

# Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE

Celebrating Native American Heritage

## THREE SISTERS SOUP

### INGREDIENTS

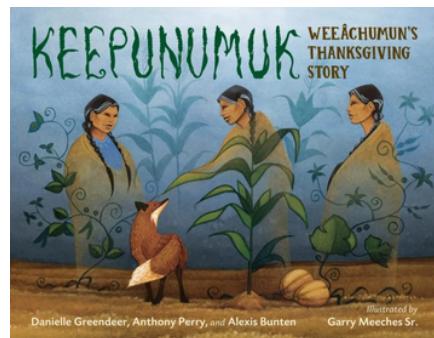
#### CLASSROOM TASTING:

- 1½ acorn squash
- 1½ onion diced
- 1½ celery diced
- 4½ cups vegetable stock
- 4½ cloves garlic minced
- 1½ Tbsp. butter or olive oil
- 1½ cup corn off the cob or frozen
- 18 oz. dried pinto (or other) beans soaked overnight in 4 cups water
- 1½ large carrot diced (approx 1 cup's worth)
- 1½ tsp. dried or 2 tbsp fresh thyme
- Sea salt & freshly ground black pepper to taste

### DIRECTIONS

1. Heat butter or olive oil in a large pot over medium heat. Add diced onion, celery, and garlic. Sauté until fragrant and softened, about 5 minutes. Stir in diced acorn squash and carrots. Cook for another 5 minutes. Add vegetable stock and bring to a gentle boil.
2. Drain the soaked beans and add them to the pot. Reduce heat and let simmer for about 30–40 minutes, or until beans are tender. Stir in corn, thyme, salt, and pepper. Let cook for another 10 minutes. Adjust seasoning to taste and serve warm.

## TEACHER RESOURCES



Read Along



Three Sisters  
Garden Lesson 

 Three Sisters  
(no garden)

Lesson Ideas 

Three Sisters Soup is a traditional Native American food. It is made with three main foods, corn, beans, and squash, called the Three Sisters.

These crops were historically grown together using a companion planting method. Corn helps beans climb, beans help the soil stay healthy, and squash covers the ground to keep weeds away and the soil moist.

RECIPES MADE IN COLLABORATION WITH:



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## VEGETARIAN PEMMICKAN

### INGREDIENTS

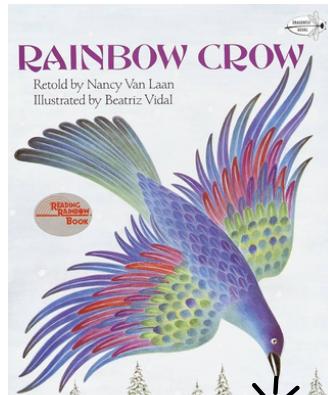
#### CLASSROOM TASTING:

- $\frac{1}{2}$  cup honey 
- $\frac{1}{4}$  cup water
- 1 Tbsp. flaxseeds
- $\frac{1}{2}$  Tbsp. coconut oil
- 2 cups mixed, raw nuts and seeds (i.e. almonds, sunflower seeds, and pumpkin seeds)
- 1 $\frac{1}{2}$  cups dried fruit (i.e. blueberries and cranberries) 

### DIRECTIONS

1. In a large skillet, lightly toast the nuts and seeds. When the nuts fill the air with their aroma, remove from heat and stir in coconut oil to coat nuts.
2. Transfer the nut mixture to the bowl of a food processor and pulse several times to coarsely chop. Add the dried fruit, flaxseed, and a pinch of salt, then pulse a few more times to chop and combine them. With the food processor running on low, drizzle in the honey and water.
3. Butter or spray a piece of parchment paper and press it into a small making dish 9 x 7 inches. Scrape the mixture out of the food processor and into the dish, using clean hands to press it down into the corners. Preheat oven to 375 degrees. Bake the pemmican bars for 25-30 minutes, until edges start to turn deep brown. Allow it to cool completely in the pan, then use the parchment paper to remove it and cut it into bars.

