

To Think About & Do

Corn was a very important crop for many Native American tribes because it could be used in so many ways. How many different ways can you think of to use corn? Many cookbooks in the library list unusual recipes you may want to try.

When Little Flower wants to help her mother, she is told that she is too young this year, but she may be able to help next year. What things will you be able to do next year that you cannot do now?

When stars make a picture in the sky, like Sky Bear, the pictures are called constellations. Do you know the names of some other constellations?



Recipes

Indian Fry-Bread

Here's what you need:

- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- warm water
- 1/4 cup vegetable oil

Here's how to do it (ask an adult to help you):

- Sift together the flour, baking powder, and salt into a bowl.
- Slowly add warm water while stirring. Keep adding water until you have a dough that feels like mud.
- Mix and knead the dough with your hand until it is smooth. If the dough is sticky, sprinkle with flour.
- Cover the dough with a towel and let it rest for 10 minutes.
- Break the dough into lemon-size pieces. Roll each piece into a ball and flatten into a pancake.
- Heat the oil in a heavy frying pan. Add as many pieces of bread as will fit in the pan.
- Fry the pieces on each side until they are brown.
- Take the brown fry-breads out of the oil and place them on a plate covered with a paper towel.
- Serve the fry-breads with salt, or with maple syrup. This serves about four people.

From **Food and Recipes of the Native Americans** by George Erdosh Library call no: j641.592 E669f

Pinole

Here's what you need:

- 1/2 cup yellow cornmeal
- 2 tablespoons honey
- 1/2 teaspoon cinnamon
- 1 cup boiling water

Here's how to do it (ask an adult to help you):

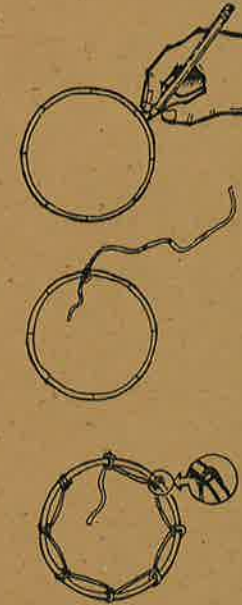
- Heat a heavy frying pan on medium-high heat.
- When pan is hot, sprinkle in the cornmeal to dry roast it.
- Stir until you see cornmeal starting to turn brown. This will take about six to eight minutes. Keep stirring the cornmeal or else it will burn.
- When it's brown scrape the cornmeal into a small bowl.
- Add the honey and cinnamon and mix well.
- Stir one teaspoon of this mix into one cup of boiling water, as the Native Americans did, and let it sit for ten minutes. This serves one person.

From **Food and Recipes of the Native Americans** by George Erdosh Library call no: j641.592 E669f

Dreamcatcher

Here's what you need:

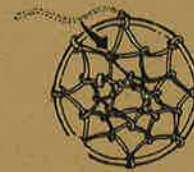
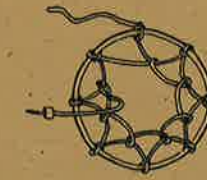
- 1 six-inch embroidery hoop (inside ring only)
- 2 yards of thin string or yarn
- Beads, (wood or any kind)
- Feathers
- Scissors
- Pencil



1. With a pencil, make 8 light marks around the embroidery hoop. The marks should be an equal distance apart.

2. Knot one end of the string to the hoop at one of the marks. Leave about 3 inches of string hanging.

3. Tie the string to the hoop at the other seven pencil marks, leaving loose loops in between.



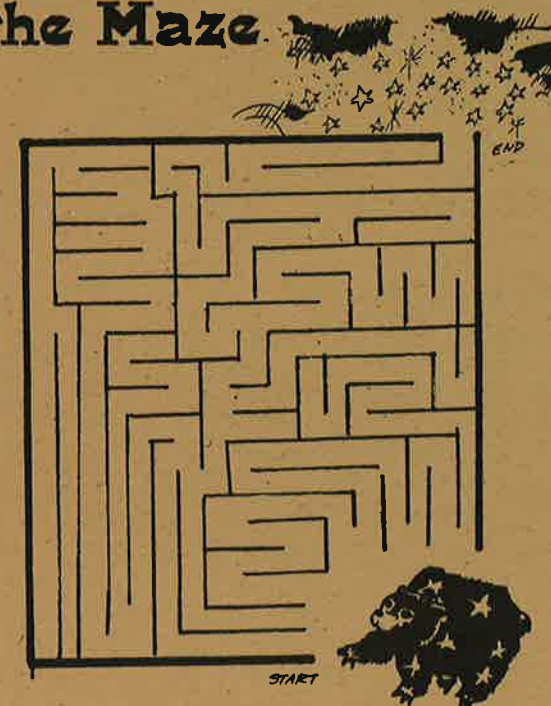
4. Continue looping the string from the middle of one loop to the middle of the next. Make three or four rows of loops, stringing a bead or two along the way. When just a small hole is left in the center, you are ready to finish off your dreamcatcher web. Pull the string tight and knot the end of the string to the previous row. Tie another knot in the same place to prevent unraveling. Trim the string close to the knot.

5. Take the piece of string left hanging at the beginning and tie to the inside of the web, so the design is symmetrical. Again, tie a double knot and trim away any extra string.

6. To make a hanger, tie a loop of string or yarn to the top of the ring. Attach feathers and beads with short strings tied to the bottom.

From **Traditional Crafts From Native North America** by Florence Temko Library call no. j745.5 T28n

The Maze



Word Find

M	I	L	K	Y	E	B	A	E	T
S	K	Y	B	E	A	R	O	G	X
T	C	D	E	F	R	O	Y	R	M
A	G	H	L	I	T	T	L	E	O
R	C	O	R	N	H	H	I	A	T
S	W	F	L	O	W	E	R	T	H
W	A	R	R	I	O	R	J	K	E
L	Y	M	N	F	A	T	H	E	R

Find these words!

Sky Bear • Brother • Little • Flower
Earth • Stars • Great • Warrior • Milky
Way • Corn • Mother • Father