



Time Travel Quest 3

Apalachee Appetite: Foods for All Seasons

Monthly Quest: Exploring Foodways in Colonial Florida

Today, if you're craving strawberries in December or onions in August, all you need to do is stop by a grocery store. Most of the foods in our fridges and pantries are available all year-round thanks to modern technology and world-wide trade. But, over 300 years ago in Florida, people did not have these same conveniences. Instead, growing and storing food was planned carefully around the seasons.

Historical Background



The Apalachee Indians of the Florida panhandle would prepare their land for growing crops around January using a method called "swidden" or "slash-and-burn." First, large trees in the area were cut down, followed by the small trees and bushes. Then the brush (the grasses, weeds, and small plants) would dry, making it easier to burn. After the area was very dry, a controlled fire was safely started, burning the plants and making the land ready for farming. The Apalachee also used the swidden burn as an opportunity to hunt. Men would surround the area and hunt wild animals, like deer, rabbits, and ducks, that

tried to escape the fire. Now they had meat they could eat that night or store for later!

By April, the ground was ready to be *tilled*, or dug, by the men of the village, who used hoes made from shells and sticks. Seeds would then be *sown* (planted) by the women. After the seeds were sown, children and the elderly would watch over the fields to protect the crops from birds, acting like living scarecrows. The fully grown crops would then be harvested in July and new crops were almost immediately planted for the fall.

After the Spanish arrived in Florida in the 1500s, they also planned their crops based on the seasons. But they planted in October and harvested in June. Instead of using shells to till the ground like the Apalachee, the Spanish used gardening tools made of iron with long, wooden handles. The Apalachee started using these iron gardening tools, too, as they were stronger and tougher than shell tools. But that did not mean it was easy for the first Spanish

settlers to grow their own food in Florida. Crops like wheat – which the Spanish grew a lot of back in Spain - failed to grow at first. One reason was that the settlers were not used to growing crops with the new soil and conditions.

The Apalachee grew a variety of crops in the spring, but their main staple foods were corn, squash, and beans. Corn grows tall and bean sprouts wrap their vines around the stalks. Squash grows around the base, protecting the corn and beans from weeds and animals. After harvesting, all three plants could be dried and stored through the winter months.

Farming was not the only source of food for the Apalachee. Wild plants like nuts and plums were foraged in the spring and summer and they could be dried as well. Hunting wild game was an important activity for men and boys, but the Apalachee did not eat as much meat as the the Spanish, who often ate beef and pork from their haciendas (ranches). After a successful deer hunt, some of the meat was dried into jerky for winter storage and long journeys through the Apalachee province.

One drink that the Apalachee liked to bring with them on journeys was called *tolocano*. This was made by soaking a mix of parched corn (dried and toasted), dried fruit (like persimmons and blueberries), and nuts in water. Think of it as a liquid trail mix! These ingredients were available year-round because they had been dried and stored. *Tolocano* was said to fight off hunger and tiredness when traveling along the Apalachee trails.

Another hearty food the Apalachee made was a thin cake. This could be made from different native flours like corn, chestnut, bean, and sweet potato flour. The flours were mixed with bear oil and baked on thin stones or in ceramic pottery. The bread we usually buy at the grocery store is typically made from wheat flour and contains yeast, which leavens or rises the dough. Native Apalachee bread, on the other hand, remained flat like a tortilla and could be more easily packed for journeys - and they could make it all year using the various flours they had stored away!

Time Portal: Villagers through Video

We are going to use virtual time travel to talk with one of the villagers of Mission San Luis! Today, the Apalachee Indians are celebrating because the new corn crop is ripe! It's the season for growing foods, and a Mestiza woman in the village will talk about some of the common foods the Apalachee ate during the different seasons! Travel back in time using the link below:

Quest 3 Video Link: youtube.com/watch?v=bwgBXZbSSDE&feature=youtu.be

Quest Questions

Questions can help you focus your journey into the past! Here are some questions to think about that will help guide you in your exploration:

- Why is food important to every culture?
- What are two ways that the Apalachee got the foods they ate?
- What are three foods that the Apalachee grew in fields?
- What are three wild foods the Apalachee got from their surrounding environment?
- What are two foods that the Apalachee ate in the Summer? Why?
- What are two foods that the Apalachee ate in the Winter? Why?
- Do you think that all Native American cultures in the Southeast eat the same foods? What may be similar or different about their diets?

