

# Anna's Adventures

## Eat Like a Powhatan

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### *Activities Inside:*

- Comparing Cornbread Recipes
- Matching Game: Seasons of Food

To watch the video click the play button to visit the website:



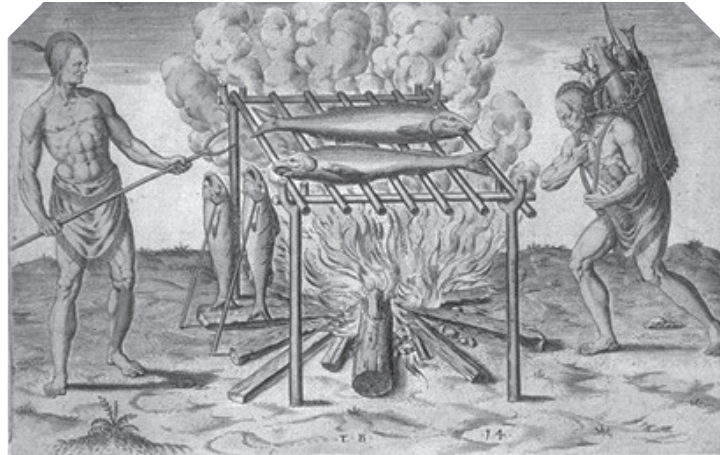
<http://www.historyisfun.org/annas-adventures.htm>

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***The Powhatan:*** At the time English colonists arrived in the spring of 1607, coastal Virginia was inhabited by the Powhatan Indians, an Algonquian-speaking people. The Powhatan were comprised of 30-some tribal groups, with a total population of about 14,000, under the control of Wahunsonacock, sometimes called "Powhatan."

Agricultural products – corn, beans and squash – made up about half of the Powhatan diet. Men hunted animals and fished, while women farmed and gathered wild plants. Food was cooked over an open fire in clay pots.

The Powhatan practiced food preservation by smoking and drying their foods, but their diet was mainly determined by what was available each season. Spring was their least abundant season as they ran out



*Engravings by Theodor de Bry, from the Jamestown-Yorktown Foundation Collection. Pictured Above: 'The broiling of their fish over the flame.' Below: 'Their sitting at meate.'*

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of dried foods to eat, while summer was their most abundant food season due to the fresh food readily available. The Powhatan divided their year into five seasons: Popanow (Winter), Cattapeuk (Spring), Cohattayough (Summer), Nepinough (Early Fall), and Taquitock (Late Fall).

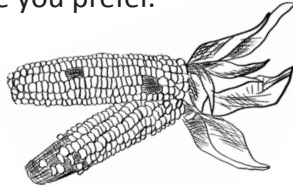
**PART  
ONE**

**COMPARING CORNBREAD RECIPES** Ask an adult for permission and help with the following cornbread recipe. Read through the ingredients and equipment lists, as well as the directions before starting, to make sure you have everything needed. Have an adult help with placing and removing the pan from the oven.

The Powhatan Indians' version of cornbread (also called a corn cake) was much simpler than the modern version. They only used cornmeal, water and sometimes berries or nuts. This mixture was cooked over hot coals. In this recipe you'll create six cornbread muffins. Five of the muffins will have modern ingredients like self-rising flour, while the sixth will use only those that the Powhatan had available. After the muffins are done baking compare the taste and texture of each and see which one you prefer.

**Directions**

1. Preheat the oven to 400°F and grease the muffin tin.
2. **Powhatan Cornbread** Start by making the Powhatan cornbread. In a small microwavable bowl heat up the water for 1 minute. Carefully remove the bowl with oven mitts. Stir in 1 tablespoon of cornmeal and a few blueberries until combined. Pour this mixture into one cup of the muffin tin.
3. **Modern Cornbread** Now you'll make the modern cornbread. In the medium micro-wavable bowl heat up the butter until just melted, about 10-30 seconds. Carefully remove the bowl with oven mitts. Let cool for one minute.
4. Crack the egg into the bowl, discarding the shell. Beat the egg and butter together with the fork until combined. Add the sugar, milk and 5 tablespoons of cornmeal. Stir until well combined.
5. Add the self-rising flour to the wet mixture. Stir until the dry ingredients are just combined. Do not over mix.
6. Using the rubber spatula, fold the blueberries into the cornbread mixture and equally pour into five cups of the muffin tin.
7. Bake the muffins for 15 minutes or until a golden brown.



**Powhatan Ingredients**

- 4 tablespoons water
- 1 tablespoon cornmeal

**Modern Ingredients**

- 5 tablespoons cornmeal
- 2 tablespoons unsalted butter, plus extra for greasing the muffin tin

6 tablespoons milk

1 large egg

2 tablespoons sugar

1/2 cup self-rising flour

**Optional Ingredients**

1/2 cup fresh blueberries, washed

**Equipment**

measuring utensils

2 microwavable bowls (small & medium sizes)

large fork for mixing

small rubber spatula

6-cup muffin tin

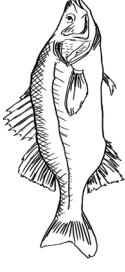
oven mitts

microwave & oven

# Anna's Adventures: Eat Like A Powhatan

## PART TWO

**MATCHING GAME: SEASONS OF FOOD** Color the pictures on the following page, then cut out both sheets of cards. Match each season card with its correct paragraph, using the clues provided. Answer key included.



### DIRECTIONS:



1st: Color the pictures.



2nd: Cut out the playing cards.



3rd: Match the paragraphs to their correct seasons.

