



Cherokee Nation
Tribal Youth Council

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

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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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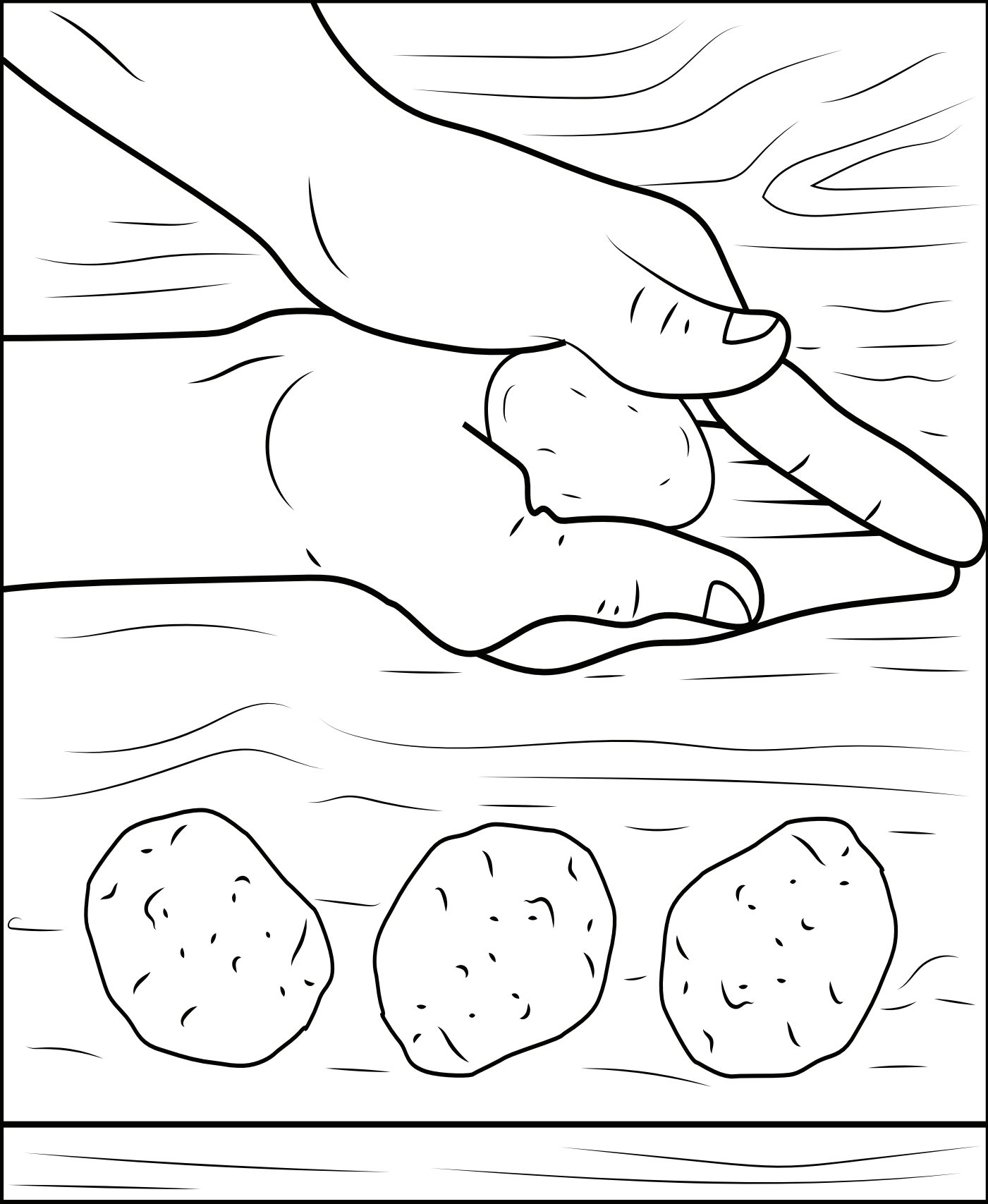
5,000 copies were made possible with funding from the Centers for Disease Control and Prevention, Tribal Practices for Wellness in Indian County Grant.

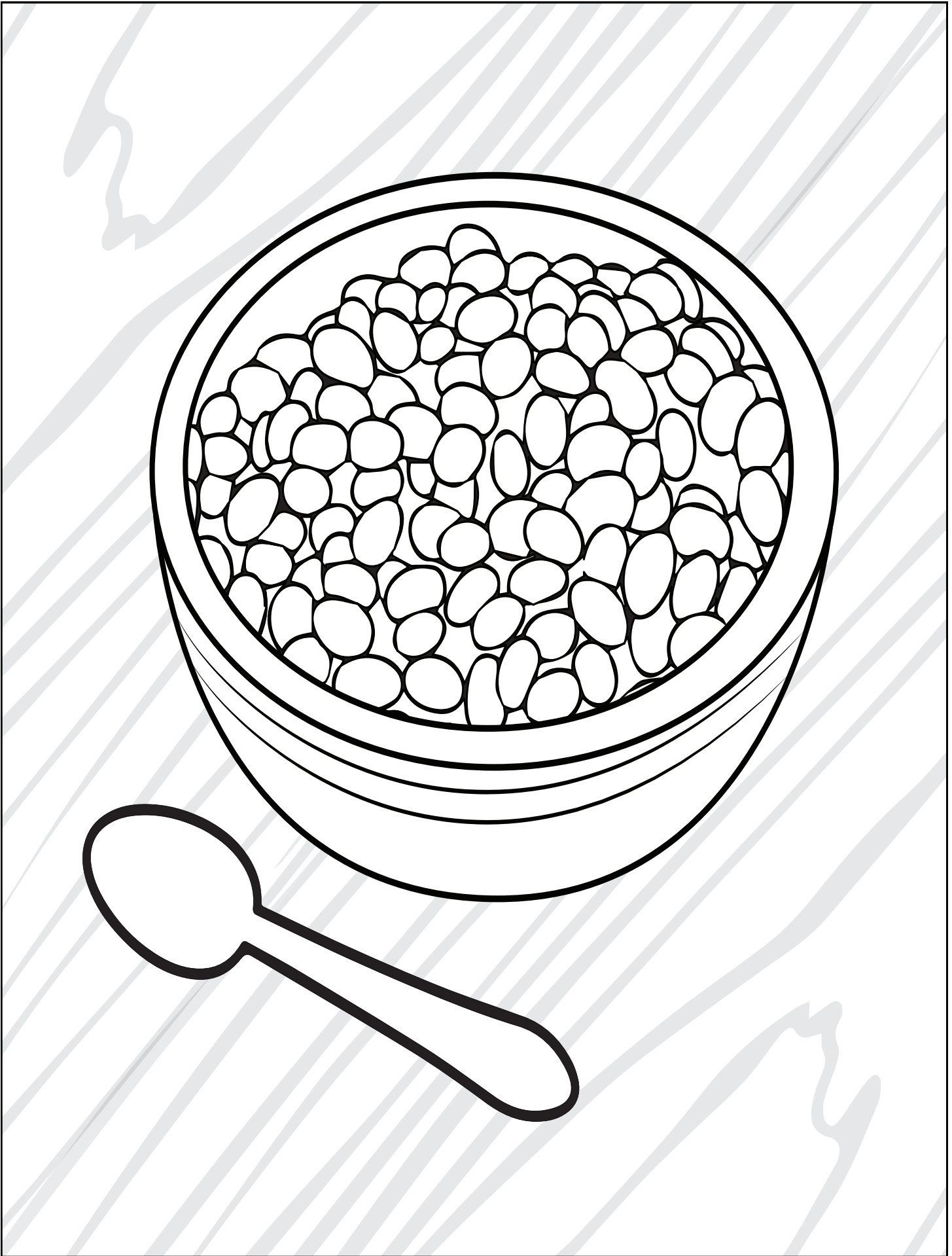


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the top depending on taste. The soup the bean balls were taken from can be used as a drink by pouring in a cup and adding a little sweetener to it.





Cherokee Bean Bread

GWY Sə Jʒə Sə

Tsalagi Tuya Diyuya Gadu

DʒBO~QəJ:

- Wʀ Ɔʀəʒə ʒəhʀ Də Ɔʀə 4MTʒ
- ʒə Ɔəʒə JʒJ Dʒ
- ʒə Ɔəʒə JʒJ JʒBJ
- YəVJ Ɔəʒə JʒJ YSʀ JIʒJ (C D4)
- Wʀ Ɔʀəʒə JIʒəWƆ, Ɔʒʒ Dʒ6 Sə
- ʒə DʒC Ɔʀəʒə Ɔʀə
- Wʀ Jʒʀ JʒʒT
- Wʀ ƆʒW JʒJ ʒəʒ AT, Də AT (cooking oil)

TEJ APJIT:

1. JʒJ DʒBVJ ʒə 450 TGJLS
2. ʒCʒə ʒəʒ AT ʒə ʒəʒ TʒWJəJ TYʒ ƆʒʒJIT, JʒJIT ʒCʒə CʒBVJ.
3. ʒəYZ SʀVY, ʒʒʒJ TʒW 4MTʒ, Dʒ Də JʒBʒ.
4. ʒəʒ ʒʀVY, JʒʒʒJ Jʒʒ Də Ɔʀə
5. ʒʒʒJ Ɔʀə JʀəWƆ ʒəYZ TH ʒCʒə ʒCʒə
6. Jʒʒəʒə Sə Ɔʒʒ Də JʒJ EJ ʒCʒə ʒʒʒ
7. ƆʒʒJ ƆʒJLY ʒCʒə JʒJIT, ʒCʒəʒəʒə JʀəWƆ ƆʒʒJ Də EʒəVJ WʀəA TGʒəʒəWƆ Də ƆʒJʒ ʒəʒəVJ.

