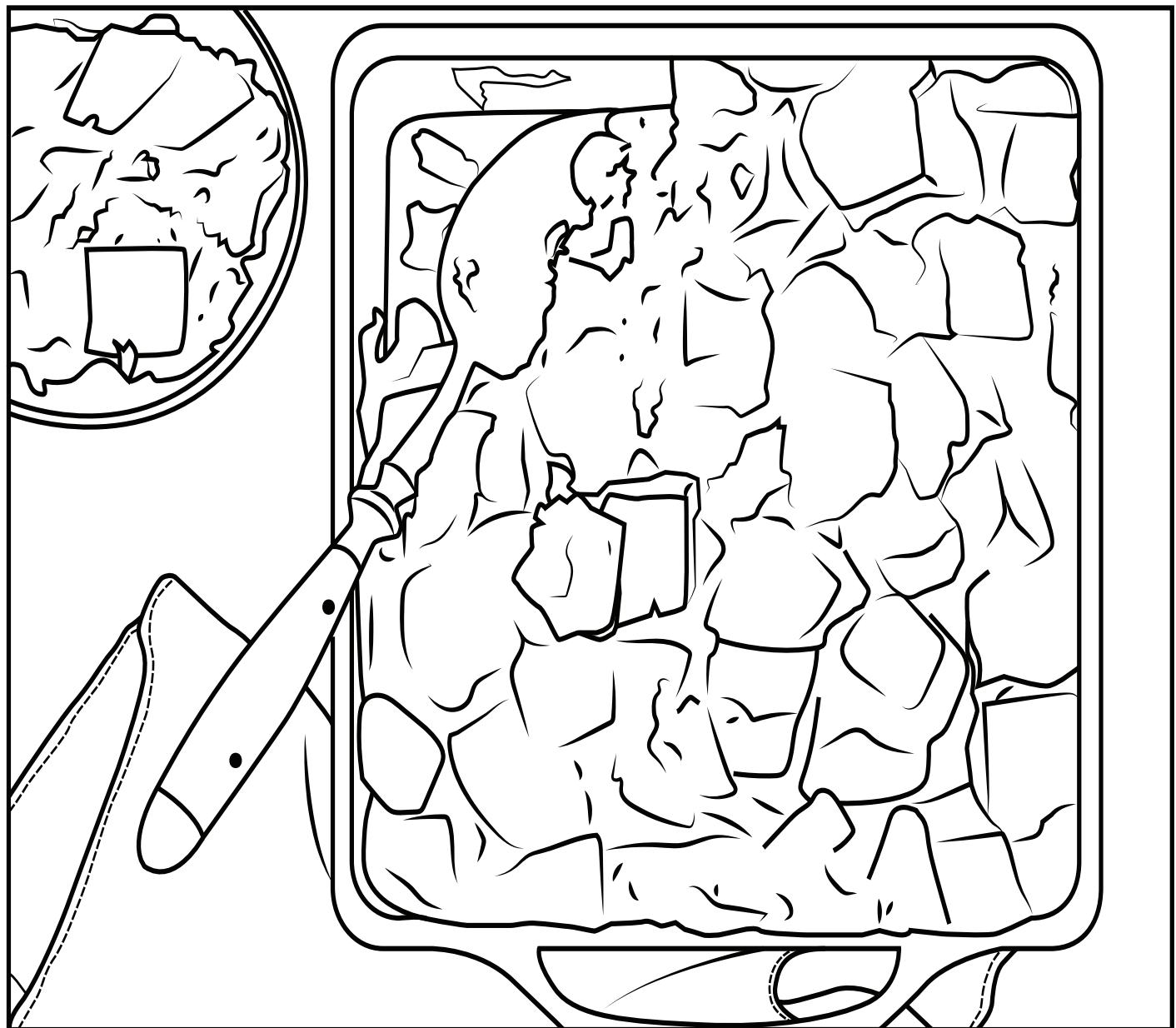
2 eggs beaten

1 TB. maple syrup

Directions:

Preheat oven to 350° F. Lightly grease a casserole dish. Pour milk over toasted bread cubes and let stand 5-10 minutes. Heat sorghum, butter, and salt in a saucepan. Pour over bread and allow it to cool. Add eggs to the bread mixture and stir in maple syrup. Pour in a casserole dish. Place casserole dish in a bath of hot water and bake for 1 hr. or until firm.

*Baked pudding is baked in hot water bath to insulate it from the direct heat of the oven and to keep the eggs from cooking too fast, which would cause them to separate. Use hot water from the tap and pour enough water into a roasting pan to reach halfway up the sides of the molds. When baked correctly, the pudding should tremble slightly when gently shaken.



Corn Soup Recipe

4M ଓଡ଼ିଆ APV ରୁ Selu Ugama Gotlvdodi

Dର୍ବାନୀରେଣ୍ଟ:

- ସମ୍ମରଣ କରିବାର ପାଇଁ ଶକ୍ତିଶାଲୀ ପରିପାଳନା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।
- ପରିପାଳନା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।
- ପରିପାଳନା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।
- ପରିପାଳନା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।

ତତ୍ତ୍ଵାବଳୀ:

ଦର୍ବାନୀରେଣ୍ଟ କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା । ଏହା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।

ଅନୁଷ୍ଠାନିକ ପରିପାଳନା:

- ପରିପାଳନା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।

Igvnvdi gotlvdii:

ଏହା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା । ଏହା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।

ଏହା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।

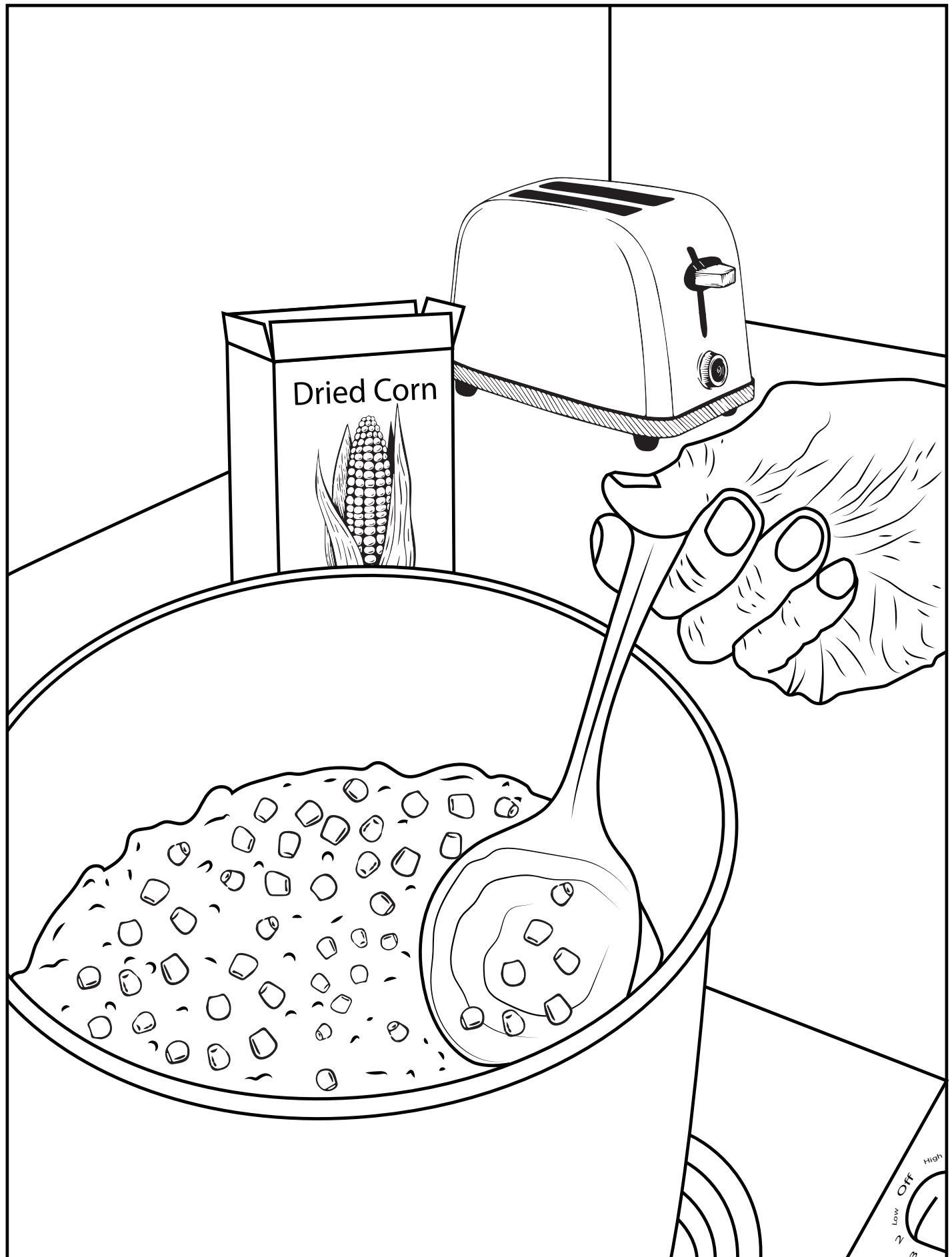
ମୂଳିକା:

- ପରିପାଳନା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।

କୌଣସି:

ଏହା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।

ଏହା କରିବାକୁ ପରିଚାରିତ ଆବଶ୍ୟକତା ହେଉଥିଲା ।



Cornmeal Mush

4M TH DO~ Selu Isa Anvsdi

DRBO~ :

- 4M TH
- D^o(water), H^o TEΛJT 4M TH, O^oY TEΛ^o D^o
- D^o (salt)

TEΛJT:

1. D^o DC^oVJ O^oGTEΛJT, JPL D^o D^oPPVJ.
2. ΘCGJ O^oWθ JVJ D^o D^oPC^oE D^oT.
3. TC^oΘS^o SS O^oUYP D^oPC^oY SST D^oA.
4. CY^oΛ^o S^oH C 4M TH Η^oΙ^oS^oJ K^oB^o D^o O^oΘ^oΛ^o iAP^oE EVJ JVJ Θ^oT K^oB^o.
5. Α^oΖ^oΒ^oΛ^o D^o, S^oH C^oΛ^o ΘCGJ 4M TRT.
6. Ι^oΚ^oΘ^oT^o AP^oE 4M TH, O^oΑ^oΗ^o Α^oΛ^oWh D^o Eh^oΛ^o Α^oΘ^oΛ^o D^oΘ^oΛ^o.
7. O^oΡ^oΛ^oI^oVO~ Α^oY, VT Α^oΛ^oIM^oΛ^o.
8. ΘCGJ Τ^oΡV^oYT D^o CY^oΛ^o.

Α^oCSP O^oJLY D^o O^oBP CY^oΛ^o O^oO^o D^oΖ^oBL^o, APO~, GSP^o D^o Θ^oP4I^o, D^o Α^oY Α^oΘ^oΛ^o D^oΖ^oΛ^o. O^oBL^o Α^oY R^oΛ^o D^oΛ^oΛ^oΛ^o D^o AT^o Eh^oΛ^oVJ.

