



for sandwiches and toast. You can also find hazelnut flour in many markets. Hazelnut oil has a nutty flavor and is a healthy choice for salad dressing and baked goods.

Hazelnuts were an important late winter food for Northwest Coastal Native People. They were stored in bags buried in the mud or under water, then were dug up in the harshest months of winter when the spring greens are not yet up and the spring salmon have not yet returned. The protein and good quality fats in hazelnuts helped people survive.

In one Salish story, Raccoon could not stop eating the winter store of delicious hazelnuts his grandmother had carefully set aside in a pit near the plank house, and he used every trick he knew to steal those nuts. When Grandma finally caught him, she gave him the black stripes he wears to this day by beating him with a fire-charred stick.

**Traditional technologies:** Arrows and fish sticks were made from hazel sticks because they are straight and strong.

**Ecological relationships:** Hazelnuts are an important food for squirrels and birds. They also provide nesting habitat for birds.

**Additional Resources:**

*Nature's Garden* by Samuel Thayer

**References:**

Krohn, E. and Segrest, V. (2010) *Feeding the People, Feeding the Spirit*. Northwest Indian College

Thayer, S. (2010). *Nature's Garden*. Forager's Harvest

Turner, N. (1995). *Food Plants of Coastal Northwest Peoples*. UBC Press.

**Photo credits:** Hazelnut in sheaf and nuts (Heidi Bohan), hazelnut flower (Andrew McKee).

**Art** by Joe Seymore



## Hazelnut, Huckleberry, Salmon Soup

*This Skokomish soup was traditionally made in winter with dried berry cakes and smoked, dried salmon. The first step to this recipe is to find acorns. Crack the nuts and cut them in smaller pieces, then soak them in water for three days to remove the strong tannins. The water should be changed three to four times a day. If you do not have acorns, you can replace them with extra hazelnuts.*

2 cups traditionally smoked salmon, pulled apart into small pieces  
6 cups water  
½ cup acorns, ground  
½ cup hazelnuts, ground  
2 cups evergreen huckleberries  
Salt and pepper to taste

In a crock-pot add salmon, water, acorns and hazelnuts. Cook on low overnight or for several hours. When the salmon is soft and the broth is flavorful, add the huckleberries and cook for an additional half an hour. Season to taste.

Cook time: 4-8 hours. Serves 6.

*Recipe by Kimberly Miller, Skokomish*

## Salish Snack Mix

*In order to stay strong and keep our energy high, we need foods that are rich in diverse nutrients including vitamins, minerals, protein, carbohydrates and good quality fats. This snack mix is similar to pemmican, a food that is eaten during physically demanding times including traveling, hunting or gathering. You don't need to eat much to feel satiated - about ¼ cup is a nice portion size. Many of these ingredients can be purchased in bulk, and you can cater the recipe to your own flavor preferences. Nuts are healthier when they are eaten raw, but their unique flavor comes out when they are roasted.*



Dried Fruit: blueberries, cranberries, salal, currants, plums, raisins

Nuts: hazelnuts, walnuts, almonds

Seeds: pumpkin seeds, sunflower seeds

If you choose to roast your nuts, place them on a cookie sheet in the oven at 300 degrees. Watch them carefully and remove them once they start to brown and smell roasted. Blend all ingredients together. Store in a cool dry place. You can also sprinkle this mix on salad or add it to hot cereal.

*Recipe by Vanessa Cooper, Lummi*