

Tradition and Nutrition

THESE ARE THE WAYS OF OUR ANCESTORS BEFORE US.

“I learned a lesson from my mother years ago when I was 16 or 17; she said, ‘whenever you have a ceremony you use the traditional foods. You use papa, buffalo, deer, or elk. You make wasna with buffalo meat, you make wojapi from chokecherries and you made ceyaka with honey.’ It was all-natural.

The reason for this is the spirits come, you are feeding them. They like that kind of food and they crave it. They don’t know the food we eat today. Ceremonial foods are very important because we are asking the spirit world for help so we give them foods that they know. If people incorporated traditional foods into their daily diets, at least once a week, we would be a much healthier people.”

–Lula Red Cloud, Oglala Lakota
Great-Great Granddaughter of Chief Red Cloud