## TEACHER RESOURCES



**Read Along**



Lenape  
Ecosystem  
Lesson

**Lesson Ideas**



Pemmican is a food that people have eaten for more than 5,000 years. Native American tribes, such as the Lenape, made it, often using bison meat, melted fat, and sometimes dried berries. The word pemmican comes from a Cree word, "pimikan," which means "made fat." Pemmican was an important food for Native Americans because it gave them lots of energy. Later, European fur traders and explorers used pemmican on long trips in very cold places like the Arctic and Antarctic because it was healthy and lasted a long time.

RECIPES MADE IN COLLABORATION WITH:



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## FRY BREAD INGREDIENTS

### CLASSROOM TASTING:

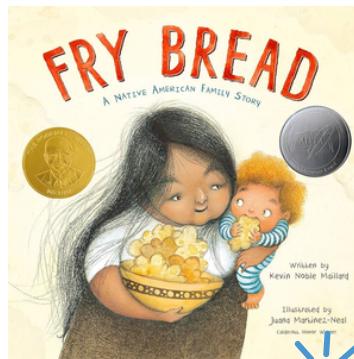
- 3 cups all-purpose flour
- 1 Tbsp baking powder
- $\frac{1}{2}$  tsp salt
- 1  $\frac{1}{2}$  cups warm water
- High heat oil, for frying
- 4 oz. honey, for topping



## DIRECTIONS

1. Place flour, baking powder, and salt in a large bowl. Mix well, add warm water and stir until dough begins to ball up. On a lightly floured surface knead dough. Do not over-work the dough. After working dough, place in a bowl and refrigerate for  $\frac{1}{2}$  to 1 hour.
2. Heat oil to 350 degrees in a frying pan. Lightly flour surface and pat and roll out baseball size pieces of dough. Cut hole in middle with a knife (so the dough will fry flat) to  $\frac{1}{4}$ -inch thickness.
3. Place dough in oil and cook until golden brown. Dough is done in about 3 minutes.
4. After fry bread is done top with honey.

## TEACHER RESOURCES



Read Along



Lesson Plan:  
The Indigenous  
Origins of  
Regenerative  
Agriculture

Lesson Ideas

In the 1800s, Native American people were forced to move from their homes. The government gave them simple foods like flour, sugar, and salt. They used these foods to make fry bread.

Fry bread became a sign of strength and creativity.

Today, many Native American families eat fry bread at gatherings and celebrations. It helps people remember their culture and share it with younger generations.

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## CREAMY MASHED SQUASH

### INGREDIENTS

#### CLASSROOM TASTING:

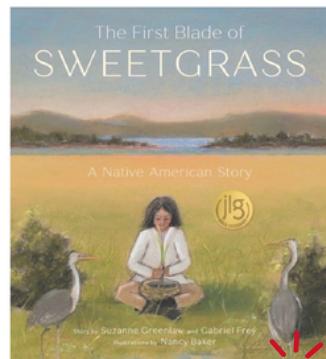
- 1½ lbs. butternut squash
- ¼ tsp. mace or nutmeg
- ¼ tsp. allspice
- 1 tsp. ground cardamom
- 1 tsp. maple syrup
- ½ tsp. salt
- 2 tsp. butter
- 1 tsp. olive oil for roasting



### DIRECTIONS

1. Slice squash down the middle, scratch out seeds and fibrous strings. Rub with olive oil and place cut side down on sheet pan.
2. Preheat oven to 450 degrees. Roast squash for 30 minutes. The squash should be tender. Allow squash to cool slightly. Remove skin.
3. In a blender, add butternut squash and the remainder of the ingredients. Process until smooth. Remove and place in serving bowls and top with butter.

### TEACHER RESOURCES



[Read Along](#)

Braiding Sweetgrass:  
The Honorable  
Harvest



The Wabanaki people loved their land, which they called Wabanakik, meaning "Dawnland." This area is now part of Maine, New Hampshire, Vermont, and some parts of Canada. They were great farmers and grew butternut squash along with corn and beans, known as the "Three Sisters," because these plants helped each other grow. Butternut squash was important to the Wabanaki because it was nutritious and could be stored for a long time, especially during the cold winters.

MADE IN COLLABORATION WITH:

