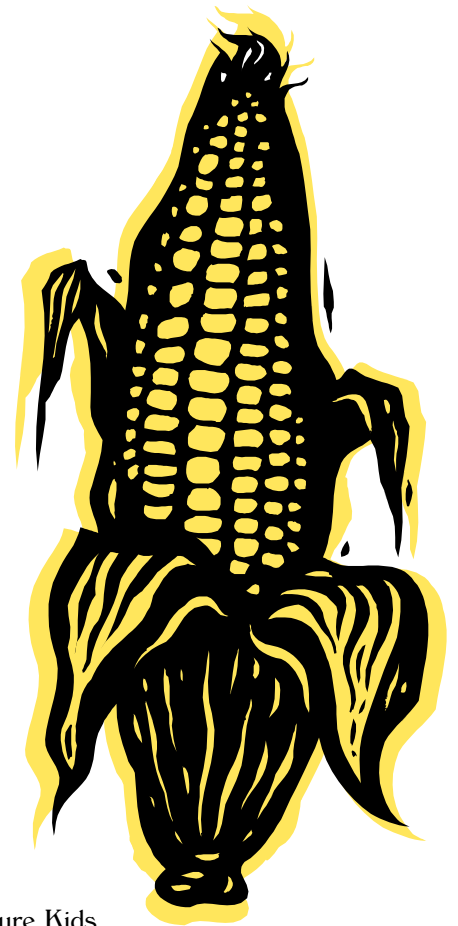


KULTURE KIDS  
PO BOX 181425 Cleveland Heights, OH 44118  
216-371-2867 www.kulturekids.org

## RESOURCE GUIDE

# SACAJAWEA



Reprints are prohibited without the permission of Kulture Kids.

# SACAJAWEA

## WHAT SHOULD THE TEACHERS DO BEFORE THE PROGRAM?

Discuss with students: “Willing suspension of Disbelief”.  
Listening and following directions.  
Raising hand to answer questions.  
Working together as a team.

## WHAT THE STUDENTS WILL EXPLORE:

Native American botanical history  
Lewis and Clark, The Corps of Discovery and Sacajawea  
Communication Skills  
Problem Solving  
Imagination

## SOME CONNECTIONS TEACHERS CAN MAKE TO CURRICULUM:

Geography	Native North America
Social Studies	Native American culture
Social Skills	Listening, Participating
Language Arts	Storytelling
Science	Plants

## WHAT SHOULD THE TEACHERS DO DURING THE PROGRAM?

Participate in the program just as students do when asked by the artist.  
Handle discipline and classroom management needed.  
Sit among the students, not at the back of the room.  
Assist artist and encourage students during game show.

## NEW VOCABULARY:

Shoshone Language:

Pehnaho	<i>(pronounced “peh-nah-ho”) (e sounds like the as in ‘pan’, a sounds like the a in ‘ah’, o sounds like the o in ‘oh’). It means “Hello” in Shoshone)</i>
French:	Bonjour <i>(means “Good Day”)</i>
Mohawk:	Sekoh <i>(means “Hello”)</i>
English:	Hello
Inuit:	Haku <i>(means “Good Job”)</i>

## **ABOUT SACAJAWEA:**

Sacajawea may also be spelled Sacagewea or Sakakawea. Sacagawea. There is much debate about the meaning of her name. It is believed to mean either "Bird Woman", "Boat Pusher" or "Burden". Before her name was changed, it is believed she was called "Huichu" or "Boinav", which may mean "Little Bird." She was born in the Bitterroot Mountains of east central Idaho to the Lemhi-Shoshone Nation.

According to legend, she was between the ages of 9-13 when she was captured by the Minnetaree or Hidatsa nation, who made her a slave and changed her name. After 5 years of working, they sold her to the Mandan nation, who then sold her to a French-Canadian fur trapper and trader named Toussaint Charbonneau, who married her.

Lewis and Clark hired Charbonneau to interpret Indian languages and as a guide, but he did not speak Shoshone. They needed someone who could, in order to trade with the Shoshones for horses that would get the expedition across the mountains, speak Shoshone. Sacajawea was a Shoshone. She knew Shoshone, sign language and several other Indian languages. She wanted to go, because she hoped she could see her family again.