Asuyvnhvsvdi:

- 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 tuya
- saquu ayetli ulisquida unvda
- tali tsuwetsi disuyehvi
- tali utani didodi hawiya goi, ale goi (cooking oil)

Igvdi Gotlvdii:

1. Digadi ateyvdodi nahna 450 iyuditlaga
2. Witsatlisdi hawiya goi nahna sgoi isitadisdi igida uwatesadii, digadii witsalodi tsateyvdodi.
3. Nasingo delidogi, tsasuyedi itsula seluisa, ama ale disuyvda.
4. Nudale telidogi, ditsasuyedi tsuwetsi ale unvda
5. Tsasuyedi unvda tsulistanv nasgino isa tsalodi sugeda
6. ditsatsewasdi tuya ugama ale didodi gvdi witsalodi sugeda
7. Uwatesadi uditlaga witsalodi digadii, witsasdutlisdi tsulistanv uwatesadi ale gvnisdodi talisgo iyutawostanv ale uwodige yinulisdodi.

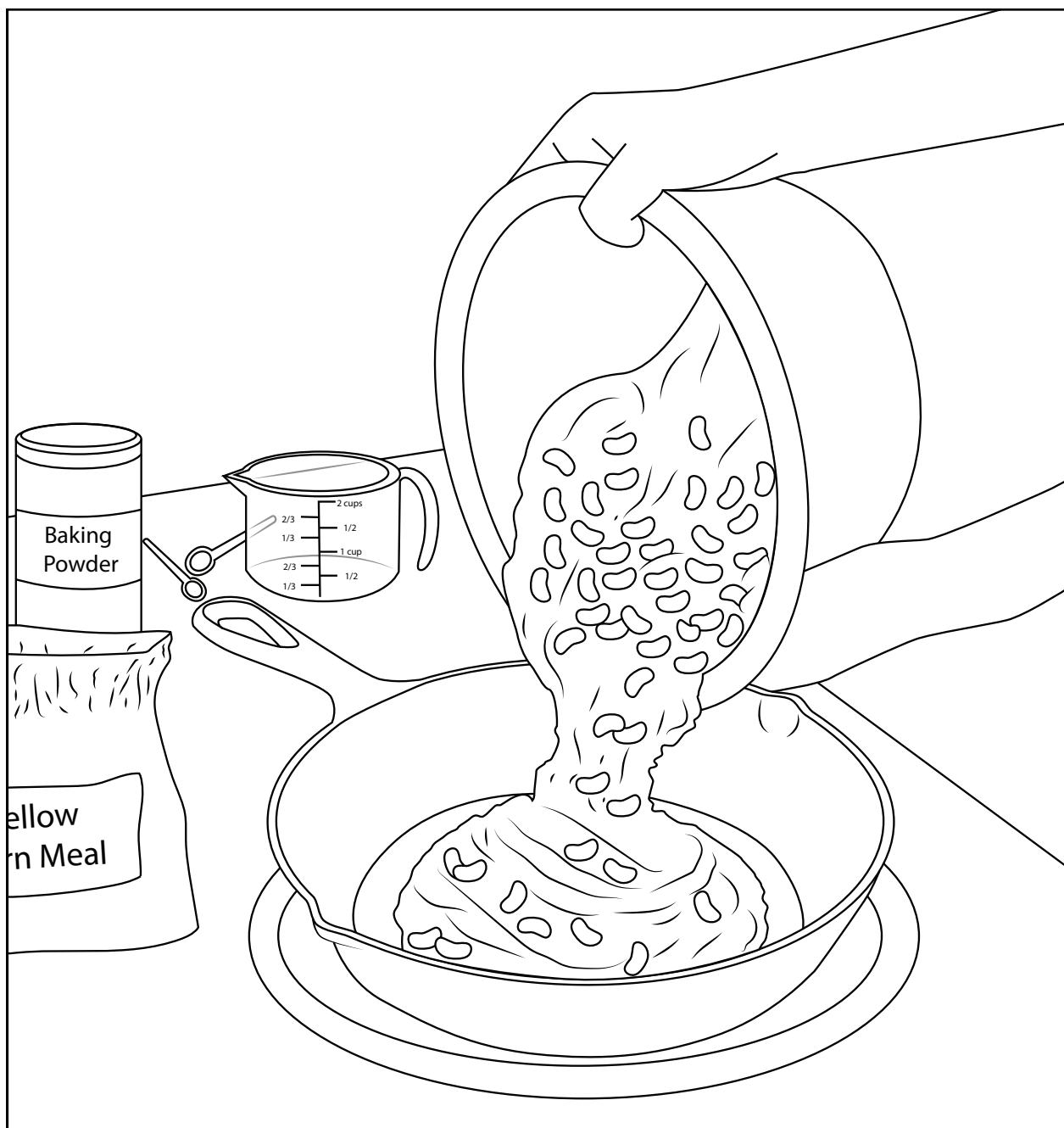
Ingredients:

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

- ¼ tsp. red pepper (optional)
- 2 c. cooked, drained pinto beans
- 1 ½ 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

GWY SS SSO~T

Tsalagi Gadu Gadunvi

DʒBO~Q~k~l:

- Wʀ DʒP Oʀoʒb, SS DE~MB, O~k~SBWO~
- Wʀ DʒP Oʀoʒb O~b, D~b~WO~
- H~ Oʀoʒb APO~T
- DʒC Oʀoʒb GSRB Molasses
- k~T Dʒ (salt)
- Wʀ j~y~r, j~z~T
- H~ O~W~ J~V~ P~G~ APWO~ GSRB

TEJ APJT:

D~BV~ J~S~ e~ 350 TGJLS. O~k~ AT S~P~ J~S~V~ b~P~. G~k~ O~b e~ SS DE~MB J~S~T A~y~ D~ k~A~ TGW~b~WO~ T~A~ VT TG~P~V~. DVV~ GSRB, APO~, D~ D~ O~G~H~T. e~k~S~k~ SS J~S~ D~ O~V~k~k~. e~J~G~ j~y~r SS D~k~T J~S~T D~ G~z~ P~G~ APWO~ GSRB. G~k~ e~ O~y~ b~P~V~T. e~S~G~ b~P~ e~ D~ O~J~Y DC~O~ Eh~V~ H~ TGCG~ T~A~ D~ S~A~ h~R~ z~P~b~ T~A~.

*SS SSO~ Eh~V~ O~J~Y D~ DC~O~ e~ O~J~PY h~S~P~k~k~e~ D~ j~y~r O~k~SZP O~h~k~, D~ k~b~S~h~ S~G~P~ G~h~H~. O~J~Y D~ EV~ DC~V~ O~W~ D~b~BV~ D~ e~ S~G~ AD SS. TGZ k~k~ k~h~E~l~, VT k~P~k~S~ O~G~O~RT k~y.

Asuyvnhvsdi:

- 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 Gotlvdii:

ateyvdodi digadi nahna 350 iyuditltlega. Usdi goi ganvliyvdi digadodi telido. Watliski gadu agvhaluyv digaylvi hisgi ale sgohi iyutawostanv igohida atlodiquu. Adododi wadulisi, gotlvnv, ale ama uwatesadii. Wasdutliski gadu digatlv ale udootliski. Tsuwetsi widigalodi gasu digatlv ale asuyedi watliski tlwagi gotlvtanv wadulisi. Watliski nahna telidogii. Wigalodi telidii nahna ama uditligi atliski ale gvnisdodi saquu iyutililoda igohida

*gadu gaduna gvnisdodi uditlegi amai atlisdv nahna uditlvgi nigalidisgvna ale tsuwetsi usganoli unvnisdi, ale yidanagaleni gatsanuli yunvnisa. uditlvgi ama hia gvdodi atlisdodi utana adasdayvdodi ale nahna gagodi hia gado. Iyuno osda yinignelv, doi yalitelvhvga uwanvsvi yigi.

