



# 7 FOODS DEVELOPED BY NATIVE AMERICANS



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The earliest Native Americans to cultivate corn were the Pueblo people of the American southwest, whose culture was transformed by the arrival of corn in 1,200 B.C.E. By 1,000 C.E., corn was a staple crop that sustained tribes like the Creek, Cherokee and Iroquois.

Corn is now the world's most cultivated crop with an estimated 500 million acres harvested annually.

- As much as three-fifths of the world's agricultural crops originated in the Americas, including **tomatoes, hot chile peppers**, and dietary staples like **potatoes, squash, beans or corn**.
- A lot of the early work of domestication of these major food crops was done by Indigenous people.
- Native Americans brought a lot to world agriculture.





# TOP 7 CROPS DOMESTICATED BY NATIVE AMERICANS



**Maize**



**Dry Beans**



**Pumpkins, gourds and  
other winter squash**



**Potatoes**



**Tomatoes**



**Chile Peppers**





# MAIZE



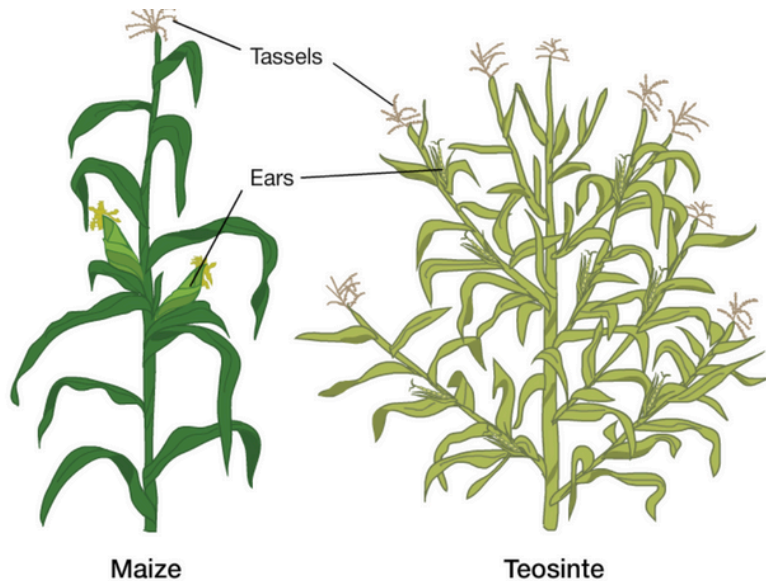
- Maize, known in some countries as corn, is a large grain plant domesticated by prehistoric peoples in Mesoamerica.
- Every part of the ear of corn was used.
- Native Americans showed the European Pilgrims how to grow corn by planting a fish with each corn plant.
- Shredded husks made good kindling and filling for pillows and mattresses.
- The corncobs became bottle stoppers, scrubbing brushes, and fuel for cooking.
- Corn silk made hair for corn husk dolls.



# NATIVE COMMUNITIES HONOR CORN!



A painting of Choctaw women harvesting, processing, and cooking maize.  
By Francois Bernard. Image credit: [Wikimedia Commons](#)



- Native peoples of North, Central, and South America have grown corn for thousands of years.
- Corn was domesticated from a wild plant called teosinte about 7,000 years ago. This species was considered sacred.
- Many modern native communities continue to honor corn through songs, dances and artwork.
- Over many years, after selecting and planting the best seeds, Native Americans developed the plump corn we eat today.





# WHAT'S YOUR FAVORITE CORN DISH?



**Boiled with Salt & Butter**



**Popcorn**



**Mexican Street Corn**



**Corn Succotash**



**Corn & Cheese Chowder**



**Corn Bread**



# HEALTH BENEFITS OF CORN

- Prevents Hemorrhoids
- Promotes Growth
- Weight Gain
- Provides Essential Minerals
- Prevents Cancer
- Prevents Anemia
- Lowers LDL Cholesterol
- Eye & Skin Care
- Controls Diabetes
- Protects Your Heart