*In this season men hunted deer in large groups of up to 200 people. Women and children went on the hunt to prepare the meat for bringing home. Wild turkey, geese and ducks were also hunted. Persimmons and some nuts became ready to eat. Corn was harvested and Powhatan people had harvest festivals.*

*In this season people left the village to fish, hunt for small animals and gather wild plants. Squirrels, ducks, seafood and the root of the tuckahoe plant were some of the foods eaten. In the late part of the season, the women and children of the village worked together to plant fields with corn, beans and squash.*

*This season was a time when a lot of fresh food was ready to be eaten. Fresh corn, beans and squash from the fields were a part of many meals. Some of the corn was picked when it was still green. Men added fresh fish and small game to stews. They also roasted the meat on hot coals or on wooden grills over outdoor fires.*

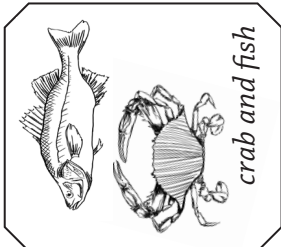
*In this season women picked corn, beans, melons and squash from the fields. They also searched for ripe fruits and wild grains. The men continued to hunt for small game. Some of the food gathered was dried and stored away for other seasons when it was harder to find food.*

*During this season many dried foods were eaten, like corn and beans left over from the harvest. The women also found wild plants and nuts to add to their meals. The men hunted for deer alone or in small groups.*

**CATTAPEUK < Spring >**



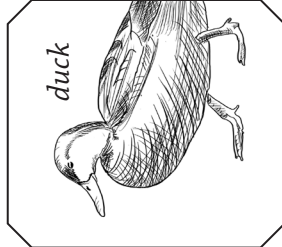
squirrel



crab and fish

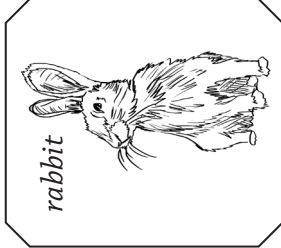


tuckahoe

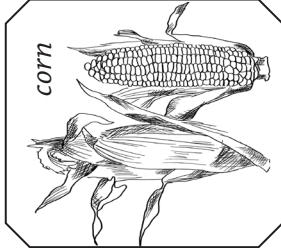


duck

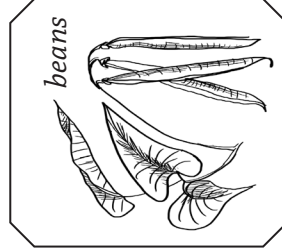
**COHATTAYOUGH < Summer >**



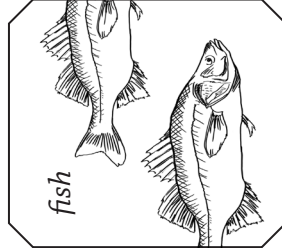
rabbit



corn



beans

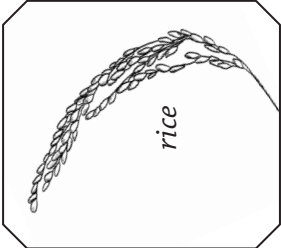


fish

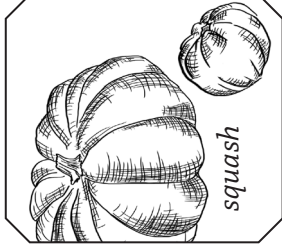
**NEPINOUGH < Early Fall >**



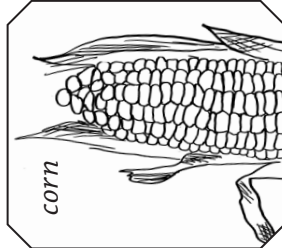
grapes



rice



squash



corn

JAMESTOWN-YORKTOWN FOUNDATION

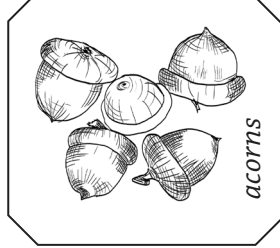
**Matching Game:  
Powhatan Seasons of Food**

Directions: Match each Powhatan season card with its correct paragraph card.

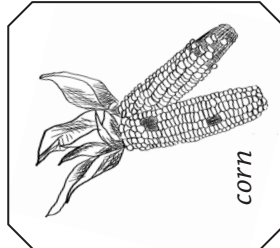
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**Answer Key:** POPANOW (During winter many dried foods were eaten, like corn and beans left over from the fall harvest) CATTAPEUK (In the spring people left the village to fish, hunt for small animals and gather wild plants) COHATTAYOUGH (Summer was a time when a lot of fresh food was ready to be eaten) NEPINOUGH (In early fall women picked the last of the corn, beans, melons and squash from the fields) TAQUITOCK (In late fall men hunted deer in large groups of up to 200 people).

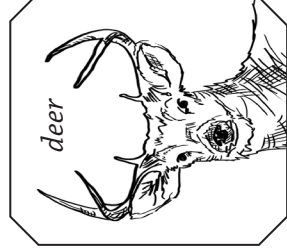
**POPANOW < Winter >**



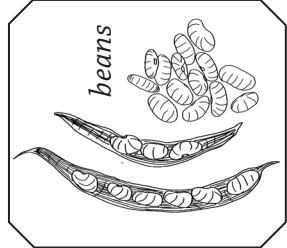
acorns



corn



deer



beans

**TAQUITOCK < Late Fall >**



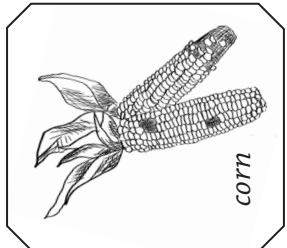
chestnuts and persimmons



deer



wild turkey



corn