Ingredients:

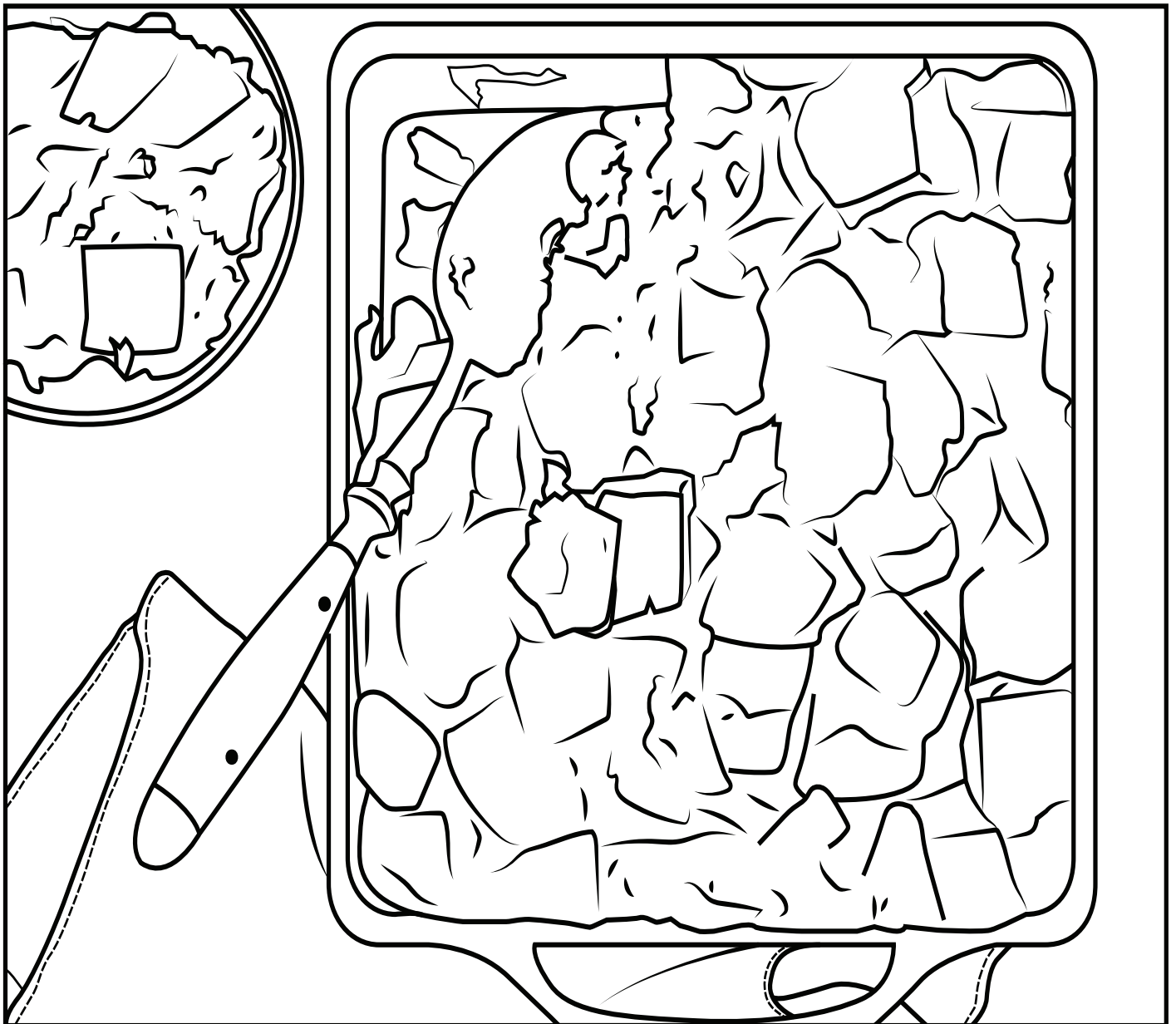
- 2 1/2 c. bread cubes, toasted
- 2 1/2 c. milk, scalded
- 1 c. butter

½ 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 ግጽጽ ለፕላ

Selu Ugama Gotlvdodi

ድንበራዎቹ:

- ሠፍ ስፍፍጦ ጽግግ ግጽጽ ለፕላ
- ሕጋ ግጽጽ ግጽጽ 4M
- ድጽ
- ለፕላ

ጥገና ለፕላ:

ፈፍፍ ጽግግ ግጽጽ ለፕላ ጥገና, ድጽ ድጽ ለፕላ ድጽጽ ግጽጽ ለፕላ ጥገና ጥገና. ግጽጽ 4M ግጽጽ ድጽ ለፕላ ጥገና ጥገና ጥገና ጥገና ጥገና.

Asuyvnhvsvdi:

- tali degalodv hawiya ugama gotlvdodi
- saquu kanesai dikayotanv selu
- ama
- diquayodi

Igvnvdii gotlvdii:

aletlvdodi hawiya uwanisv nigalisdisgv igohidi, ama ale diquayodi asuyvdi ulitsida nigalisdisgv igai.

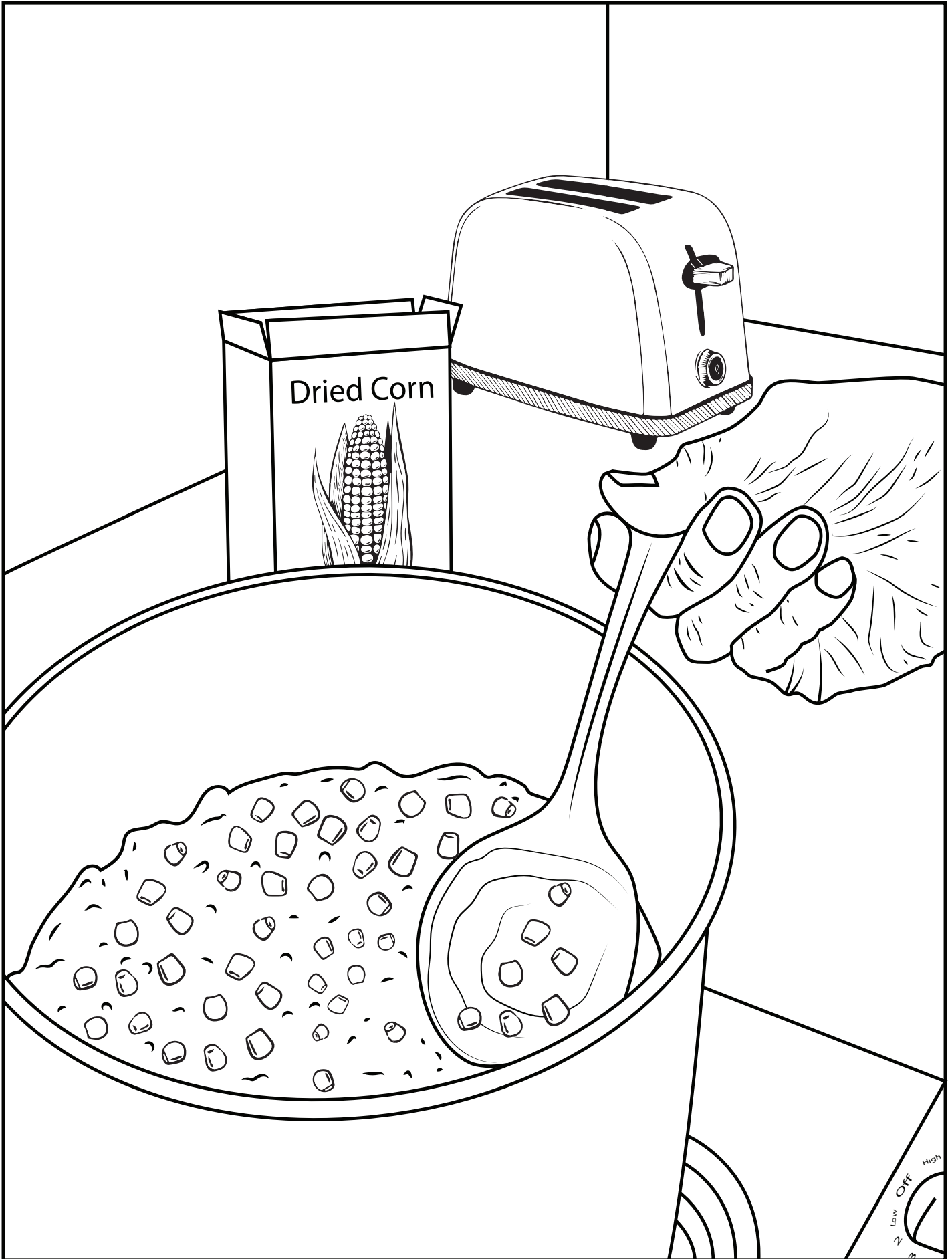
Widitsalodi selu dikayotanv ale nigayaiso alitlvdvi gila wanige yinunalistana selu igohida.

Ingredients:

- 2 packages of stew meat
- 1 box of dried corn
- Salt
- Pepper

How to fix it:

Boil stew meat until very tender, season generously with salt, add pepper to taste. Add dried corn and continue boiling until corn is tender.



Cornmeal Mush

4M TH DO~ඔJ

Selu Isa Anvsdi

DRBO~&ඔJ:

- 4M TH
- Dඵ(water), ඍඔ TELAJT 4M TH, O~Y TELAQ Dඵ
- Dඵ (salt)

TELAJT:

1. Dඵ DCඔVJ O~G~bHJT, JPb Dඵ DRPVJ.
2. ඔGGJ O~Wθ JVJ ඔර Dඵ ඔඥ DRCE DඵT.
3. TC~θSඔJ SS O~lYP DRCEY SST DඵA.
4. GYඔJ S~hC 4M TH H~S~J Kβh Dඵ O~S~θඔJ iAPඔE EVJ JVJ ඔඥ †T Kβh.
5. †~‡~ඔE Dඵ, S~hC~‡ ඔGGJ 4M TRT.
6. h~S~ඔT~‡ APඔE 4M TH, O~‡~‡~b ~‡~‡~‡~W~h Dඵ Ehඔb ඔඵ&ඔS DO~ඔJT.
7. O~‡~‡~‡~‡~‡ ~‡Y, VT ~‡b~IM&S.
8. ඔGGJ ~‡~‡~‡~‡ Dඵ GYඔJ.

ඵGSR O~JLY Dඵ O~BP GYඔJ O~O~b DඵBb, APO~, G~S~‡~b Dඵ ඔ‡4hr, Dඵ ~‡Y †~‡~ඔ Dඵ DඵඔJ. O~BL ~‡Y R‡ඔ Dඵ‡~‡~ඔ Dඵ AT‡ EhඔVJ.

Asvyvnhvsdi:

- selu isa
- ama (water), saquu igvnedii selu isa, nvgi igvnelv 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:

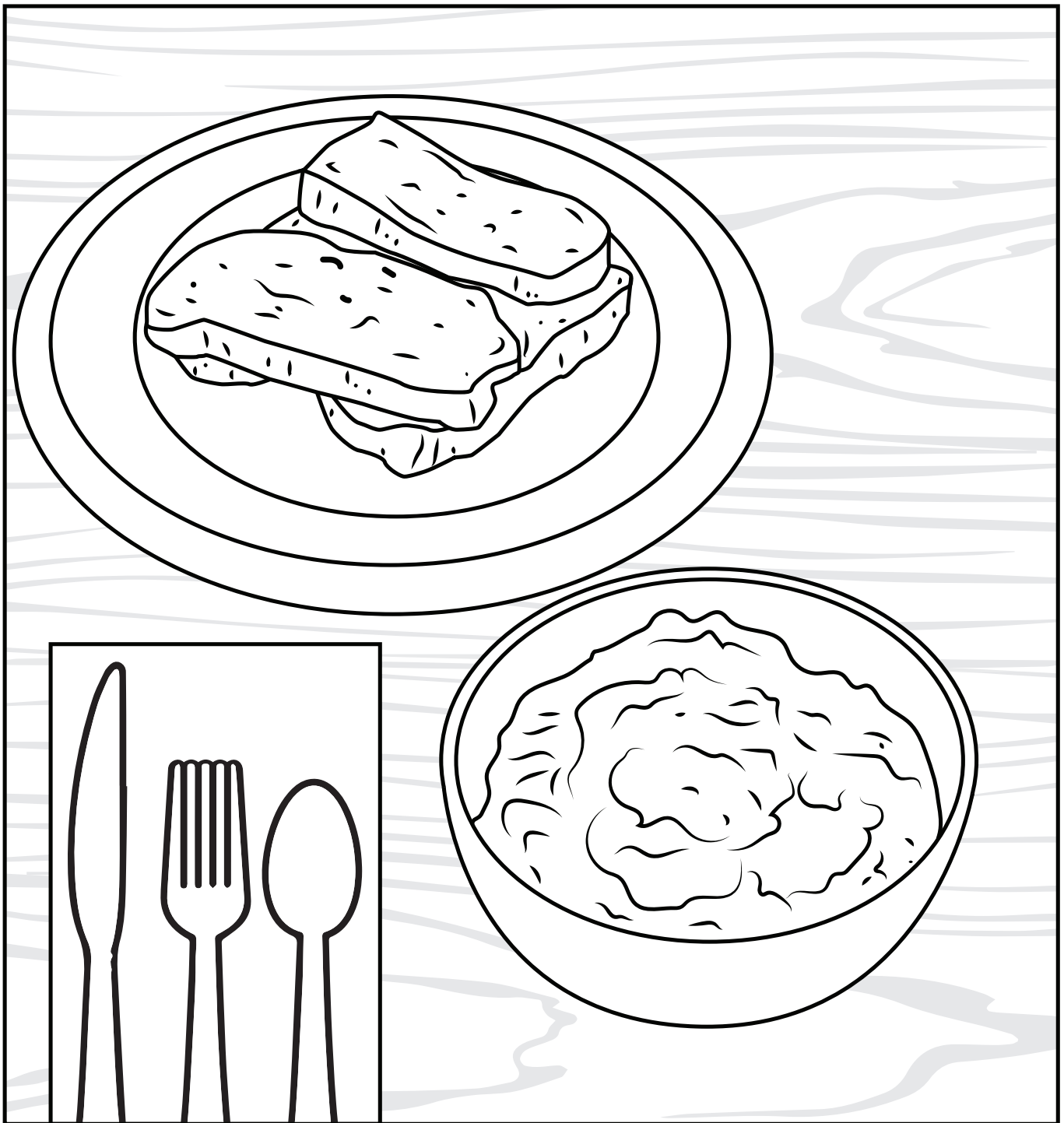
Cornmeal
Water, One part cornmeal to four parts water
Salt (for taste)

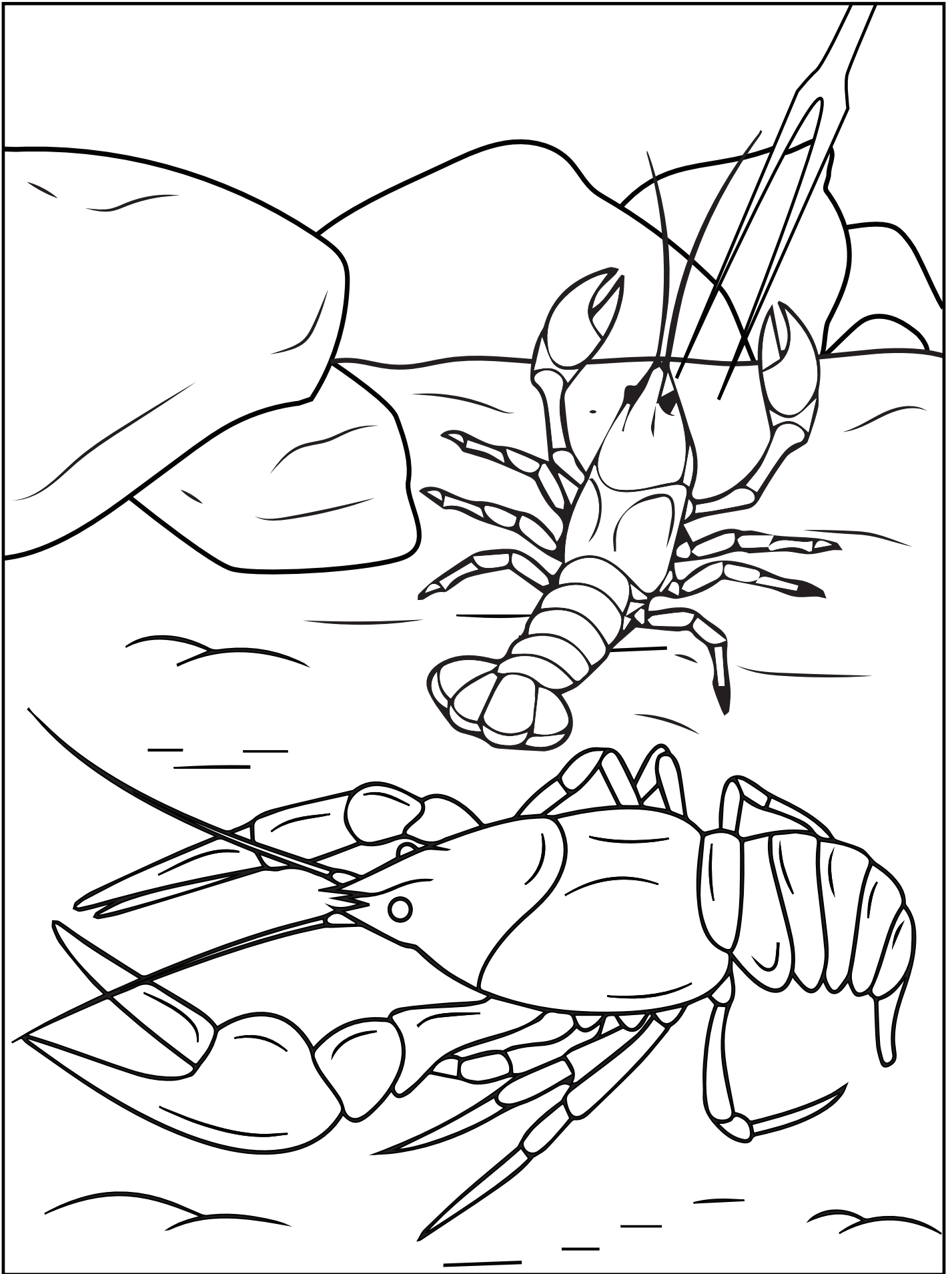
Directions:

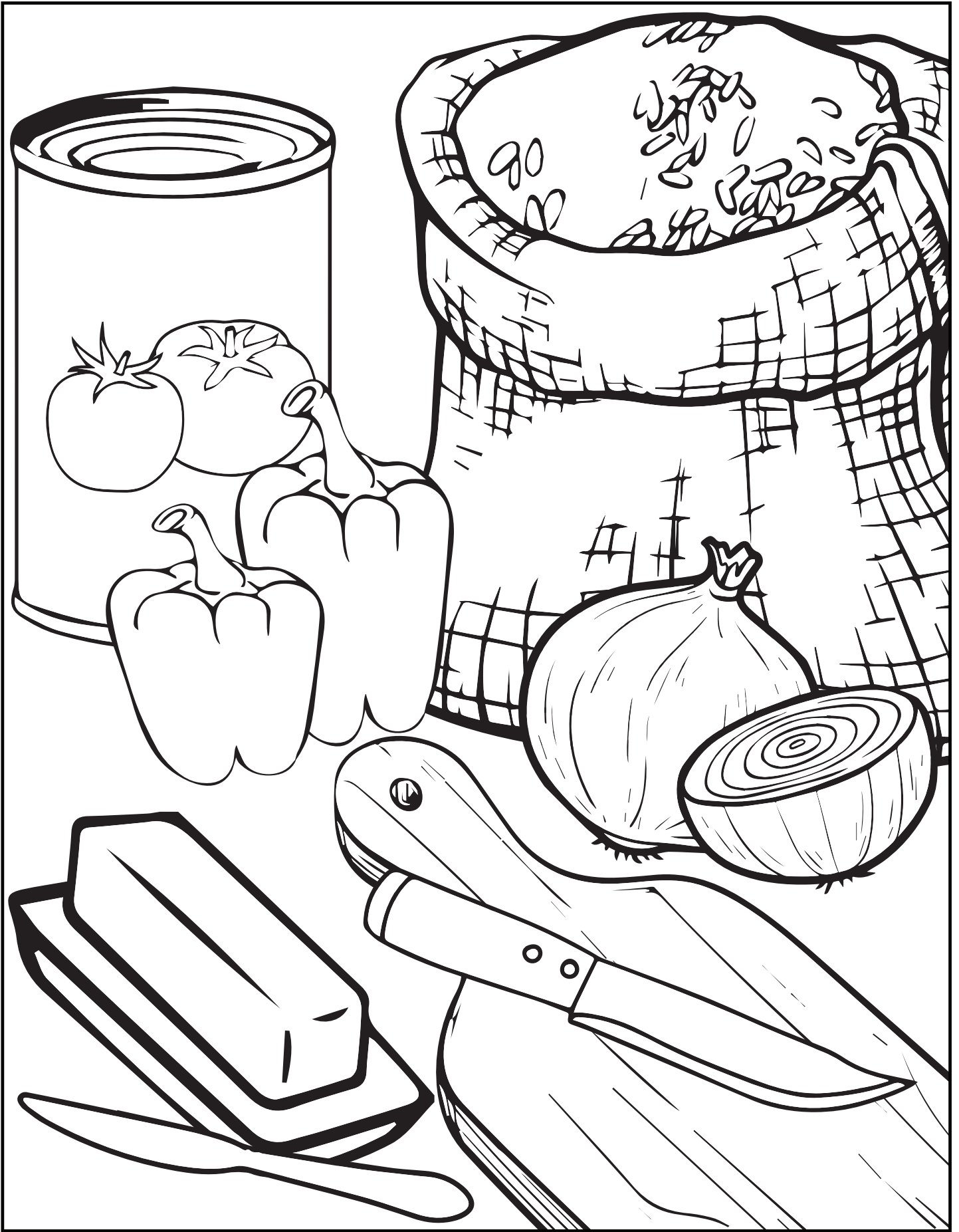
1. Pour water in a saucepan, cover and let it boil.
2. Add a tablespoon of salt to the boiling water.
3. Take off the light film on the top of the water.

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.







Fried Hominy

AT EħəVJ SZPƏ

Goi Gvnisdodi Ganohena

DŹBO~ĐĶĶ:

- WƦ ĶS~Ź~ŹĶ ĤƏĐ DYĶĶ ņƏĶ
- WƦ ƆƦĐŹĶ EħəWO~ SZPƏ DĐ ĤĶ 15 oz YGƦ ĴGħY DĐ ƆŹS 4M
- WƦ DĐ KT TV RY, DĐ SĐC TƏƦ RĶ RY DEņMBT

TEĶ APĶT:

ĶħəVJ ņƏĶ DĐ ĶħəƦ TĶĶĶ, RY ĴEņMĶĶĶ, ĴĐĶĶ ņƏĶ DĐ ĴĶŲVĶ. TB ĴĶĶ. ӨĴĴ RY ӨĶ ņƏĶ ĶħəWO~T ĴĐ~Ķ EħəE, ӨĶĴĴ SZPƏ DĐ ƆĴħəĶ ĶĶ TĶĶĶ S~ŹWĶ Ɔ~BRT, ZĐ RWĶ TC~Ķ ĶƦT. ӨĴĴ ņƏĶ DĐ DYĶĶ. ĶĶĶ.

Asuyvnhvsdi:

- 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 Gotlvdi:

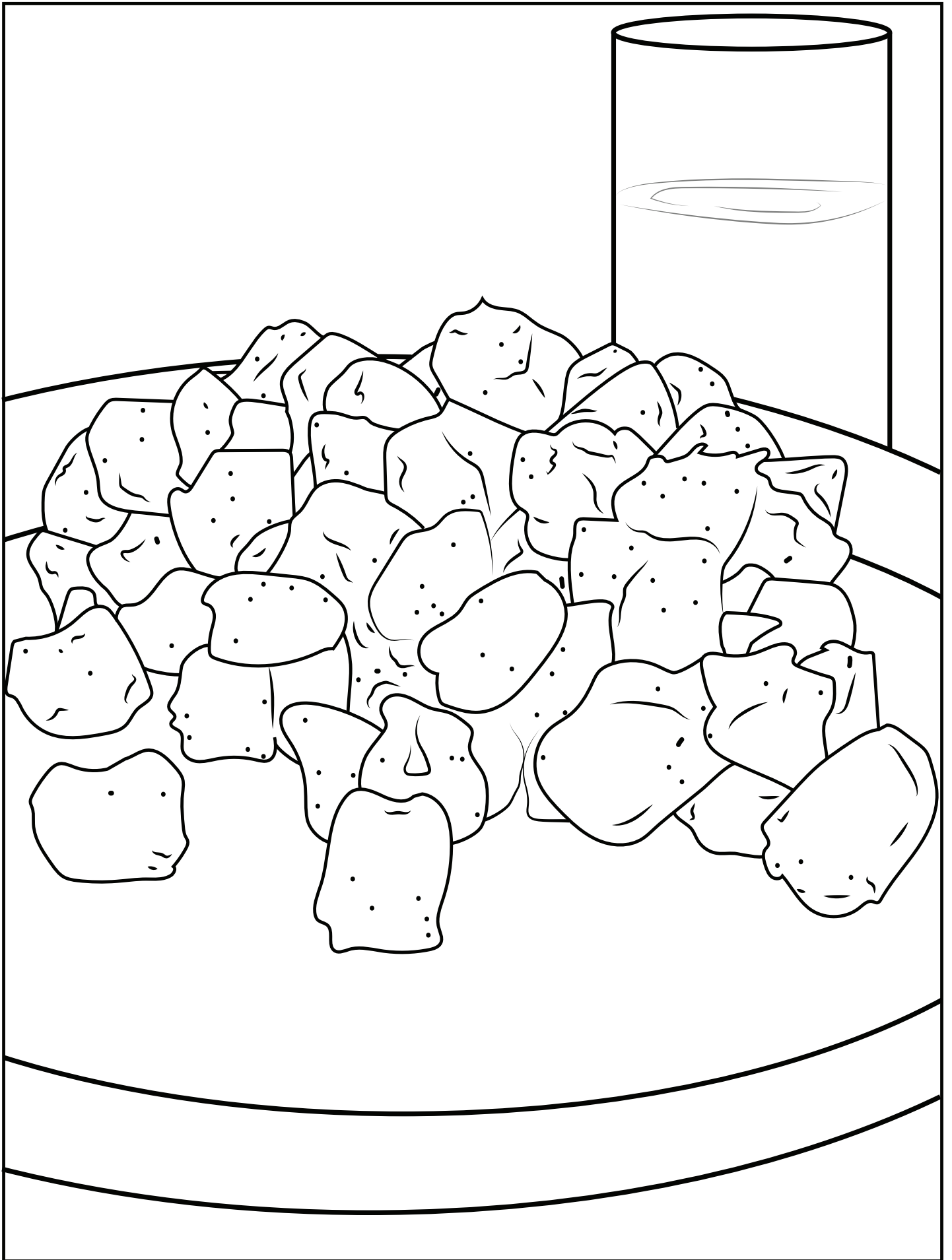
Tsvnisdodi hawiya ale tsvnisdv igohida, svgi tsagvhaluyasda, tsalesdi hawiya ale tsadawododi. Iyv tsatlodi. Witsalodi svgi nahna hawiya tsvnistanvi yulenvhi gvnisgv, widitsalodi ganohena ale uwanisdi kohi igohida galvladi uteyvsvi, noquu eladi itsvdi godvi. Witsalodi hawiya ale agisdi. Osda.

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)