Asvyvnvhvsdi:

- selu isa
- ama (water), saquu igvnedii selu isa, nvgi igvnely ama
- ama (salt)

Igvdii:

1. Ama atlisdodi uwatesadii, gutlvda ale ulitlvdodi.
2. witsalodi utana didodi kali ama (salt) nahna alitlisgv amai.
3. Itsvnadesdi gadu uwogitlv alitlisgi gadui amahi.
4. Tsagisdi gayotli selu isa saquagati tsoyeni ale uganasdi vgotlvsgv gvdodi nahna soi tsoyvni.
5. Asuyvdi ama, gayotliha witsalodi selu isa.
6. Nigayaiso hitlvsgv selu isa, uhageda yinulistani ale gvnisda yalehvsga anvsdii.
7. Ulisquadonv yigi, doi yidaqualuhvga.
8. Wetsalodi telidogii ale tsagisdi.

Yitsaduli uditlagi ale uyvtlv tsagisdi unvda asuyvda, gotlvnv, wadulisi ale kalisetsi, ale yigi hawiya ale asusdi. Uyvtla yigi eliquu astlvyasdi ale goihi gvnisdodi.

Ingredients:

Cornmeal

Water, One part cornmeal to four parts water

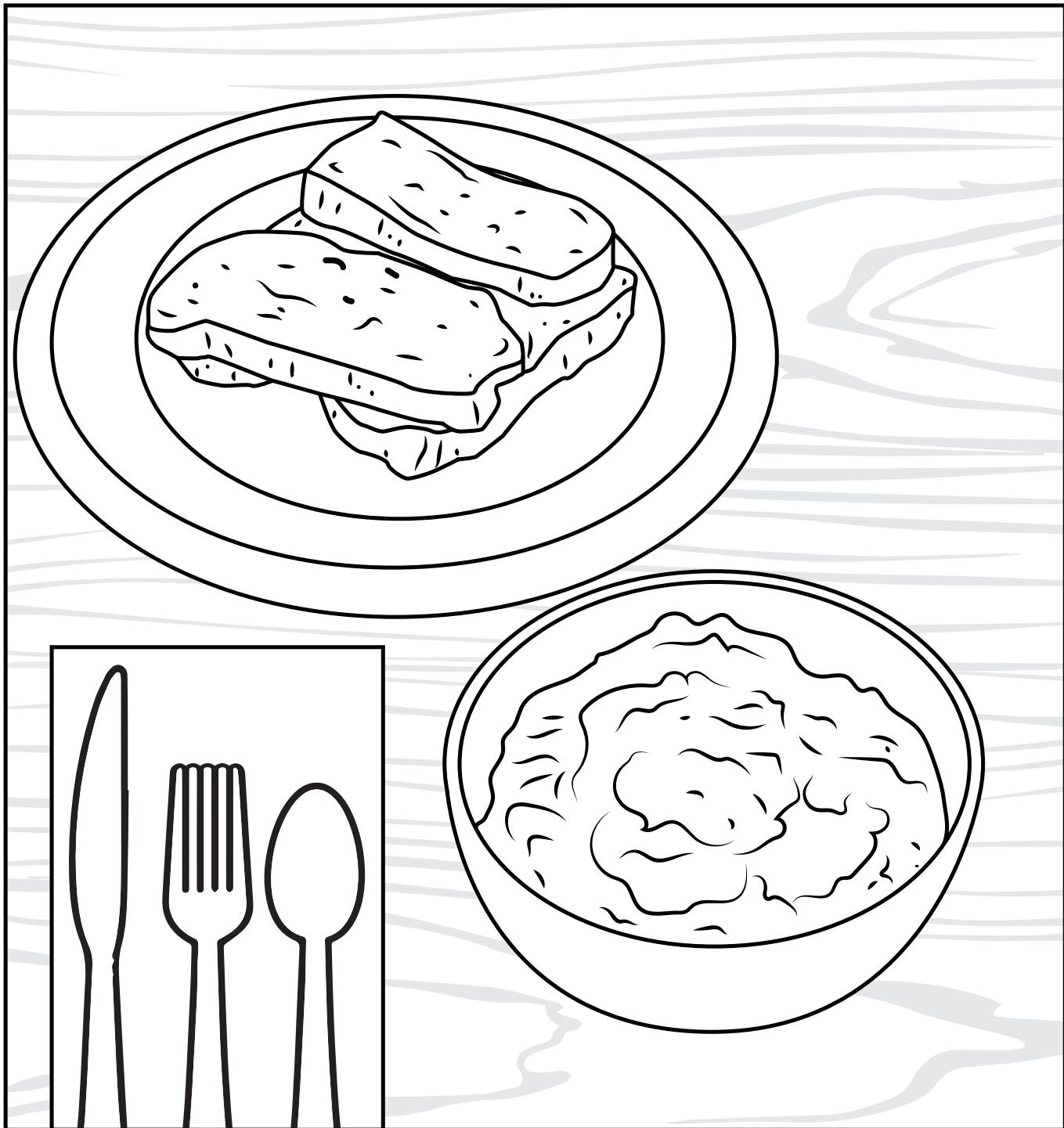
Salt (for taste)

Directions:

1. Pour water in a saucepan, cover and let it boil.
2. Add a tablespoon of salt to the boiling water.
3. Take off the light film on the top of the water.

4. Take a handful of cornmeal in one hand and a wooden spoon in the other.
5. While stirring the water around, slowly drop in the corn meal.
6. Continue to add the cornmeal, until it is thick enough that you can stir easily or until the stick will stand in it.
7. When it is sufficiently cooked, it will bubble or puff up.
8. Pour it into a bowl and enjoy.

You may eat this hot or cold, with milk, butter, syrup or sugar, or with meat and gravy. When cold it could be sliced and fried.



Crawdads

ԻռՈ՞Թ

Tsisdvna

DZBO~Ձևալ:

- WP TGԹՍԽԵ ԻռՈ՞Թ
- DԲC DԺ ԱՇ ՕՐՋՇԵ ԾՐ 4MTԲ
- AT (EVՀ ՄԵհԱԼՆԵ)
- DԺ DԺ ԱՌԱ ԱՇԲԵ

ՏԵՂ ԱՐԼԻ:

ԱՏՕ~ՏԸՆ ԻռՈ՞Թ ՏՀԱԼՈՎԱ ՁԲԸ ՊԱՐՄ ՏՀԵՄ ԻՇԻ ՖԱԿԻ ԶԵՐ ԹՏԻՄՈՎԱ. ԱՇ ԻՏԵ ՄՏԻՄՈՎԱ ՎԵՐ ՎԱՐՄ ԴԵՎԱՐ ԹԵ ԱԲՄՐ ԹԸԵՎԱԼՈՎԱ ՕՎԱԿԱԿ ԹԵ ԴԵՎԱՐ ԻՐՏ ԴԺ ՈԳՈ~ՄՈՎԱ ՔՎԱՅՎԵ ՏԱԱԼ. Այսուհետ ԹԱԿ ՏԼԵԼ ԻՏԵ ԾՐ ԾՐ ԱՇԲԵ ԶՇ ՕՎԵՄԱՐ ՈՎԵՎԱ, ՎԼԱՎ ՕՎԱԿԱԿ ՏԱԱԼ.

Ասույնիկանութեան պահանջման համար:

- Tali iyunadageda tsisdvna
- Ayetli ale saquu ulisquida kali seluisa
- Goi (gvdodi dvgvnisdisgvi)
- Ama ale diquayodi diyuyvda

Igydi Gotlvdi:

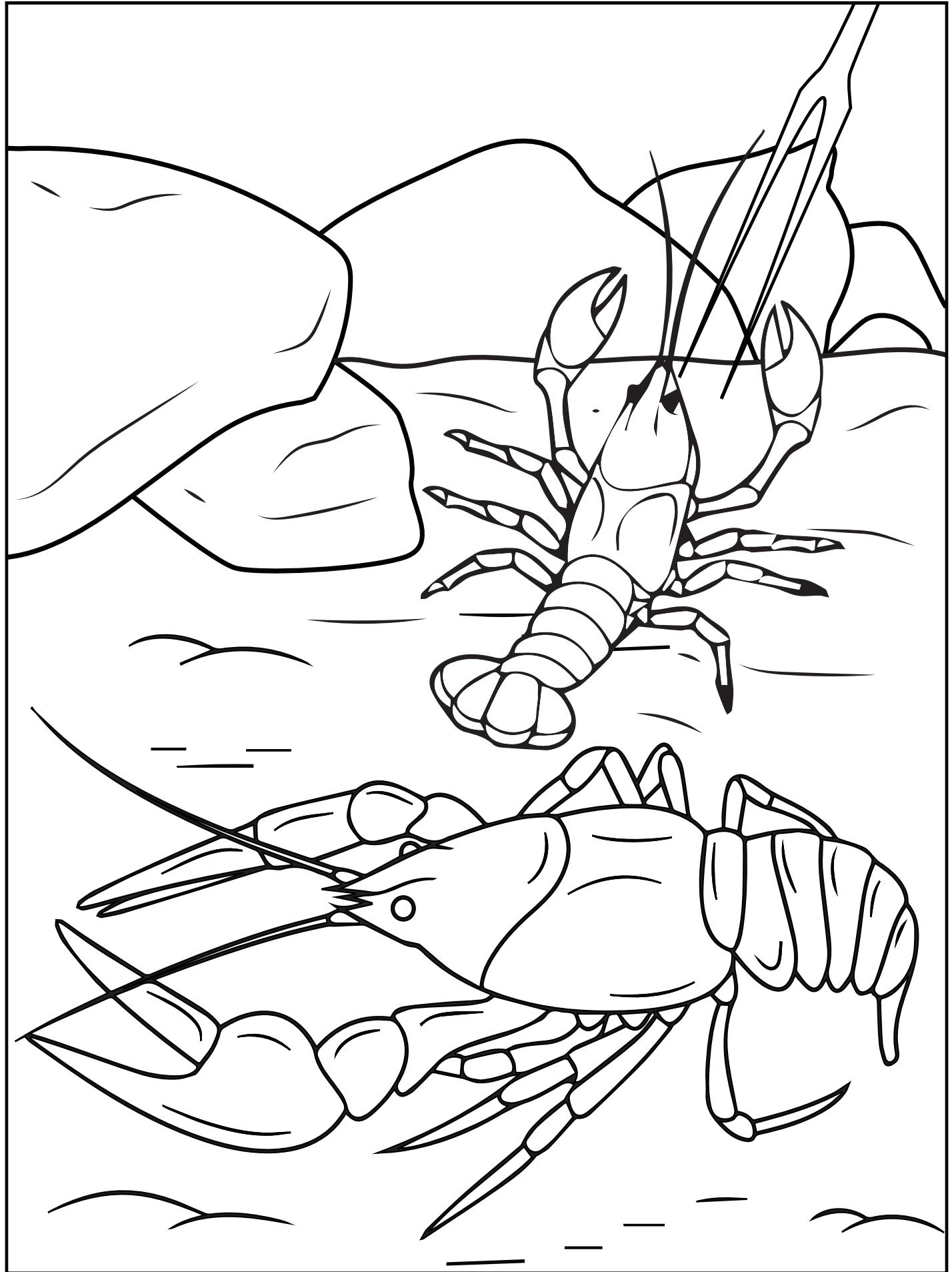
Diganvgalodi tsisdna ganisanesdi ayetli nusdv ganidadv yiganiyvhi ganutesasdi nole wiganisanesdi. Hia nigada dvganisanesgo hawini nusdvi. Noquule ganvsanesdi asgoli nahna hiyesadv witsasitadisdi yenuwanvdosi igohida. Ditsuhilosdi nasgi idigvdi nigada unadanvgalvda yinulistana igohida. Tsadododi goi, selu isa diganvliyedi ale ama disuyvda noquu uwatesadi widigalvdi, sdigida unisdagayvhida yinunalistana igohida.

