

FIRST FOODS OF OREGON

Traditional local foods have nourished Indigenous people of Oregon since time immemorial. These traditional foods, often called “first foods,” vary by local geography, seasonality and cultural group. A few first foods – such as the ones shown below – are common to many tribes in Oregon.

Directions: Look for these first foods – or evidence of them – in one or more places:

- forest or other outdoor site
- river or stream
- grocery store
- farmers market

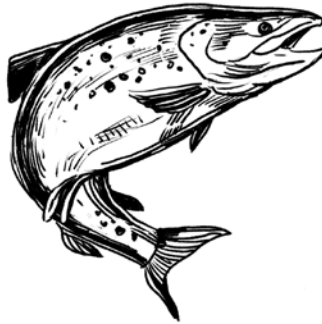
List what you find:

First Foods and Resilience

Many tribes in Oregon are working to restore access to first foods and reconnect to traditional food practices. Emphasizing first foods is one approach Oregonians can take to make our food system more sustainable, and to increase our resilience to climate change and other environmental challenges.

SALMON

Traditionally, salmon were cleaned, hung on racks to dry in the sun and stored for the winter and spring.



CAMAS

Traditionally, the bulbs of this lily were slow-roasted in pits, then dried and baked to be stored for later use.

HUCKLEBERRIES

Traditionally, huckleberries were often sun-dried or smoked before being mashed into cakes and wrapped with leaves for future use.



DEER AND ELK

Traditionally, the meat was roasted, steamed or boiled for eating during summer or fall. It was also smoked or dried and then stored for winter and spring.