

Gardening: Traditional Fruits and Vegetables



All Native Tribes were dependent on the earth for survival. Some Tribes planted seeds annually and harvested the produce. Seeds were saved from year to year, so the gardens could continue. Each part of the planting, maintaining, harvesting, and preserving of the food provided by Mother Earth was celebrated.

“We cared for our corn in those days as we would care for a child; for we Indian people loved our gardens, just as a mother loves her children; and we thought that our growing corn liked to hear us sing, just as children like to hear their mother sing to them.”

-Maxidiwaic (Buffalo Bird Woman) Hidatsa¹

What are some traditional fruits and vegetables of the Northern Plains?

Native Americans were the first to gather and grow many common fruits and vegetables. Each Tribe may have their own traditional fruits and vegetables.

Here is a list of some of the most common.

-  Turnips
-  Wild Onions
-  Wild Greens
-  Potatoes
-  Blueberries
-  Corn
-  Squash
-  Chokecherries
-  Wild Plums
-  Buffalo Berries
-  Pumpkin
-  Juneberries
-  Bean

Revised Month, 2015