Ingredients:

- 2 lbs. crawdads
- ½ - 1 c. cornmeal
- Oil (for cooking)
- Salt and pepper (to taste)

Directions:

Clean crawdads by pulling the middle section of the tail after twisting until loose then pull out carefully. This pulls the intestines out. Then pull the head off by putting finger under the shell and pull forward until the head comes off. Rinse. Do this until all the crawdads have been cleaned. Rinse again. Heat oil in skillet. Sprinkle crawdads with salt and cover with cornmeal. Then cook in skillet until browned slightly.



Dirty Rice ՖԵՆԻ ԱՐԻ Gadaha Diliqua

Recipe serves 8
ԱՐ ՃՈՒ ԹԻ ՕՒԿՈՎՈՒ.
gotlvdi tsunela yani unigisdi.

DԻՅԲՈՎԵԼ ԾԵԼ ԱՊԼԻ:

ԱՇ RY DEՎMB
ԱՇ TVGՈՎ ՕՏԹՈՎ ՕՒԿԻՎՏ
ՅՎԼ ՕՐՈՎՄՍ ԴԹԽՈՎ ~ Celery
ԷհՋՎԼ ԹԵ ՏԵՇԻ ՖՎՐՈՎՈՎ ՕՒ ՕՎԼԱ ՀԵՎՎՏ ԱՊՕՎՏ
ՉԸԸՆ ԾԵԼ ՇԽՋՎԼ ՎՏ ԸՎՏՏ ՏԳՎՈՎՈՎ:

ՎՐ ՕՐՈՎՄՍ ՀԵՀՈՎՈՎ ՄՔԸ (ԱՇ ՏԳՄԸ ՄՔԸ WMYԸ)

ՎՐ ՕՎԼԱ ԼՎԼ ԾՔ
1/8 ՕՎԼԱ ԼՎԼ ՀԻՒԼ
ԱՇ ՕՐՈՎՄՍ ԱՐԻ

ՀՁ ԹԸԸՆ ՕՎԼԿ ԱՐԻ ԻՏԵ ՕՏՏԸ ԴՎ/6 ՕԳՈՎՏ
ՕՎԼԿ ԴՎԸՆ. ՀԿԻՒԼ ՕՌՎՏ ՏԸ ԷհՋՈՎՈՎ bacon ՏԵՎՎԼ.

Asuyvnvhvsdi ale Igvdi Gotlvdi:

saquu svgi agvhaluyv
saquu itsvyusdi uganasdi unitsilvi
ginudi ulisquida akayotanv celery
gvnisdodi nahna dalonige yinulistana nvgi usdi digvhalvda gotlvnvi
witsalodi ale tsvnisdodi doi sgigadu iyutawostanv.

tali ulisquida digvnistanv damatli (saquu galodv damatli talugisgi)

tali usdi didodi ama

1/8 usdi didodi diquayodi

saquu ulisquida diliqua

noquu witsalodi uditlegi diliqua nigada ugama atsewu uwanvsvi.

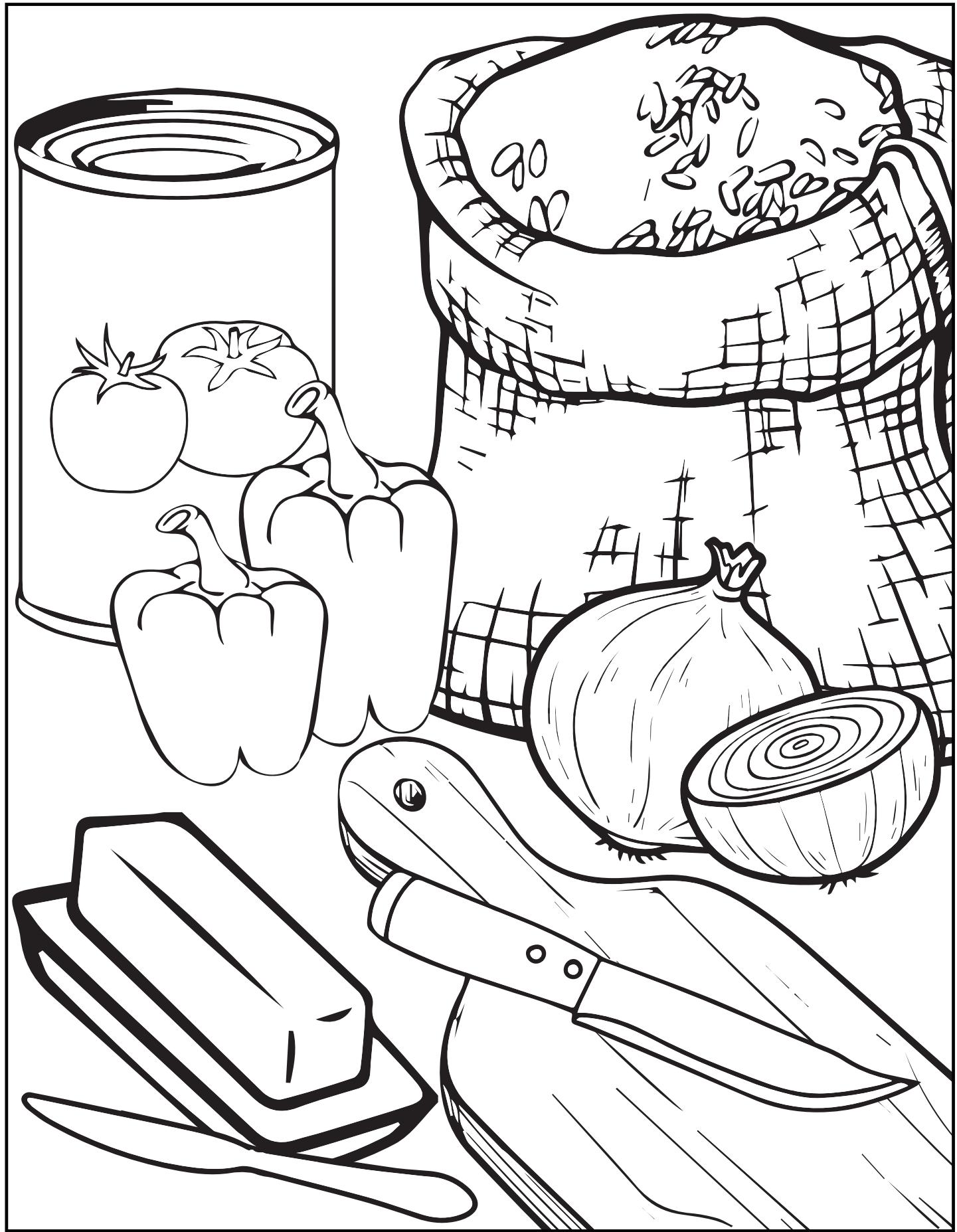
uditlegi agisdi. Ditsaquayodi unvda gadunvi ale gvnistanv bacon gadawododi.

Ingredients:

1 onion, chopped
1 green pepper, chopped
 $\frac{1}{4}$ c. dried celery
4 TB. hot butter
2 c. cooked tomatoes
2 tsp. salt
1/8 tsp. pepper
1 c. rice

Directions:

1. Add onion, pepper, and celery to a skillet or pan.
2. Add butter and cook slowly 15 minutes.
3. Gently stir in hot cooked drained rice
4. Serve hot. Sprinkled with grated cheese or crumbled crisp bacon.



Fried Hominy AT EH&VJ SZPΘ Goi Gvnisdodi Ganohena

DZBO-லை:

- WP ԱՏՎԱՎԵ ՄԹԾ DYՆԼ ԱԹԿ
 - WP ԾՐԸՑԵ EHԸWՕ SZPԹ DԾ ՄՃ 15 oz YԳՄ ԵՉԻ ԾՐԸՑ ՕՌԸ 4M
 - WP DԾ KT TV RY, DԾ ՏՀԸ TԹՒ RԹ RY DEՎMBT

ТЕЛАРЛТ:

ChəmlVJ Ətək Dər ChəmlM TAAŞ, RY GEƏM Ətək, Cəml Ətək Dər GələvJ. TB CƏL.
ƏCCJ RY Ətək Ətək ChəmlWOT GələvJ EHƏE, ƏLCCJ SZPƏT Dər O'Gəml AƏ TAAŞ SZWJ
O'TBRT, Zər RWJ TCJ AŞT. ƏCCJ Ətək Dər DYƏL. Ətək.