Quest 3 ~ Activity Adventure

Finding Food: Naming Where Meals Come From

If you were asked to give a name to a particular place – like a field, a spot on a river, or a location next to a mountain – would you name it after food? Probably not, but many Native Americans in the Southeast did! Unlike people today, Florida Natives – such as the Apalachee – did not have grocery stores where they could find most foods. They had to go many different places to get their food! To help them remember where particular foods were in their environment, Southeastern Indians named some locations based on the foods they found there: both plants and animals. Then they – as well as people in the future - would always know where to go to get the foods they needed!

Adventure Activity

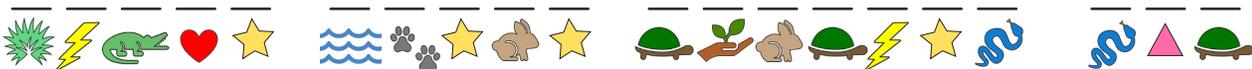
It's now your job to identify important places where Southeastern Native Americans found different foods! Look at the key below. You will see that each letter of the alphabet has a different symbol to represent it. Use this "code" to decipher each of the place names below, replacing the symbols below the dashes with the correct, corresponding letters. This will give you one translation for what the Native American place names mean in English! *(Please note: the symbols selected to represent each letter in the code were selected for this activity only and are not meant to symbolize any Native American languages.)*

KEY:													
A	B	C	D	E	F	G	H	I	J	K	L	M	N
O	P	Q	R	S	T	U	V	W	X	Y	Z		

Place Name 1 *Hint: A creek in Central Alabama where a certain animal lives:*

Muscogee Creek Indian Word: **Loachapoka**

De-code the English Translation (using key above):

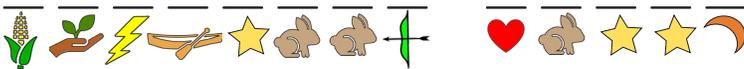


Why do you think this place name is important?

Place Name 2: *Hint: A creek in Southwest Mississippi where a particular fruit grows*

Choctaw Indian Word: **Bahala**

De-code the English Translation (using key above):

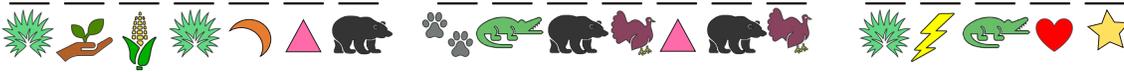


Why do you think this place name is important?

Place Name 3: *Hint: A location in Central Florida where a small variety of a particular vegetable grows in trees*

Seminole Indian Word: **Chassahowitzka**

De-code the English Translation (using key above):

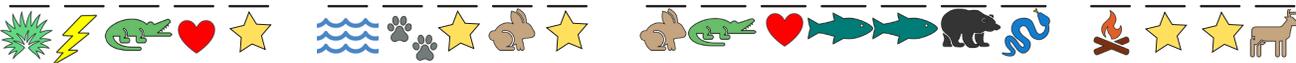


Why do you think this place name is important?

Place Name 4: *Hint: A creek in Northeast Mississippi where certain type of animal goes to eat*

Choctaw Indian Word: **Chiwapa**

De-code the English Translation (using key above):



Why do you think this place name is important?

Quest Creativity: Indian Corn Craft

Corn - also known as maize - is one of the three main crops the Apalachee grew, along with beans and squash. When eaten together, corn, beans, and squash make a balanced diet. Many Native American cultures in the Americas grow different types of corn. It can be white, yellow, red, purple, and blue. Corn was a very reliable crop because a lot of it could be grown and the surplus (or extra) would be stored for the future.



