

## Native American foods

### Vegetables (canned or dried only)

Corn (including cornmeal)  
Beans  
Squash  
Tomatoes  
Jerusalem artichokes  
Pumpkin & pumpkin seeds  
Potatoes  
Peppers  
Cabbage  
Onion  
Mushrooms  
Zucchini

### Fruit (dried or canned only)

Strawberries  
blueberries  
raspberries  
melons  
apples  
pears  
grapes raisins  
cranberries

### Proteins (dried or canned only)

Poultry & Eggs (free range)  
Grass fed beef  
salmon  
Venison/Elk/bison  
Rabbit  
Turkey  
Pork  
Fish  
Pemmican  
Seeds for eating (sunflower/pumpkin)

### Miscellaneous

Wild rice  
Sage/mint  
Honey  
Chestnuts  
Other nuts  
Dulse seaweed  
Vegetable Oil  
Seeds for planting or sprouting

While Maple Syrup is traditional, the Passamoquoddy have a business making & selling Maple Syrup so we wouldn't want to supply something that is not theirs.