Asuyvnvhvsdi:

- Tali digalvdalvda sanale agisdi hawiya
 - Tali ulisquida gvnistanv ganohena ale saquu 15 oz gilodv daloniga ale unega selu
 - Tali ale tsoi itse svgi, ale gayotli inage ehi svgi agvhaluyvi

Igvdi Gotlvdii:

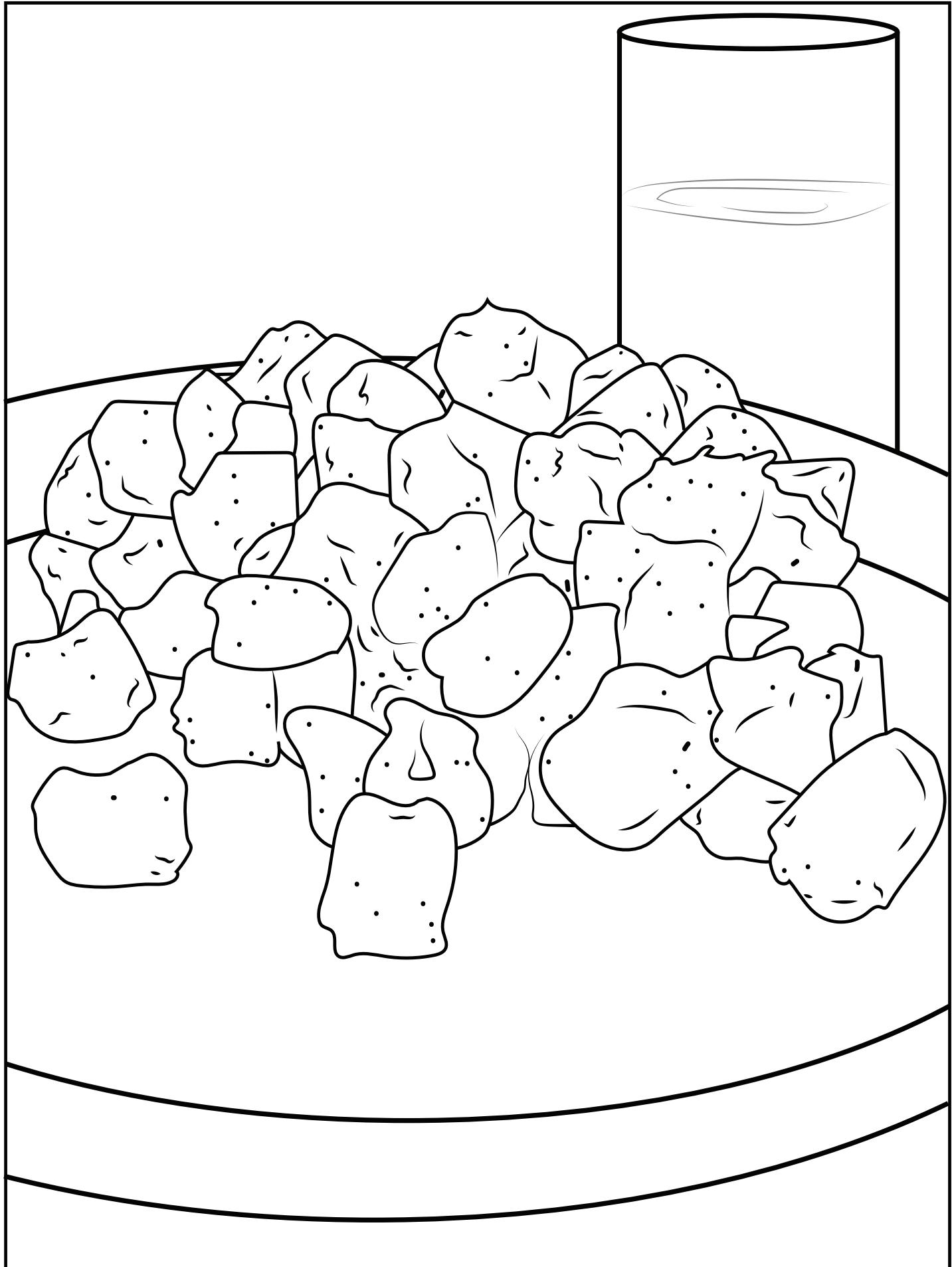
Tsvnisdodi hawiya ale tsvnisdv igohida, svgi tsagvhaluyasda, tsalesdi hawiya ale tsadawododi. Iyv tsatlodi. Witsalodi svgi nahna hawiya tsvnistanvi yulenvhi gvnisgv, widitsalodi ganohena ale uwanisdi kohi igohida galvladi uteyvsvi, noquu eladi itsvdi godvi. Witsalodi hawiya ale agisdi. Osda.

Ingredients:

- 2 strips of bacon
 - 2 c. cooked hominy or one 15 oz can yellow or white corn
 - 2 or 3 green onions (or handful of wild onions)

Directions:

Fry bacon while cutting green onions into small pieces. Remove and crumble the bacon, set aside. Add onions to drippings to cook. When the onions begin to sizzle, add hominy and cook for about 10 to 15 first on high heat, then on low. Add bacon back to the mixture and serve hot.



Grape Dumplings କୁଆର ମାଦାଟ Telvladi Digalvnvi

DZBO-କବିତା:

- WR ଓରଜ୍ଜିଟ୍ ଡାଇଲେଟ୍ ଟାଇପ୍ ଫିଲ୍ମ୍
 - DBC ଓରଜ୍ଜିଟ୍ ସର୍ପିଳ୍
 - WR ଓରଜ୍ଜିଟ୍ ନେଷ୍ଟ୍ରାଲ୍ ଓଫ୍ସିସ୍
 - ଏକ ଦୋଷ DBC ଓରଜ୍ଜିଟ୍ ଡାଇଲେଟ୍
 - ଏକ ଉପର୍ଯ୍ୟାନ୍ ଆର୍ଥିକ ଦୋଷ

ТЕЛАРЛТ:

Asuyvnvhvsdi:

- Tali ulisquida asuyanai isa galodvi
 - Ayetli ulisquida kalisetsi
 - Tali ulisquida telvladi ugama
 - Saquu ale ayetli ulisquida ama
 - Saquu usdi didodi ama

Igvdi Gotlvdii:

Nasgi adasdayvdodi tsadododi telvladi ugama ale kalisetsi tsasuyvdida hiino tsasuyedi asuyanai isa, ama, ale ama. Widitsalodi usdi didodi kali sugeda nahna uditlega telvladi ugama ale kalisetsinage asuyanai tsadodvi tsagasesdodi yalitliha (tlasdi ugodi tsihasuyehi). Tsanisdodi sgigadu iyutawostanvi.

Ingredients:

- 2 c. baking mix
 - ½ c. sugar
 - 2 c. grape juice
 - 1½ c. water
 - 1 tsp. salt

Directions:

In a medium saucepan heat grape juice and sugar mixture. Mix baking mix, salt, and water. Drop in teaspoon size dough to the hot grape juice and sugar mixture making sure juice is boiling (do not over stir). Cook approximately 15 minutes.



Hog Meat ὕπι οὐθέ Siqua Hawiya

small portion, serving 6 people
ՏԲԸ ՏՏ, ԿՐԹ ՀԱՅ ԿԻ ՕԹՐԸԵԼ
gayotliquu igai, yadvna sudali yanii unalisdavdi

DջՅօ՞ւթել:

- KT TGԵՒՆ ԵՒ ՈՒԹ ԴԵՎՄԲՏ
- Dջ (water)
- Dջ (salt)
- AT

Ուղարկում:

1. DԵԲՎԼ ՃՎՋ ՕՐԵԹԱ ԻՆ ՏՏ, 350 ԳԼԼ ՏԵԼ
2. AT - ԿՐԹ KT ՏԵՎԱԾ ՏՏ ՏԳՐԸԵՎ ՕՐԵԹՈՒՐ ՕՐԵՆ.
3. JԱՅԸԵԼ ՈՒԹ ՕՐՊ ԴՋ ԵՎԼ ՏԳԶ ԳհԵՏ.
4. Dջ (salt) - ԹՏԸ ՄԵ ԴԺ ԳԱՆ ԽՎԼ ԹՐՏ, ԳԱՆՀ ՖՇԸ ՈՒԹ ԵՎ Ի ԳԵԼ ԴՋ.
5. ԹՏԸ ՈՒԹ ՐՊ ՕՐԼ ԱՏ ԴԿԸՄ ՕՐԵԹԱԼՏ.
6. ԳԵՐՈՎ ԴՋՔԼ ՏՕ ԱՆ ԽՎԼ ԷԼ
7. EհՋՎԼ ԳհԻ ՖՎՐԸՈՎ ԴԺ ՕՐԱԼԻ ՖՎՐԸՈՎ ՕՐԵՀՐՏ.
8. DԼԱԲԸԵԼ, ԴԺ ՔՏ ՎՄԿՋ ԹՏՎԼ ԴԺ յՊԵ.
9. ԸՐՊՐԸԵԼ ԸՐԸԵՎԼՏ!

Ասույնիվսդի:

- tsoi iyudageda siqua hawiya agvhaluyvi
- ama (water)
- ama (salt)
- goi

Ասդարձածութեան:

1. ateyvdodi tsulasgi uwatesadi osi gadui, 350 yuditlegi igvdi
2. goi - yadvna tsoi isitadisdi iga iyulisdodi uwanawosvi utlisdi.
3. guhilisdi hawiya uyvtlv ama gvdodi iyuno yunigvga.
4. ama (salt) - wigalodi saquu ale yugoda didodi kalii, yugodino yitsatlani hawiya siquu vtsalodi ama (salt).
5. wigalodi hawiya eli uditlegi goi atlisdvi uwatesadii.
6. yudaliha asuyedi ganvhida didodi gvdi
7. gvnisdodi wanige yinulistana ale uwodihei yenulistani uwanisvi.
8. atlahiyyvsdi, ale soi talugisgi wigalvdi ale gutlvda.
9. tsalihelisdi tsalisdayvdii!

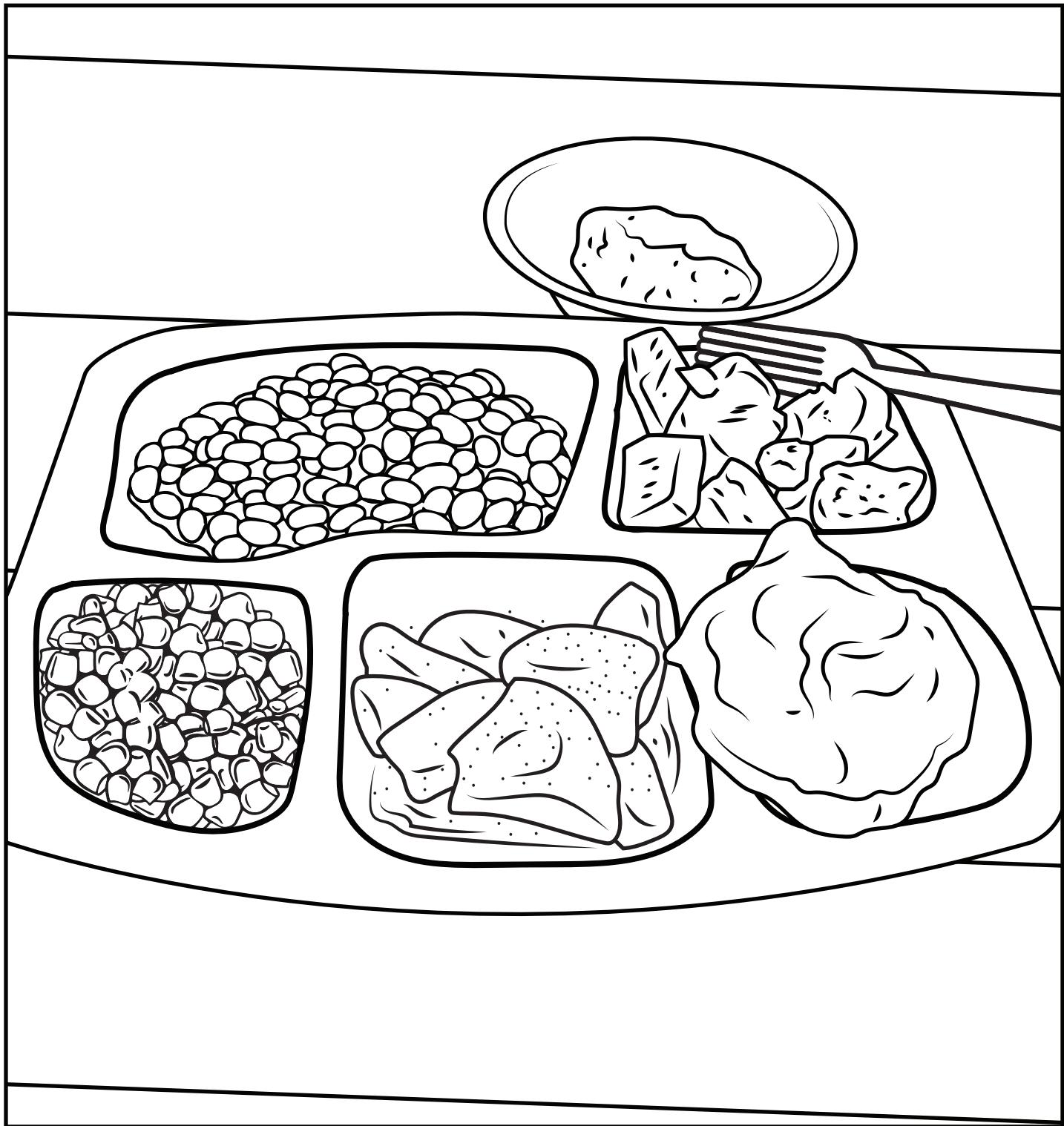
Ingredients :