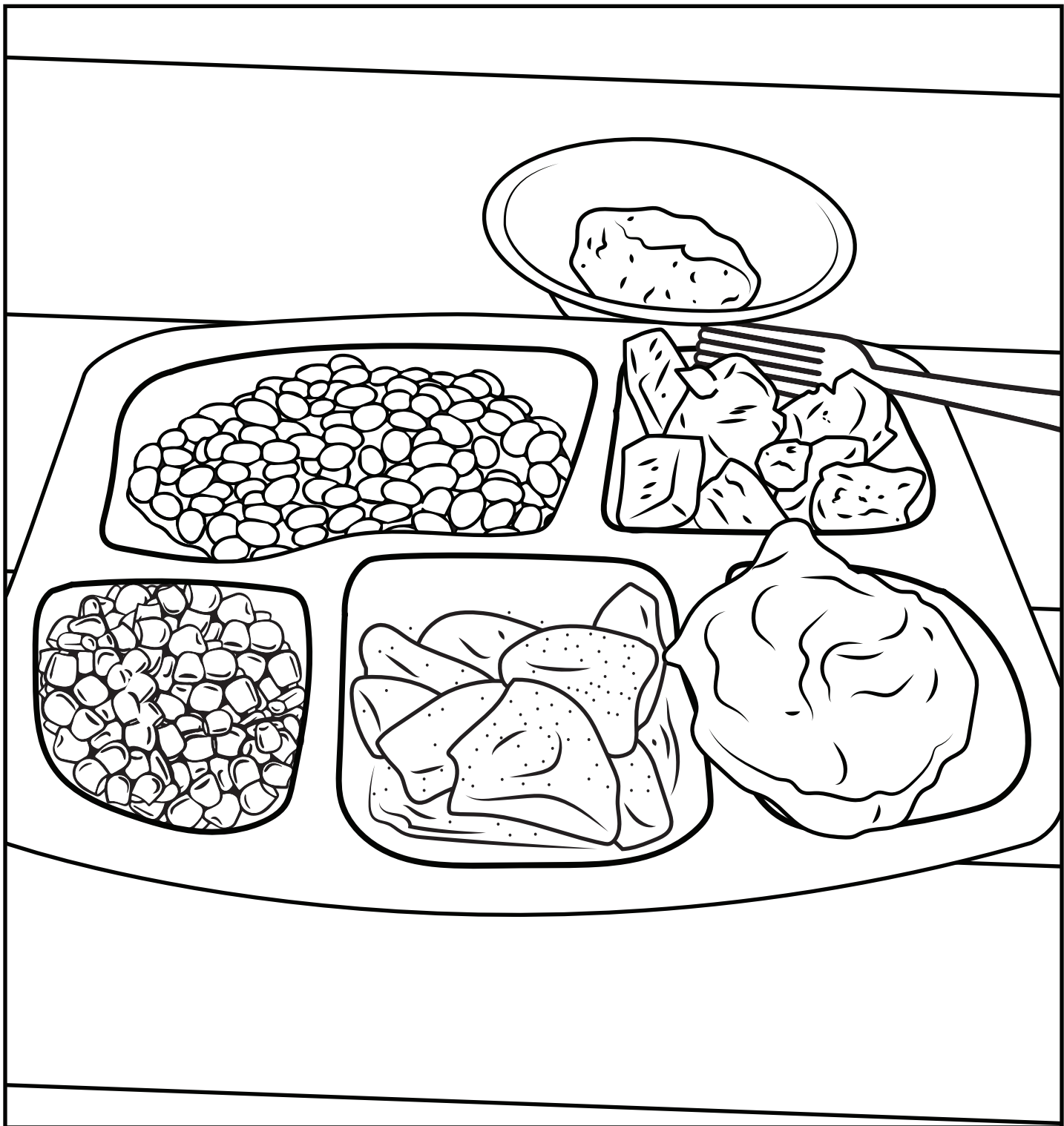
Directions:

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 being 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.





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

වෙළඳ ක්ෂුද්‍ර-ඉරිත

Kawayá Digalvni

දැනුවත්කරු:

වැර 1 qt. වෙළඳ
එක යූ. ඉරිත ක්ෂුද්‍ර ඉරිත
දුරු දර එක ඉරිත වෙළඳ ඉරිත
වැර ඉරිත වෙළඳ
වැර දර 1/2 ක්ෂුද්‍ර. ඉරිත
දුරු වෙළඳ ඉරිත ක්ෂුද්‍ර

ඉරිත ඉරිත:

ඉරිත ඉරිත ඉරිත ඉරිත, ඉරිත ඉරිත ඉරිත, වෙළඳ දර ඉරිත ඉරිත ඉරිත. දැනුවත්කරු ඉරිත ඉරිත ඉරිත ඉරිත දර ක්ෂුද්‍ර ඉරිත ඉරිත. දැනුවත්කරු ඉරිත ඉරිත ඉරිත ඉරිත. ඉරිත ඉරිත ඉරිත ඉරිත, දර දර ඉරිත, දැනුවත්කරු ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත. ඉරිත ඉරිත ඉරිත ඉරිත (ඉරිත ඉරිත ඉරිත ඉරිත) ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත. ඉරිත ඉරිත ඉරිත ඉරිත දර ක්ෂුද්‍ර ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත, වෙළඳ ඉරිත ඉරිත ඉරිත. ඉරිත ඉරිත ඉරිත ඉරිත ඉරිත.

ඉරිත ඉරිත:

Tali qt. kawayá
Saquu ginudi usdi didodi ama
Ayetli ale saquu ulisquida uganasdi igvnehi
Tali ulisquida isa
Tali ale tsoi qts. ama
Ayetli kali usdi didodi disuyvda

ඉරිත ඉරිත:

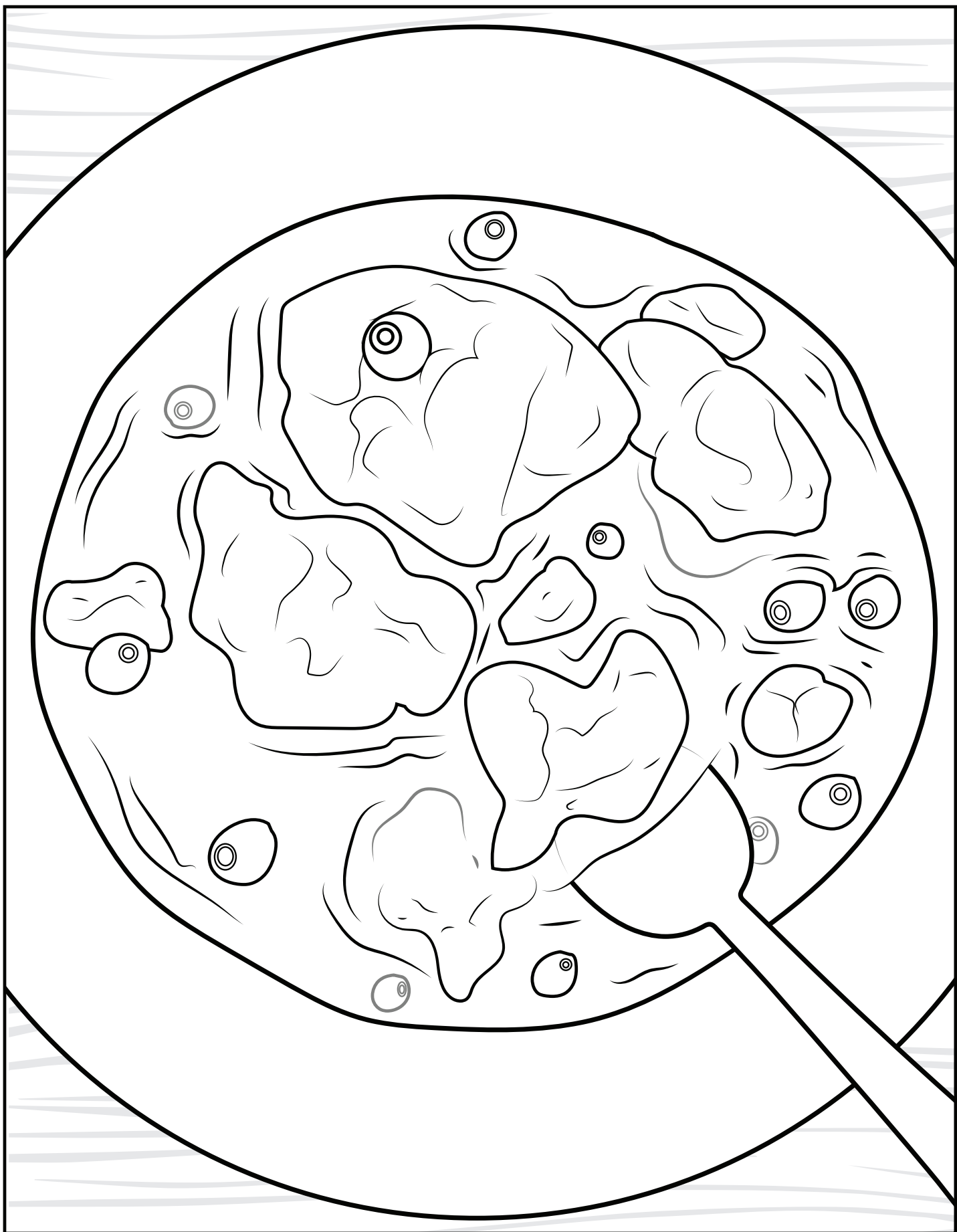
Usdi uwatesadi tsatlisdi ama, uganasdi igvnehi, kawayá ale tsvnisdodi yidaqualuhvsgi. Agohilv vgvnisdodi sgigadu ale tsosgohi iyutawostanv ugodvi. Atlodiquu udootlisdi. Usdi telido witsalodi isa, ama ale disuyvda, noquuno witsatlisdi saquu ayetli ulisquida kawayá ugama. Tsasuyedi isa nigada yudulistana (tlasdi tsihilosvstanv hasuyesgvi) usdi didodi tsvdodi tsalesdi tsasuyehv sugeda witsalodi ugama tsatlisdi ale tsosgohi iyutawostanv ditsvnisdodi unvnisv, doi ditsasuyedi iyudalihai. Usdi telidogi digalidodi agisdino.

Ingredients:

2 qt. huckleberries	2 c. flour
¼ tsp. salt	2 - 3 qts. water
½ - 1 c. sweetener	½ 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

ᖅᓂᖅ

Ganatsi

Dᖅᐅᐅᖅᓂᖅ:

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Dᖅᓂᖅᓂᖅ:

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4. ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ.
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6. ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ.
7. ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ, ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ ᖅᓂᖅ.