For this craft, you will be making your own Indian corn!

Craft Supplies:

To make an ear of Indian corn, you will need:

- Four green or brown pipe cleaners
- Pony beads in yellow, white, purple, red, and brown
- **If you would like to get the supplies for this craft from Mission San Luis, they will be available for pick-up in front of our Visitor Center doors from 11 am to 2 pm on Wednesday, 7/1/2020.**

Craft Directions:

- To begin making your ear of corn, take two pipe cleaners and twist them around each other in the middle to make an “X”.
- Then connect the other two pipe cleaners by wrapping them around the middle of the first two the same way to form another “X” on top of the first one. Make sure that the ends of each of the second pipe cleaners are between the ends of the first pipe cleaners. Your pipe cleaner arrangement should now have eight “arms,” almost like an octopus!
- Now it’s time for the fun! Start adding different color beads to each of the pipe cleaner arms and see what patterns form! Be sure to leave an inch to an inch and a half at the end of each pipe cleaner free of beads.
- Once you are done beading, pull all the empty ends together (be careful that no beads come off the pipe cleaners) and twist them tightly around each other. All of the ends should stay closed together now, and no beads should fall off. Spread out the ends slightly so that they look like corn husks at the top of the corn.
- Now you have your corn cob! You can make as many as you like and have a whole field of Native American corn!

Additional Exploration Resources

Your time travel adventure doesn't stop here! If you want to learn more about this subject, here are some suggested resources:

- *Mission San Luis de Apalachee: A Teacher's Guide (Illustrated)* - https://www.missionsanluis.org/media/1099/01-teachers_guide.pdf
- *America's Real First Thanksgiving: St. Augustine, Florida – September 8, 1565 (Robyn Gioia)* - <https://www.amazon.com/Americas-Real-First-Thanksgiving-Augustine/dp/1561643890>
- *Timucuan Technology – Three Documents (Florida Public Archaeology Network)* - http://fpan.us/resources/timucuan/6_agri.pdf
http://fpan.us/resources/timucuan/5_wild.pdf
http://www.flpublicarchaeology.org/resources/timucuan/10_hist.pdf
- *How the Timucua Grew Plants (National Park Service)* - <https://www.nps.gov/teachers/classrooms/how-the-timucua-grew-plants.htm>
- *Foods, Flora, and Fauna of the Native American of Tampa Bay (Trail of Florida's Indian Heritage, Inc.)* - <https://www.trailoffloridasindianheritage.org/tocobaga-foods>
- *Native Americans in Florida Reading List (State Library of Florida)* - <https://dos.myflorida.com/library-archives/research/explore-our-resources/florida-history-culture-and-heritage/native-americans-in-florida/age/cooking/>
- *St. Augustine: America's Ancient City (Florida Museum of Natural History)* - <https://www.floridamuseum.ufl.edu/staugustine/>

Also includes an educator's guide and lessons -

<https://www.floridamuseum.ufl.edu/wp-content/uploads/sites/16/2017/03/First-Colony-exhibit-Educator-Guide.pdf>

Virtual Time Traveler Checklist

Prizes await your journey's end! For all virtual time travelers who complete four of the weekly summer camp *Time Travel Quests*, your family will receive free admission passes to Mission San Luis Living History Museum for a future visit! Steps to getting your prize are:

- Complete at least four of the twelve *Time Travel Quests* provided between June 15 and August 31, 2020.
- Fill out the *Virtual Time Traveler Checklist* (blank checklists can be found at: http://www.missionsanluis.org/media/1742/virtual-time-traveler-checklist-2020_2ue.pdf)
- Email the checklist to Rebecca.Woofter@dos.myflorida.com or print and mail it to:

Mission San Luis (c/o Rebecca Woofter)
2100 West Tennessee Street
Tallahassee, FL 32304

FOR YOUR PRIZE: the **deadline is September 14, 2020** for completing and sending in your 2020 *Virtual Time Traveler Checklist*