- 3 lbs. Hog meat cubed
- Water
- Salt
- Lard

Steps:

1. Preheat cast iron pot or pan on a stovetop at 350°.
2. Lard - add 3 in. or more to bottom of pan/pot. Preheat.
3. Rinse meat in cold water if needed.

4. Salt - add 1 or more tablespoon to each pan. Repeat every time you add more meat.
5. Place meat in fairly hot lard/grease.
6. Stir occasionally with ladle.
7. Cook until it gets soft and brown in color.
8. Remove, then place in a container with cover.
9. Enjoy!



Huckleberry Dumplings

ଠିକ୍ ମାତ୍ରାଟ

Kawaya Digalvni

DZBO-லோக:

WPF qt. ഓസ്ക്

አዲስ የኩል ማኅበርና በንግድ

DBC Ds മുൻപാണ് ദിവസം തെളാ

WR ORକ୍ଷେତ୍ରାତ୍

WP Dσ KT qts. Dξ

DFC ወያን በፌዴራል

ТЕЛАРЛТ:

Asuyvnvhvsdi:

Tali qt. kawaya

Saquū ginudi' usdi didodi ama

Ayetli ale saquu ulisquida uganasdi igvnehi

Tali ulisquida isa

Tali ale tsoi qts. ama

Ayetli kali usdi didodi disuyvda

Igvdi Gotlvdi:

Usdi uwatesadi tsatlisdì ama, uganasdi igvnehi, kawaya ale tsvnisdodi yidaqualuhvsgì.

Agohilv vgvnisdodi sgigadu ale tsosgohi iyutawostanv ugodvi. Atlodiquu udootlisdi. Usdi telido witsalodi isa, ama ale disuyvda, noquuno witsatlisdi saquu ayetli ulisquida kawaya ugama.

Tsasuyedi isa nigada yudulistana (tla sdi | tsihilosvstanv hasuyesgvi) usdi didodi tsvdodi tsalesdi tsasuyehv sugeda witsalodi ugama tsatlisdv ale tsosgohi iyutawostanv ditsvnisdodi unvnisv, doi ditsasuyedi iyudalihai. Usdi telidogi digalidodi agisdino.

Ingredients:

2 qt. huckleberries

2 c. flour

$\frac{1}{4}$ tsp. salt

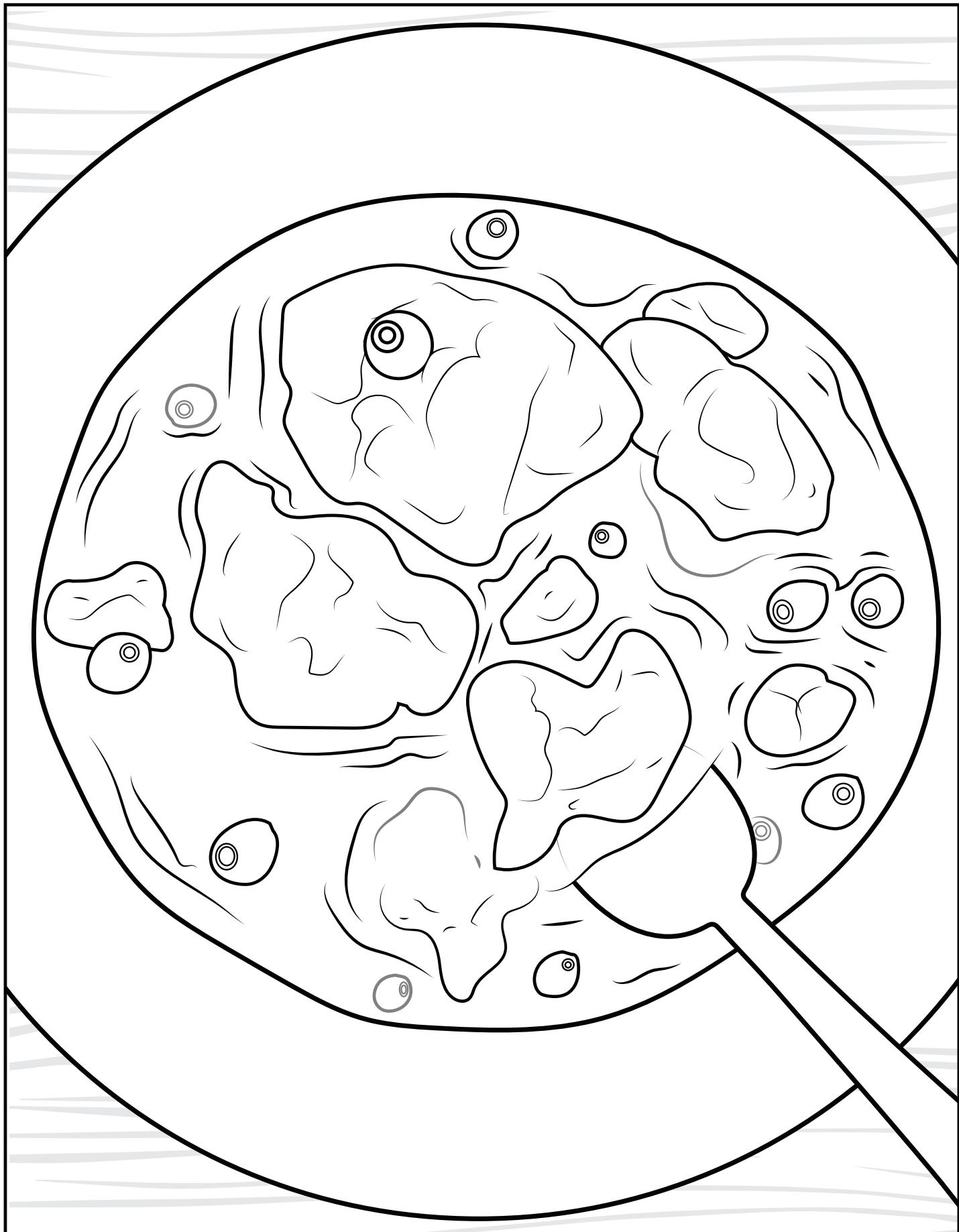
2 - 3 qts. water

$\frac{1}{2}$ - 1 c. sweetener

$\frac{1}{2}$ tsp. baking powder

Directions:

In a medium saucepan pour water, sweetener, huckleberries and cook to bubbling. Cook for 15-30 minutes longer. Set huckleberry juice to cool slightly. In a medium bowl mix flour, salt and baking powder, then add the 1 ½ cup berry juice. Stir until flour is thoroughly moistened (do not over stir). Drop by teaspoonfuls into pot and cook 30 minutes or until almost translucent around edges. Carefully stir occasionally.



Kanuchi STheta Ganatsi

DZBO~
WR O'Rulu~
WR qts.
Ach er O'Rulu~
Ach STheta
Ach O'Rulu~ Ds

EWHSL:
DseleBVJ O'Wθ
EJSL:
O'O~MΛ TpV

DokseomakVL:

1. ΘCCJL WR qts. Ds θek DseleBVJ O'SθeG kbt SST Dsλ.
2. Zd ΘCCJL WR O'Rulu~ ARI EhakVL Gθk ηvRakWθ TAAk.
3. FTZ, ΘCCJL DfP er O'Rulu~ O'JLS Ds O'O~MΛ TpVT.
4. ΘCCJL STheta Ds CzvPL YW hsl GSPakWθ.
5. FTZ, θayu dRakVL STheta Ds Ds, EJSL ΘCCJL KTv TGGAJ Ds O'akayu TS akAT.
6. Ad ΘCCJL θek ARI AGCemT.
7. kh akmxt Ach TdR O'Rulu~ ARI TSGL, Rpω O'A'm Ds ShCH ARI CGJL CJWak

Asuyvnvhvsdi:

tali ulisquidi kali diliqua
tali qts. ama.
saquu kali ulisquidi kalisetsi
saquu ganatsi
saquu ulisquida kalii uditlvga ama

Gvtanidasdi:

adasdayvdodi utanv
gvgusdi
unvwedi telido

Asdawadvsdodi:

1. witsatlisdi tali qts. ama nahna adasdayvdodi uganawa osii gadui atlodi.
2. nole witsalodi tali ulisquida diliqua gvnisdodi wanage yinulistana igohida.
3. soino, witsalodi ayvli kali ulisquida uditlega ama unvwedi telido.
4. witsalodi ganatsi ale tsasuyedi gila nigadi yudulistana.
5. soino, nasgina tsulistanv ganatsi ale ama gvjusdi witsalodi tsoiha iyuwagodi ale uyasgiquu iga yatiyai.
6. hia witsalodi nahna diliqua ditsalodvi.
7. oni yadvdii saquu ikali ulisquida kalisetsi wigalodi, eliquu ugody ale gayotlige kalisetsi tsalodi. tsaditasdi.

Ingredients:

2 c. of rice
2 qt. of water
1 c. of sugar
Kanuchi ball
1 c. of hot water

Utensils:

Pot
Sifter
Bowl

Steps:

1. Add 2 qt. of water to put on a warm stove.
2. Then add 2 c. of rice, cook until done.
3. Next, add ½ c. of hot water to bowl.

4. Add kanuchi ball and mix until it dissolves into the water.
5. Next, take the kanuchi ball and water mix and put through sifter about 3 times or until all the hard shells are out.
6. Then add this to the rice.
7. Add 1 c. of sugar to sweeten, add less or more depending on preference. Enjoy!