Asuyvnhvsdi:

tali ulisquidi kali diliqua
 tali qts. ama.
 saquu kali ulsquidi 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 ugodv 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 JEhəWO~ ʌŋP

Goi Digvistanv Dawoli

DʒBO~ʌkɔ:

- Wʀ ɔʀkʌʃ ɔʀ ʌŋP, ɔkʌBT
- ɛə ɔʌŋ ɔʌɔ ɔli kʀɪ AT
- ʌqʌɔ ɔkɔ ɔʌɔ ɔʀ Dʒ (ɫ D4)
- ɛə ɔkɔ ɔʌɔ ɔʀ ɔɪɪɔ

TEɔɔɪ:

1. ɔʃɔ~ʒɔɔ ʌŋP Dʒ ɔkʌkɔ ɛɫ ɔkʌkɔɔɔɔɔ ɔʌɛ.
2. DʒC ɪʌ ɔʌɫɛɔ, ɛGɔɔ ɛə ɔʌŋ ɔʀ kʀɪ AT Dʒ ɔkɔ Aʀ ɔʌBVɔ.
3. ɛɔɔɔɔ ɔkʌBT ʌŋP Dʒ JEhəʌɔ 15 ɪGʌʌkʌWO~, ɔʒɔɔ ɪGʌɫɫ.
4. ɛGɔkɔ ʌʃɫ wine, ɪGɔ ʌGʃɪ, ɛʃGɔE ʌʃɫ Dɔʌkɔ ɪAɔ.
5. ɔɫkɔ ɔʌɔ ɪR Dʒ ɔɪɪɔ ɛGɔɔ Dʒ Dʒ ɪʃɫ DʒBɔ.

Asuyvnhvsdi:

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

Igvnedii:

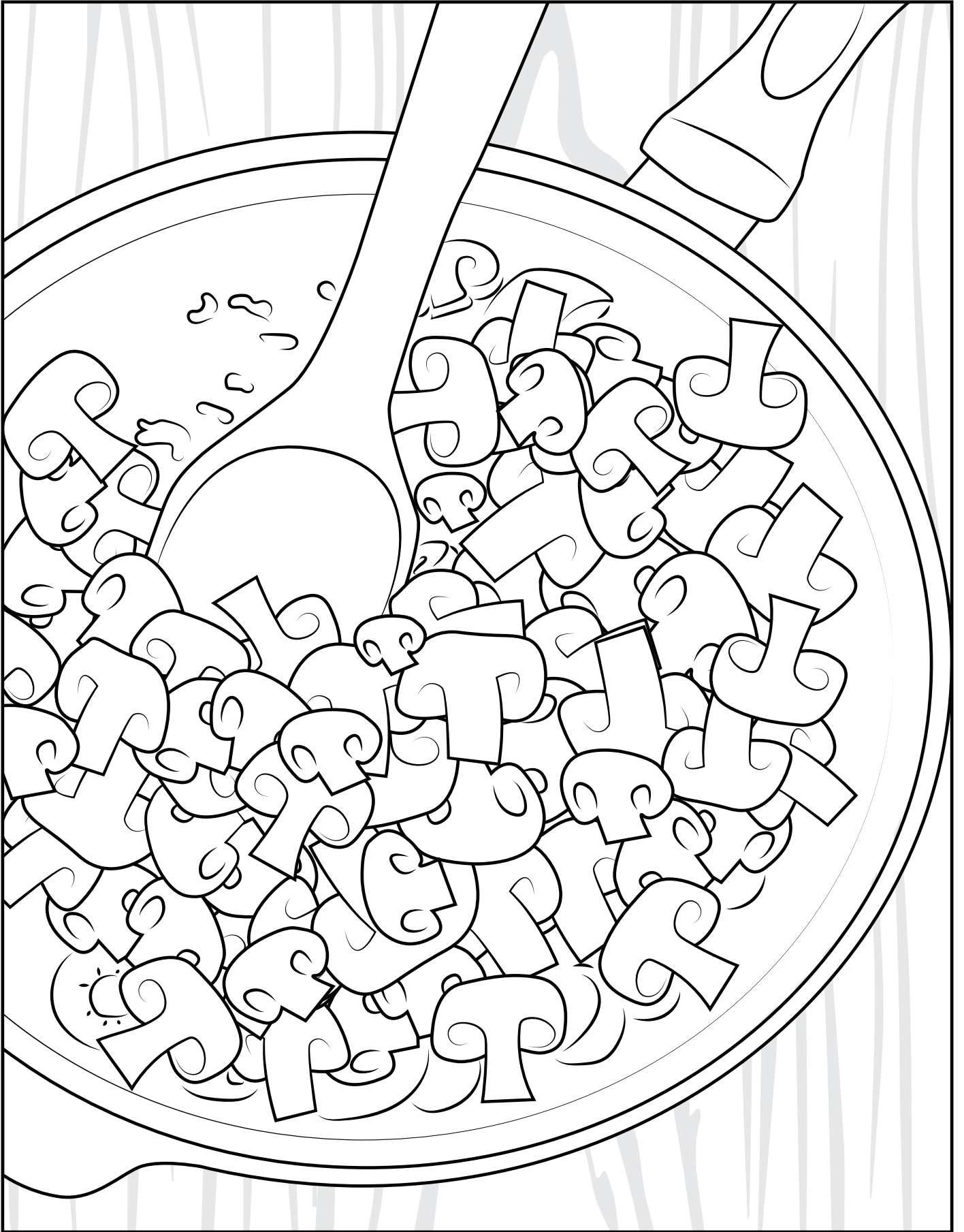
1. diganvgalvdi dawoli disquidisi nahna disquiyasdi yatena.
2. ayetli igida uwatesadi, witsalodi saquu utana didodi kali oliqua goi ale usdi godv tsateyvodi.
3. widitsalvdi disquiyvi dawoli ale digvnisdodi 15 iyutawostanv, disuyedi iyudalihai.
4. witsatlidi gigage wine, iyudi yitsaduliv, wigalosgv gigage 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.



iditlv. Tuya digedvsdi nasgi osda nigvneho nitrogen gadov. Nahna squasi advsgo nasgi selu uyegvi ale tuya uyegv asdelisgo nahna gohusdi udeyadodi nigesvna. Nahna tsoi dinadalvi dilistanv nigada nasgi dilistanv 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.



unesdali nigesvna tsalidodi.

2. Iyuno nvdigvna yogi na Gandhi tsugasvdi, tsalidodi telidogii, witsasdutlisdi igada soy asuyvdi asdutlisdi, ale ugodv hawiya witsalodi.
3. Noquu tsutlvdi telido ale ayvtladisdisgi witsalodi. Osvdi 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 yinigalisdi.
5. Iyuno ahawi hawiya agvhaluyv nigesvna yigi, tsagvhaluyasdi isagewu ighatsvda gesvi aleyigi tsvdodi nahna Jerky Tube Gun...ayano Wal-Mart tsagiwasv utloyasdi asuyvnhvsvdi.

Vkayodisgvi:

1. Ditsatlvdi hawiya nahna talugisgi degalv akayodisgii nidadatlvdisgvna iyulisdodi hawiya dehitlvsgvi. Ditsaquayodi lemani diquayodi nigvi hawiya detsatlvdvi.
2. Widotsaladisdi nahna detsatlvdvi hawiya akayodisgii ale tsanigisdodi akayodisgi 155° F, iyuditlaga itsvnda.
3. Eli goga igohida ungida akayodisgi yadvna taliha ale tsoiha watsi iyutliloda igohida ditsatliquadinvda detsatlvdv hawiya detsakayodvi, dohiyuno nusdv akayodisgi agasesdodi, igada uditlaga igalisdisgi soino tla, nasgino agasesdodi.
4. Nasgino akayosgv hawiya gayotlige nidegvneho digalvdodi, usdihigeno nigalisdisgo akayosgv hawiya. Yvdaha nvgi yaqualenvtani taliquu witsisquadisdisgoi.
5. Ahawi hawiya tsakayodv ulisquadonvi nasgi ukayodi iyusdi yigi sino gvgisgi yigi, ulisquadv.
6. Ukayohisdino agasesdodi nahna iyuhageda gesv hawiya tsagvhaluyvi.
7. Eliquuno nvgi iyutliloda yidatlilida ale nahna taladu iyutliloda agasesdodiquu. Yulisquada udootlisdi ale unole gvwayvsvdi 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:

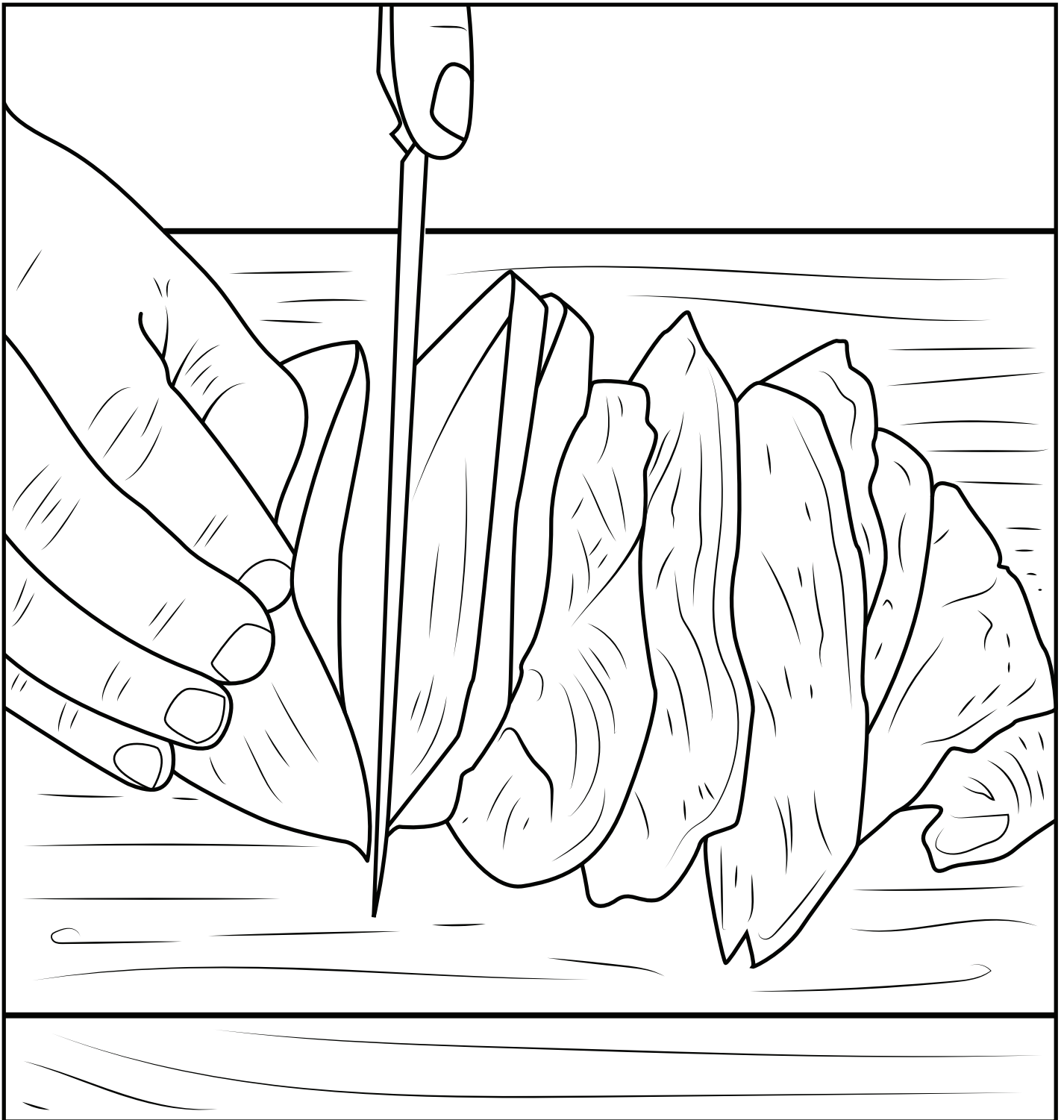
1. Mix soy sauce and the liquid smoke in a large bowl with thawed venison.
2. If not using the liquid smoke, put some meat in the bowl, pour some of the soy sauce over it, and then add more meat.
3. If you have too much meat for the marinade, mix up some more in the same ratio and pour it over the top.
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 TӨR RA Dŕ JŰHr

Svgi Inage Ehi Ale Tsuwetsi

TGŕJ DŰBL:

- O-Y JWӨ JSŕO~A TӨR RA RY
- JŰW JŰHr

TAAĬ - JŰW TGWŰŕWŰ

TAAĬ DŕO~TŕVJ - Hŕ TGCGĬ

TEJ APJT:

1. DGŕJ O-Y JSŕO~A RY TӨR RA Zŕ kŕĬ TEJ Dŕ DŰ SGJ ŰCTGĬ TAAĬ,
2. DEŰMŕŕJ RY OŕŕJ TEJ Dŕ AT EhŕVJ GhŰ TGŕŕVJ.
3. Zŕ ŐJGGJ JŰW JŰHr ŐŰ RY CŰŕŕT GŰŰJ hŰĬ RY Dŕ JŰHr.

Iyusdi Asuyvda:

- nvgi tsutana digaquunvhi inage ehi svgi
- tsunela tsuwetsi

igohida - tsunela iyutawostanv

igohida advnvisdodi - saquu iyutililoda

Igvdi Gotlvdii:

1. awadvdi nvgi digaquunvhi svgi inage ehi noquu osda igvdi ale amo galodi sutliiloda igohida,
2. agehaluyasdi svgi usdi igvdi ale goi gvnisdodi wanige iyulisdodi.
3. Noquu widitsalodi tsunela tsuwetsi nahna svgi tsvnisdvi tsasuyedi nigada svgi ale tsuwetsi.

Ingredients:

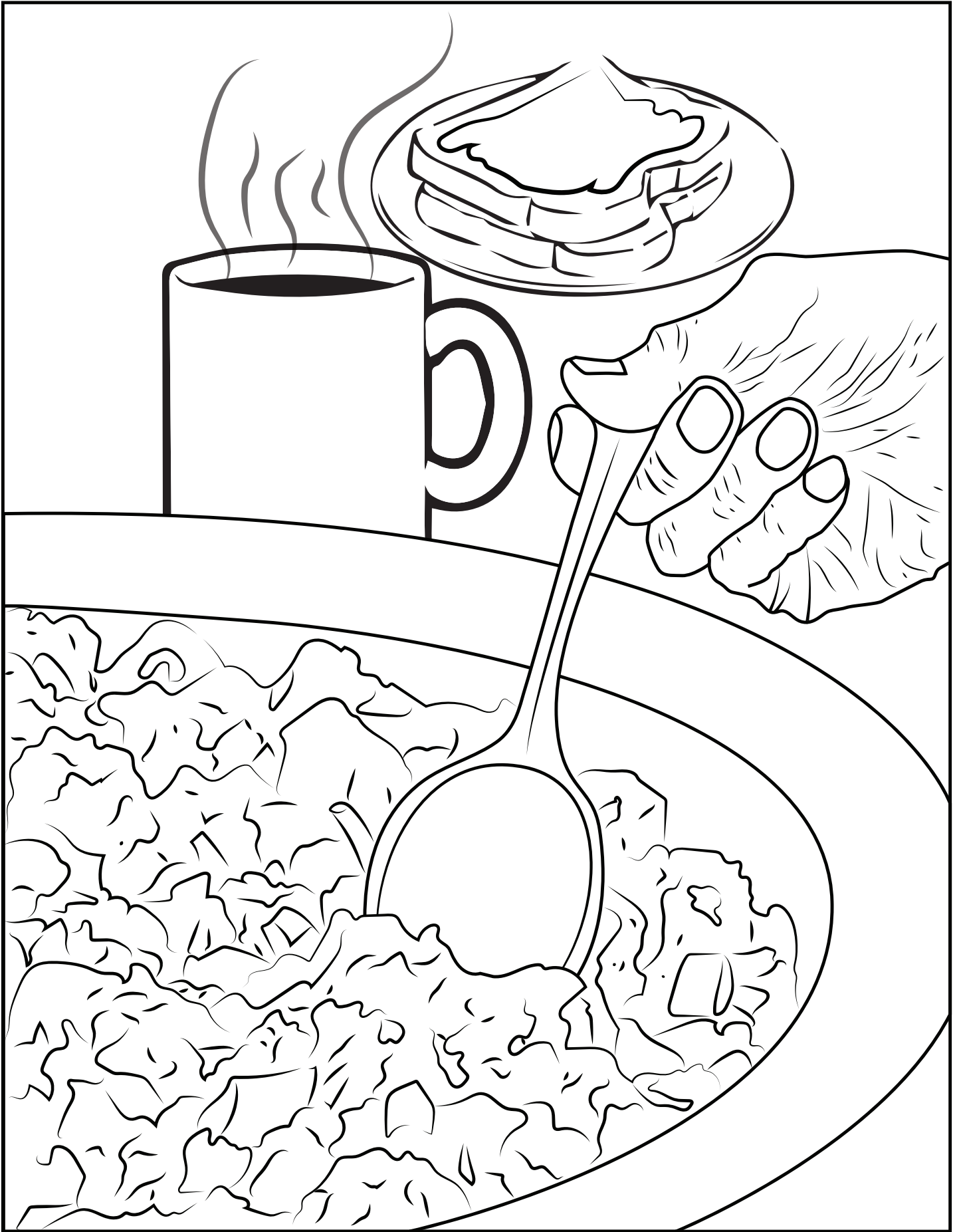
- 4 large bunches of wild onions
- 8 eggs

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	Ꭱ	i
2 g	Ꭲ Ꭳ	Ꭴ	Ꭵ	Ꭶ	Ꭷ	E
3 h	Ꭸ	Ꭹ	Ꭺ	Ꭻ	Ꭼ	Ꭽ
4 l	Ꭾ	Ꭿ	Ꮀ	Ꮁ	Ꮂ	Ꮃ
5 m	Ꮄ	Ꮅ	Ꮆ	Ꮇ	Ꮈ	Ꮉ
6 n/hn	Ꮊ Ꮋ Ꮌ	Ꮍ	Ꮎ	Ꮏ	Ꮐ	Ꮑ
7 qu(ku)	Ꮓ	Ꮔ	Ꮕ	Ꮖ	Ꮗ	Ꮘ
8 s	Ꮙ Ꮚ	Ꮛ	Ꮜ	Ꮝ	Ꮞ	Ꮟ
9 d/t	Ꮠ Ꮡ	Ꮢ Ꮣ	Ꮤ Ꮥ	Ꮦ	Ꮧ	Ꮨ
10 dl/tl	Ꮩ Ꮪ	Ꮫ	Ꮬ	Ꮭ	Ꮮ	Ꮯ
11 ts	Ꮰ	Ꮱ	Ꮲ	Ꮳ	Ꮴ	Ꮵ
12 w/(h)w	Ꮶ	Ꮷ	Ꮸ	Ꮹ	Ꮺ	Ꮻ
13 y/(h)y	Ꮼ	Ꮽ	Ꮾ	Ꮿ	Ᏸ	Ᏹ



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