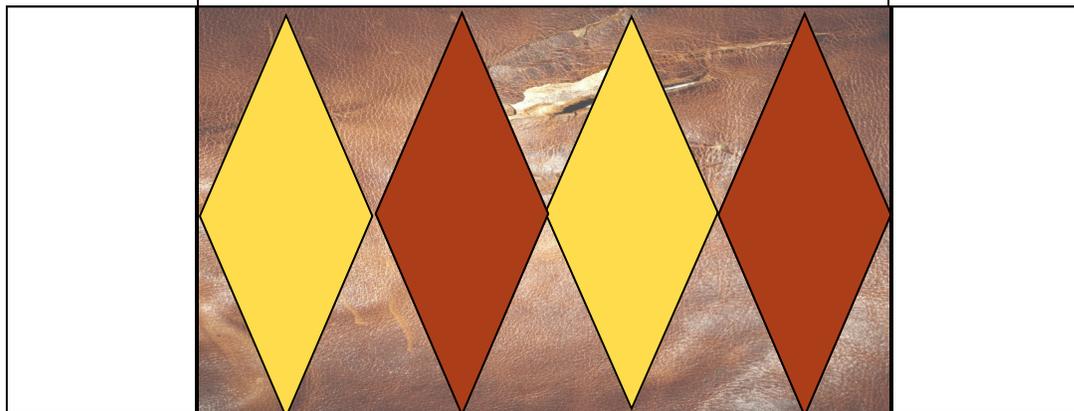


After you cut out parfleche and as blank side faces you, fold in side tabs and fold bottom up to form a pocket.

Glue side tabs against back side.

Fold over top. This part is glued to your page.

This is the bottom





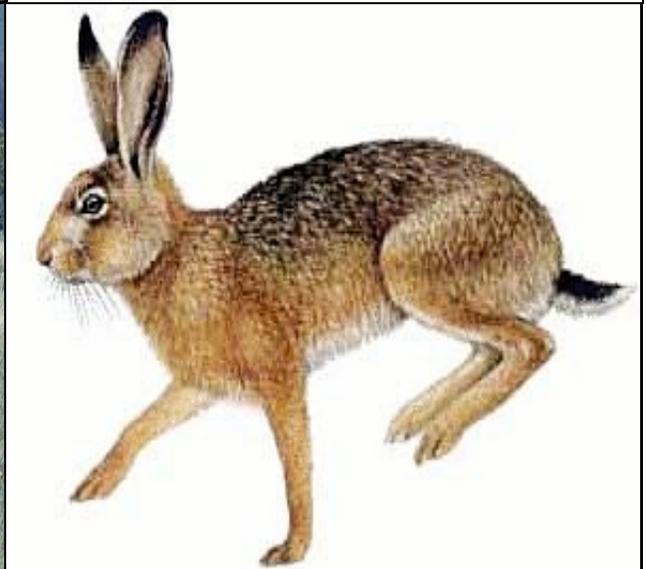
Deer and elk could be roasted, stewed or made into jerky.



Camas root was found in mountain meadows and on the plains. The bulb would be baked, then dried whole or ground to make mush.



Buffalo was the primary meat of the Plains Indians. It was eaten roasted, dried to make jerky, stewed, or made into pemmican.



Small game such as rabbit, gophers, prairie chickens, and other small animals were caught by snares. They would be eaten roasted or stewed.



Wild berries were eaten fresh, dried, or mixed with dried meat to make pemmican. These included blueberries, raspberries and strawberries.



Cherries could be eaten fresh or dried and used in pemmican.



Some tribes grew maize, beans, pumpkins, and various other vegetables that could be dried.

Pemmican

Pemmican was made by pounding dried meat with a rock. The dried meat was usually buffalo, but elk, deer, antelope and moose would be used also. After pounding meat into a powder it was mixed with melted fat and berries. Pemmican would last for months and was stored in a parfleche. The pemmican was used on long journeys and during winter months when game would be scarce.