Sautéed Mushrooms AT JEħoħiWOr ॥ Goi Digvnistanv Dawoli

DIGVISTANV DAWOLI:

- WIP Oħrażiżi sejði, kieni għad-ding
- Baxx Oħrażiżi kieni għad-ding
- Yeqvin Oħrażiżi kieni għad-ding (L D4)
- Baxx Oħrażiżi kieni għad-ding

TEKLJU:

1. Jeħoħi dawoli sejði kieni għad-ding. Ix-xebha tħalli minn-hu.
2. Dibbiex tħalli Oħrażiżi, u tħalli Baxx Oħrażiżi kieni għad-ding. Ix-xebha tħalli minn-hu.
3. Tħalli dawoli sejði sejði kieni għad-ding 15 TGħidlu. Ix-xebha tħalli minn-hu.
4. Tħalli Oħrażiżi wine, TGħid luu ġidher, u tħalli dawoli sejði kieni għad-ding.
5. Ħalli Oħrażiżi kieni għad-ding. Ix-xebha tħalli minn-hu.

ASUYVNHSIDI:

- tla ulisquida kali dawoli, distlvuvi
- saquu utana didodi kali oliqua goi
- ginudodi usdi didodi kali ama (tla ase)
- saquu usdi didodi kali diquayodi

Igħnedi:

1. diganvgalvdi dawoli disquisdi nahna disquiyasdi yatena.
2. ayetli igida uwatesadi, witsalodi saquu utana didodi kali oliqua goi ale usdi godv tsateyvdodi.
3. widitsalvdi disquiyi dawoli ale digvnisdodi 15 iyutawostanv, disuyedi iyudaliha.
4. witsatlidi gigage wine, iyudi yitsaduliv, wigalosgy gigage aditasdi igohida.
5. tsatlasdi uditlega gesv ale diquayodi witsalodi ale ama yoduliha asuyvdi.

INGREDIENTS:

- 2 c. mushrooms, sliced
- 1 TB. olive oil
- ¼ tsp. lite salt (optional)
- 1 tsp. black pepper

STEPS:

1. Wash mushrooms and slice on cutting board.
2. In a medium skillet, add 1 TB. olive oil and heat on low heat.
3. Add sliced mushrooms and sauté about 15 minutes, stirring occasionally.
4. Add red wine, only if desired, cook to reduce.
5. Remove from heat, add pepper and salt to taste.



Three Sisters Salad

KT ՀՅԵՎԻ ՏՎ ՁԵՎՄԲՏ

Tsoi Dinadalvi Itse Agvhaluyvi

- Առ Ձք ՈՐ ՕՐԾՆԸ ԹՐ candy roaster ՇԻԵ, DEՎMBT (Զման յիշ յԵՎԼ yellow summer ՇԻԵ, Ձք butternut ՇԻԵ)
- ՁԲԸ ՕՐԾՆԸ DhEԹԻ Ձք ՕՒԾԼԻ ՏԿՏ, հՏՏ ՕՇՏ ԴՎԾՆԼ Ձք ԱՋԱԾՈԼ.
- ՁԲԸ ՕՐԾՆԸ DhՎT 4M (Ձք թման օրծն 4M, ՏՄ APՎԼ)
- ՅՎՎԼ ՕՐԾՆԸ ՍՖԻ RY, ԱՒԻ ԴՆԾԲՏ
- ՅՎՎԼ ՕՐԾՆԸ DEՎMBT TV basil
- KT ՕՐԾՆԸ ԹՐ ՏՎ ԸՏԾԵ ԿՄԹ romaine DAՆԼ ԾՎՆԼ Ձք spinach TV ՕՐԾԾՕՒ ՔԾԾՊԸ.

ՃՑԲԼ ԱԴ ՏՎՏ:

- ՈՐ ՕՎԹ ԽՎԼ balsamic յԹԿՆԼ
- ՁԲԸ ՏՏ Առ ՐՅ, Օ՛ՆԼ ՏԵԼՎ ՁԵՎՄԲՏ
- ՁԲԸ Օ՛ՆԼ ԽՎԼ ԸՏԾ
- ՅՎՎԼ ՕՐԾՆԸ olive AT
- ՁՔ Ձք ԱԻԽԼ ՐԲ ՏՏ ՕՌԾԸ ՔՎՐԾՈՒ

- DEՎMBT ՇԻԵ, ՏԻԾ ԾՆԾՆԼ olive AT Ձք հԵ ԱՏՀ ԹՏԸ Ետ 400 ՏԳԱԼ ՏԳՐԾՎԼ Ձք ԳհԻ ՔՎՐԾՈՒ ՏԱԲԵ, ԿՄԹ ՈՐԾԱ ՏԳՎՈՒԾՈՒ. ՔՏՄԵ ՕՎԻԾՆԼ.
- ԱՐԾՎԼ հՏՏ ՏՎ ԽԱԾՈՒ Ձք ԾՆԾՆԼ Թ ՃՑԲԼ.

Սիթե հՏՏ ՏԺՈՎՏ ԱԹՏ ԽԻՐՏ Օ՛ԲՊ ՏՀՊ ՁՔՆԸ ՁհԹՆԵՊՏ Ձք Ետ հԵՇԵՄԸ ՏՎիՏ ՁհԹՌՆԸ զՕ՛ՆԸ Օ՛ԶՄԳՐՊՏ Ձք ՉհՄ4ԾՏ ՁհԹՆԵՏ “KT ՀՅԵՎԻ” ԴԹՆԼ: 4M, ՏԿ, ՇԻԵ, ԼԹՐԾՆԾՐԾԱ յԹՐՄՆԼ. 4M ԾՆԾՐԾԱ Ետ ՏԿ ԱՒՐԾՆԼ Օ՛ՐՄՆԼ ՕՎ ԱՎ ՏՀՊ. ՏԿ ԱՒՐԾՆԼ ԹՆՍ ԻԵԼԻ nitrogen SVi. Ետ ՇԻԵ ԾՐԾԱ ԹՆՍ 4M ՕՎԵՏ Ձք ՏԿ ՕՎԵ ԾՆԾՐԾԱ Ետ ԱՐԾՆԼ Օ՛ՏԿՎԼ հԻՐԸ. Ետ KT ՀՅԵՎԻ ԱՐԾՈՒ հՏՏ ԹՆՍ ԱՐԾՈՒ ԻԵԼ ԾՐԾԵԲԼ Ձք ԾՐԾՈՒՆԱ ՏՎԻEE amino acids.

- Saquu ale tali ulisquida kali candy roaster quasi, agvhaluyvi (nolesquu disoi digvdodi yellow summer quasi, ale butternut quasi)
- Ayetli ulisquida anigvnage ale uniwodige tuyai, nigada ugama atsewasdi ale diguhilosdi.
- Ayetli ulisquida anitsei selu (ale nasquu ulisuvida selu, isa gotlvdodi)
- Ginudodi ulisquida gigage svgi, sagei astluyvi
- Ginudodi ulisquida agvhaluyvi itse basil
- Tsoi ulisquida kali itse tsadulisgv yadvna romaine agosdi agisdi ale spinach itse ulisdunvi yitsaduliha.

Asuyvdi itsei:

- Tali utana didodi balsamic tsunatsosdi
- Ayetli iga saquu svgi, usdi igvnely agvhaluyvi
- Ayetli usdi didodi wadulisi
- Ginudodi ulisquida olive goi
- ama ale diquayodi eli iga ulitsvi yinulistana

- agvhaluyv quasi, ayotli asdutlisdi olive goi ale osi digadi wigalodi nahna 400 iyuditle iyulisdodi ale wanige yinulistana igo'hida, yadvna talisgo iyutawostanai. yigalesi udootlisdi.
- dilisdodi nigada itse tsigowela ale witsasdtlisdi na asuyvdi.

Daniwisgv nigada itsulahai kohiga tsigesvi uyvtlv iditlv amayitli aninasdatvi ale nahna nidayudalenv dudovi aniwisvsga nunvnele unoluwadvhei ale nuniweselei aniwisgvi “tsoi anadalvi” awisdi: selu, tuyu, quasi, danalisdelisgo tsunadvhisdii. Selu asdelisgo nahna duya digedvsdi udvhisdi nvdo dikalv

iditlv. Tuya digedvsdi nasgi osda nigvneho nitrogen gadov. Nahna quasi advsgo nasgi selu uyegvi ale tuya uyegv asdelisgo nahna gohusdi udeyadodi nigesvna. Nahna tsoi dinadalvi dilistany nigada nasgi dilistany osda alisdayvdi ale advnvisdisgo iginigvgv amino acids.

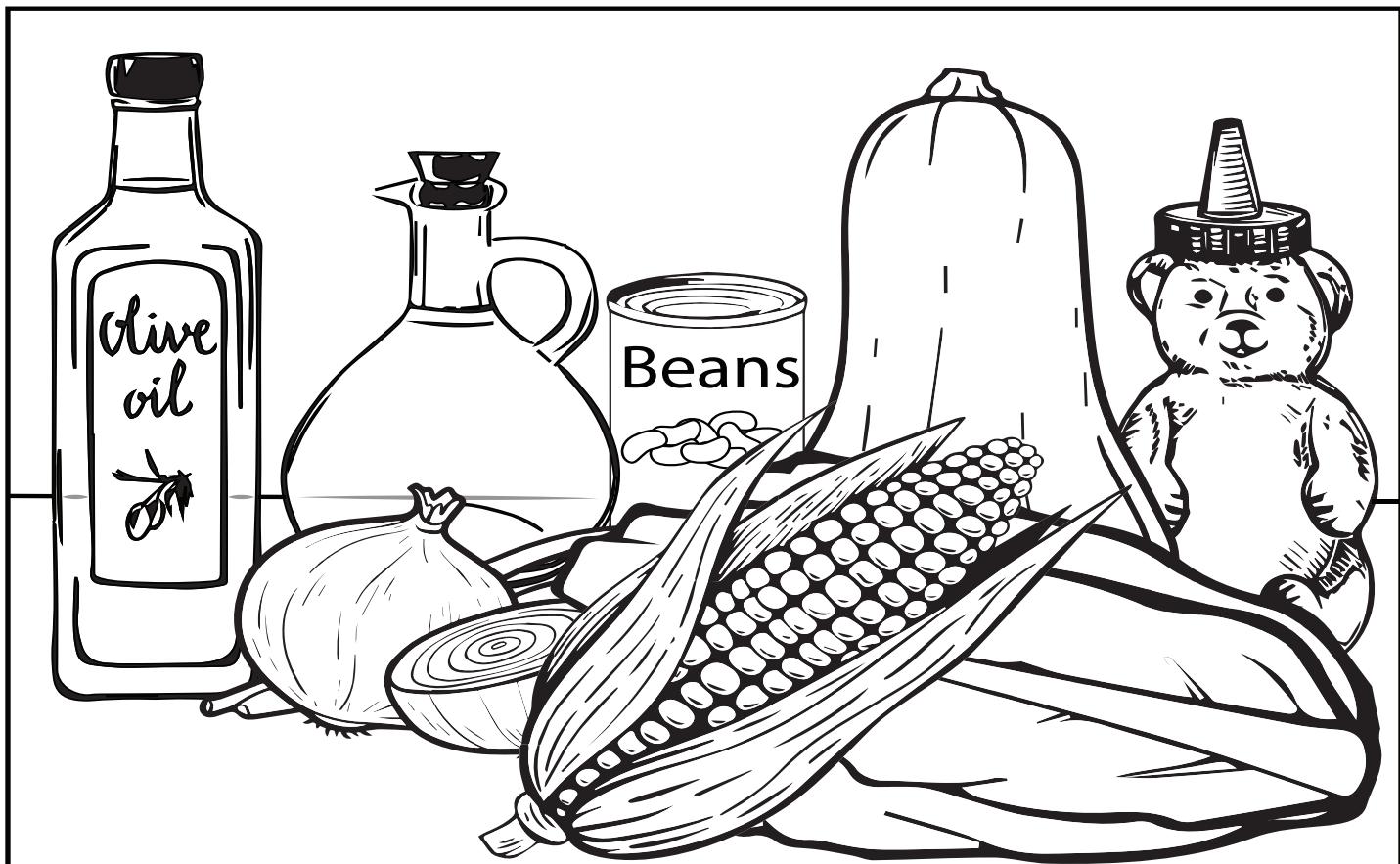
- 1-2 cups candy roaster squash, cubed (can use any type of squash such as yellow summer squash, butternut squash)
- 1/2 cup black/brown beans, drained and rinsed
- 1/2 cup fresh corn (can use Cherokee colored flour corn)
- 1/4 cup red onion, thinly sliced
- 1/4 cup chopped fresh basil
- 3 cups greens of your choice such as fresh romaine lettuce or spinach

Salad dressing:

- 2 TB. balsamic vinegar
- 1/2 green onion, minced
- 1/2 tsp. honey
- 1/4 c. olive oil
- salt and pepper to taste

1. Cube squash, toss with a drizzle of olive oil and bake on 400 degrees until tender, ~20 minutes. Let cool.
2. Combine salad ingredients and top with dressing.

Planted together by early North American tribes and getting its name from an agricultural technique called companion planting the “three sisters” crops: corn, beans, squash, help one another grow. The corn helps support the pole beans grow up towards the sun. The pole bean is a bean that fixes nitrogen in the soil. The squash grows around the corn and bean plant protecting them from predators. The three sisters combined together is a nutritious balanced meal and provides all essential amino acids.



Venison Jerky

Dohθ አብቃድ DowlB DəhVJ Ds4PəM

Ahawi Hawiya Astluyv Akayododi Adasehehitlo

DzəBO~ፈሰለ:

- በዚ Dσ Wየ TGስለን Dohθ አብቃድ
- በዚ DCመሮ ቅጥ, ማያስ ሥ.
- በዚ JPJ ወይ ተላላ ፈስራኩ
- ሳሽከ ለተከለ
- Dወኑለሁ

TEJ APJL:

1. እርምጃVJ soy DzəBL Dσ ተላላ ፈስራኩ ተኋላ በዚ ተሆናል ተኋላ አብቃድ በግልጽ ከፍRθ CPVJ.
2. TGZ O~JአEዥ ነህ ተ ተላላ ፈስራኩ, CPVJ ተሆናል, ባርሳስኩ TS ሚ soy DzəBL Dመስኩ, Dσ O~Aዥ አብቃድ ተጋጋ.
3. TGZ O~AJ CLO~ ነህ አብቃድ ተZ DCኩ, ትግዥJ ከAማም TEJ APJ iKPJ Dσ ባርሳስኩ SST Dσ O~Aዥ አብቃድ CGM~T.
4. Zወ ስPJ ተሆናል Dσ DBLኩ ተኋላ ተጋጋ. ተኋላ O~PC TGምጃVJ WWS TGCGL ጽዴት O~ወሰኩ ተጽጋ Dσ TS ወዋሳ O~Y TGCGL ጽዴት O~ወሰኩ TAዥ.
5. AዥT TGኩP Cመኩ Dσ JCCILO~ አብቃድ ተሆናል YZ hS ሚሆኑ ሚሆኑ ተሆናል.
6. TGZ Dohθ አብቃድ DE~MB hFRO ነህ, CE~Mክኩ THT9 TS ተRT Dσኑ CYJL ተኋላ Jerky Tube Gun...DወZ Wal-Mart CYGR O~ወሰኩ DzəBO~ፈሰለ.

መኩበET:

1. እCPJ አብቃድ ተኋላ WMY ተኋላ Dወኑለሁ ከሱስዋልE ተግምጃVJ አብቃድ SAPበET. እCተከለ ሳሽከ ለተከለ hET አብቃድ SCPM~T.
2. ባርግዥJ ተኋላ SCPM~T አብቃድ Dወኑለሁ ተኋላ ChyሳVJ Dወኑለሁ 155° F, TGJLS TC~O~.
3. Rወ AS TAዥ O~hyS Dወኑለሁ ተኋላ Wወነ Dσ KTወ ጽዴት TGCGL TAዥ JCCILO~ SCPM~ አብቃድ SCወH~T, VAGZ ማሮ ወቅኩ Dወኑለሁ DS4አVJ, TS ሚJLS TS ተሆናል ተዘረዘሩ ተዘረዘሩ.
4. ተሆናል Dወኑለሁ አብቃድ ተኋላ hSELT እንደVJ, O~በላFZ hFRO ተሆናል Dወኑለሁ አብቃድ. Bወ ሚሆኑ ተዘረዘሩ ተዘረዘሩ ተዘረዘሩ ተዘረዘሩ.
5. Dohθ አብቃድ CወH~O~T O~RወIIVOT ተሆናል O~ወኑለሁ TGኩ ነህ EY ተኋላ ነህ, O~RወIIVOT.
6. O~ወኑለሁ DS4አVJ ተኋላ TGአFZ FRT አብቃድ GE~MBT.
7. RወZ O~Y TGCGL ተሆናል Dσ ተኋላ WWS TGCGL DS4አVJ. GወIIT O~VትCኩ Dσ O~Z σ EGБኩ hFRO SPVJ ተኋላ CPVJ ማዘዘዘዘVJ.
8. CYበኩ!!!

Asuyvnvhvsdi:

- Saquu ale tali yudagedi ahawi hawiya
- Saquu atlisdv soi, sfigadu oz.
- Saquu gutlvdi kali ganehi tsugasvsi
- Lemani diquayodi
- Akayodisgi

Igvdi Gotlvdi:

1. Ditsalisdodi soy asuyvdi ale Gandhi agasvsi nahna utana telidogi nahna ahali hawiya

unesdali nigesvna tsalidodi.

2. Iyuno nvdisgvna yogi na Gandhi tsugasvsdi, tsalidodi telidogii, witsasutlisdi igada soy asuyvdi asdutlisdi, ale ugody hawiya witsalodi.
3. Noquu tsutlvdi telido ale ayvtladisdisgi witsalodi. Osci ulitsv iyulisdodi taladu iyutliloda watsi uwenvsdi wigalodi ale egad talisgo nvgi iyutliloda watsi uwenvsdi igohida.
4. Kohii iyudali tsalesdi ale ditsatliquadinvda hawiya nasgino nigada utloyiha ulitsida yinigalidisdi.
5. Iyuno ahawi hawiya agvhaluyv nigesvna yigi, tsagvhaluyasdi isagewu ighatsvda gesvi aleyigi tsvdodi nahna Jerky Tube Gun...ayano Wal-Mart tsagiwasv utloyasdi asuyvnvhvdsi.

Vkayodisgvi:

1. Ditsatlvdi hawiya nahna talugisgi degalv akayodisgii nidadatlvdisgvna iyulisdodi hawiya dehitlvsgvi. Ditsaquayodi lemani diquayodi nigvi hawiya detsatlvdi.
2. Widotsaladisdi nahna detsatlvdi hawiya akayodisgii ale tsanigisdodi akayodisgi 155° F, iyuditлага itsvnvda.
3. Eli goga igohida ungida akayodisgii yadvna taliha ale tsoiha watsi iyutliloda igohida ditsatliquadinvda detsatlvdv hawiya detsakayodvi, dohiyuno nusdv akayodisgi agasesdodi, igada uditлага igalidisgi soino tla, nasgino agasesdodi.
4. Nasgino akayosgv hawiya gayotlige nidegvneho digalvdodi, usdihigeno nigalisdisgo akayosgv hawiya. Yvdaha nvgi yaqualenvtani taliquu witsisquadisdisgoi.
5. Ahawi hawiya tsakayodv ulisquardonvi nasgi ukayodi iyusdi yigi sino gvgisgi yigi, ulisquadv.
6. Ukyohisdino agasesdodi nahna iyuhageda gesv hawiya tsagvhaluyvi.
7. Eliquuno nvgi iyutliloda yidatliilida ale nahna taladu iyutliloda agasesdodiquu. Yulisquada udootlisdi ale unole gvwayvsdi nigesvna galidodi nahna ulidodi tsasquanidodi.
8. Tsagisda!!!

Ingredients:

- 1-2 lbs. venison
- 1 bottle soy sauce, 15 oz
- 1 capful of liquid smoke
- Lemon Pepper
- Dehydrator

Directions:

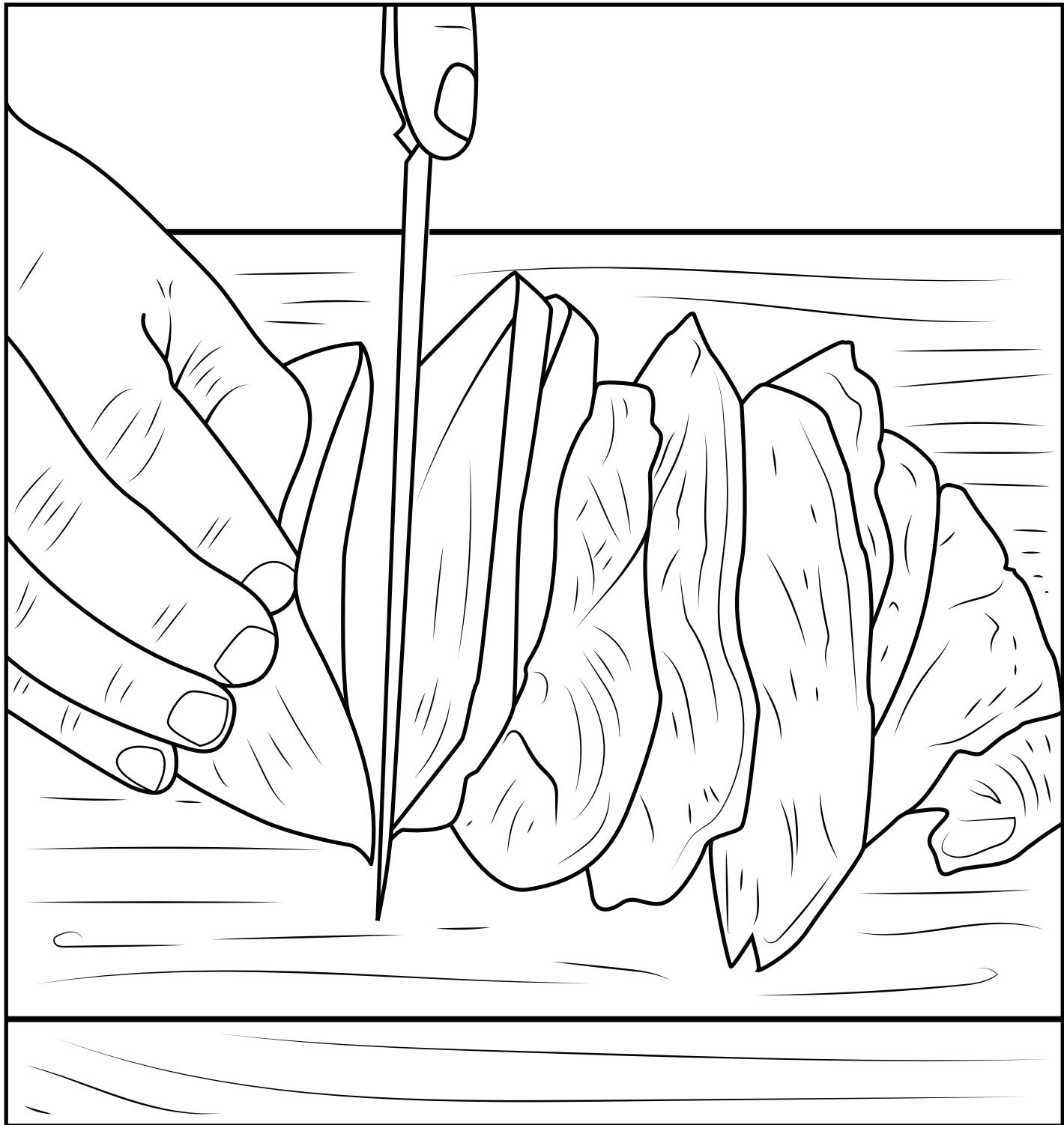
1. Mix soy sauce and the liquid smoke in a large bowl with thawed venison.
2. If not using the liquid smoke, put some meat in the bowl, pour some of the soy sauce over it, and then add more meat.
3. If you have too much meat for the marinade, mix up some more in the same ratio and pour it over the top.
4. Cover the bowl and refrigerate. Let the meat marinate for at least 12 hours and up to 24 hours.
5. Occasionally take meat out and turn it so that it all gets marinated evenly.
6. If the deer meat is not already sliced, slice it as thinly as possible or use a Jerky Tube Gun.

Dehydrating:

1. Lay it out on the trays so that it's not overlapping other pieces. Then sprinkle a liberal amount of the lemon pepper.
2. Put the trays into the dehydrator and turn it on. If it has a thermometer, set it to 155° F.
3. After a few hours, turn it over. Depending on the dehydrator, swap the trays around to

maintain an even heat.

4. Consolidate the meat into fewer trays as it dries because it shrinks.
5. The venison jerky is finished when it's leathery, but still pliable.
6. The drying time will depend on how thick the meat is, the humidity level, and the temperature of the dehydrator.
7. Dehydrating time could take as little as 4 hours, and up to 12 or more. After it's dried, let it cool and then put it in an airtight container
8. ENJOY!!!



Wild Onions and Eggs

RY TӨЛ RА Dөл дэлхүү Svgi Inage Ehi Ale Tsuwetsi

TGӨЛДЛЭНДИЙН ТӨЛДЛЭЛИЙН ДЭЛХҮҮ:

- Оюу дэлхүү ялангуяа төл RА RY
- дэлхүү дэлхүү

ТААЛСАА - дэлхүү TGWЛЖВО~

ТААЛСАА DССО~ТӨЛВЛЯА - Мэд TGССЛ

ТЕЛ АРДЛЫН ТӨЛДЛЭЛИЙН ДЭЛХҮҮ:

1. ДГСО~Л Оюу ялангуяа RY ТӨЛ RА Зад нийслэлийн TEЛ Dөл DССЛ SCСЛ ЧСТГСЛ ТААЛСАА,
2. DEӨЛМӨЛДЛЭЛ RY Оюул TEЛ Dөл AT EHССЛ GХСЛ TGРӨЛВЛЯА.
3. Зад ОЛССЛ дэлхүү дэлхүү RY ЧССЛ ЧССЛ RY Dөл дэлхүү.

Iyusdi Asuyvda:

- nvgi tsutana digaquinvhii image ehi svgi
- tsunela tsuwetsi

igoohida - tsunela iyutawostanv

igoohida advnvisdodi - saquu iyutliloda

Igvdi Gotlvdi:

1. awadvdi nvgi digaquinvhii svgi image ehi noquu osda igvdi ale amo galodi sutliiloda
igoohida,
2. agehaluyasdi svgi usdi igvdi ale goi gvnisdodi wanige iyulisododi.
3. Noquu widitsalodi tsunela tsuwetsi nahna svgi tsvnisdvi tsasuyedi nigada svgi ale tsuwetsi.

Ingredients:

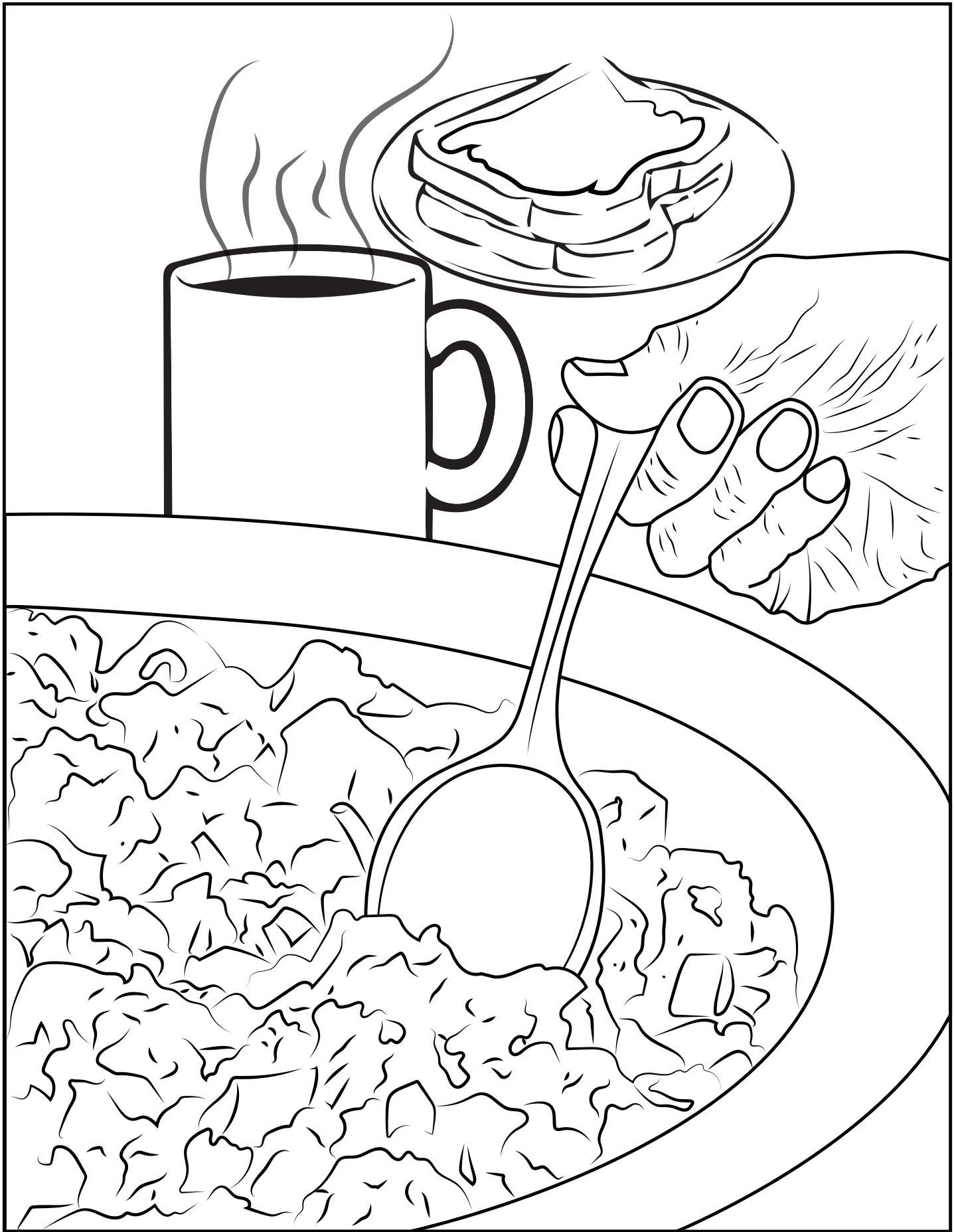
- 4 large bunches of wild onions
- 8 eggs

Time - 8mins.

Prep. Time - 1 hour.

Directions:

1. Take about 4 bunches of wild onions then clean and soak them in water for an hour
2. Chop onions into small, 1 inch pieces and fry in grease until tender.
3. Then add 8 beaten eggs into the pan and scramble them in with the onions.



The Cherokee Syllabary

	1 a	2 e	3 i	4 o	5 u	6 v
1 Vowels	D	R	T	Ꭰ	O ^⁹	i
2 g	S ^⁹ Ꭲ	Ꭴ	y	A	J	E
3 h	Ꮕ	Ꭶ	Ꭿ	Ꭲ	Ꮎ	᠀
4 i	W	δ	ର	G	M	ମ
5 m	Ꮥ	ଓ	H	ଡ	y	G
6 n/hn	Theta ^⁹ t ^⁹ G	ନ	ହ	Z	ଣ	O ^⁹
7 qu(ku)	I	ଘ	ଡ	ଘୁ	ଘୁ	ସ
8 s	ପାଥ	ଫ	ବ	ଫ	ବ	R
9 d/t	ଶ	ଶ	ଜ	V	S	ଶ
10 dl/tl	ଫଳ	L	C	ଚ	ଟ	P
11 ts	C	ଚୁ	ହ	K	d	C ^⁹
12 w/(h)w	G	ଓ	ଇ	ଲ	ଙ	ବ
13 y/(h)y	ଇ	B	ଏ	ନ	G ^⁹	B

Have a Cherokee recipe of your own?

Add it using the lines below.



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