

# SEASONED WITH SPIRIT

## Episode Descriptions

### *Episode 101 “Gulf Coast Originals”*

Over 6,000 years before the Acadian French (today’s Cajuns) arrived in Louisiana, there were Native peoples living and fishing in Louisiana’s bayou country. An historical tour of this Gulf Coast region provides a lesson about Native influences on “Cajun” cooking. Loretta cooks Sassafras Shrimp Gumbo and Spicy Alligator Sauce Piquant.

### *Episode 102 “Cuisine of the Desert Southwest”*

Most people, when thinking of the cuisine of the southwest, think of Mexican food, but Native foods in their traditional form are an exciting way of expressing this beautiful and rugged region of the country. During a visit with the Tohono O’odham Tribe of Arizona, Loretta joins the tribe for their annual 3-day harvest of Saguaro Cactus fruit. She also joins Mildred Manuel to prepare Wild Spinach with Cholla Buds and Chiltepine Peppers, Tapary Beans with Ribs, Ash Bread (slow-cooked in the ashes of a mesquite fire), and for a sweet refreshing drink, Mesquite Juice.

### *Episode 103 “Return of the Buffalo”*

There is a movement among Tribes to bring the buffalo back to the Great Plains in order to “promote cultural enhancement, spiritual revitalization, ecological restoration and economic development.” Loretta travels to the buffalo range of Fred Dubray on the Cheyenne River Sioux Reservation in South Dakota to learn more. Wasna (Sun-Dried Bison with Chokecherries), Wojape (Chokecherry Soup) and Grilled Bison Tenderloin with a Sage-Chokecherry Jus are on the menu for this exciting show.

### *Episode 104 “Bounty of the River’s Edge”*

The people of the Yurok Tribe live off the bounty of the Pacific Coast on the banks of California’s Klamath River, harvesting salmon, shellfish, seaweed and edible wild greens along with acorns which are ground and cooked in tightly woven handmade baskets. Loretta joins her Yurok friends for a feast of alderwood-smoked salmon, dried sirfish and eels along with an amazing sturgeon egg (say CAVIAR!) bread.

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### *Episode 105 “Food Upon the Water”*

Wild rice, or manoomin, is still harvested the traditional way by the Anishanabe, or Ojibwe people of the Great Lakes Region. Ricers and their families take canoes in the rice fields and hand harvest the rice. After participating in the rice harvest, Loretta helps to prepare Winona LaDuke’s favorite wild rice and maple syrup cake which accompanies a lakeside first rice feast of buffalo, wild rice and cranberry stuffed acorn squash, buffalo stew and beautiful ruby red swamp tea.

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