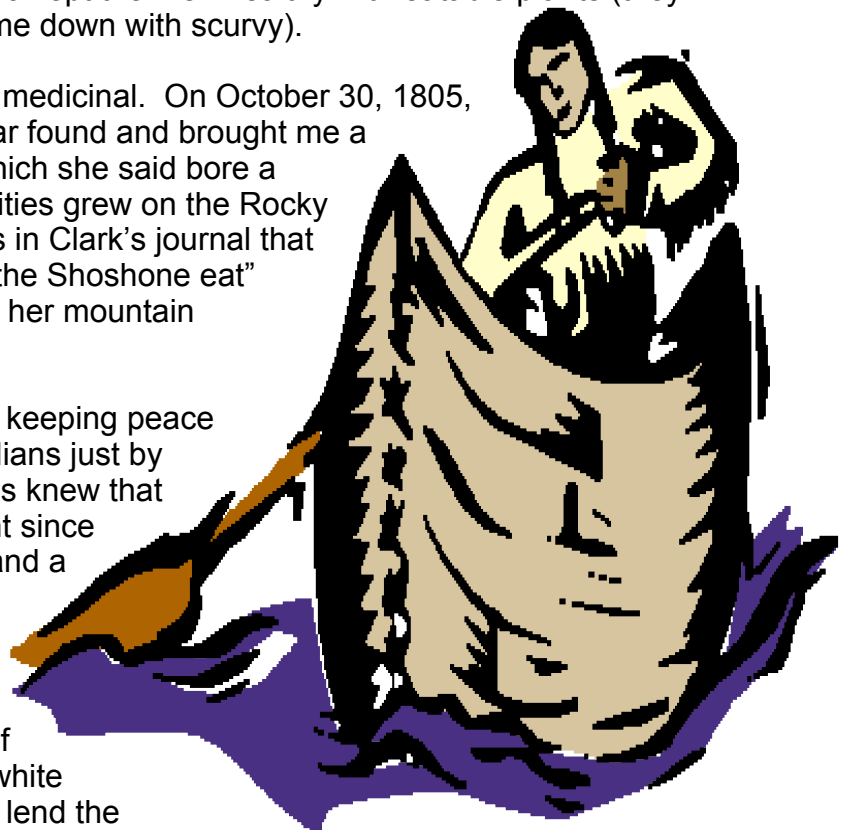
During the Journey of Discovery, Sacajawea gave birth to a baby boy named Jean Baptiste or 'Pomp', which means 'Little Chief'. With Pomp in a cradleboard on her back, she walked for hundreds of miles. Once, she saved important research papers when a canoe tipped over. She also kept the men healthy with eatable plants (they were not eating right and many came down with scurvy).

Sacajawea knew what plants were medicinal. On October 30, 1805, William Clark's journal states "Squar found and brought me a bush something like the current, which she said bore a delicious froot and that great quantities grew on the Rocky Mountain." There are many records in Clark's journal that Sacajawea collected foods "which the Shoshone eat" (June 25, 1806) and were native to her mountain homelands.

Perhaps her most contribution was keeping peace between the expedition and the Indians just by being there with Pomp. The Indians knew that the white men had not come to fight since they were traveling with a woman and a baby.

Sacajawea met her Shoshone brother Cameahwait along the journey. Cameahwait, was a chief of the Shoshone and did not like the white men. Sacajawea persuaded him to lend the expedition horses and supplies to travel across the mountains.

There are more monuments, statues, state parks and rivers dedicated to Sacajawea than any other American woman.

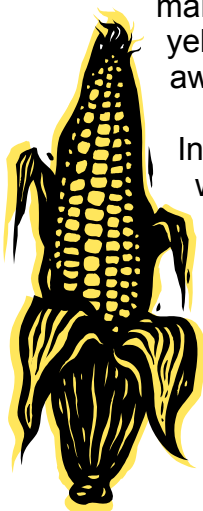


## SOME NATIVE AMERICAN INDIAN PLANTS & THEIR USES:

The following list is just some of the plants that originated in the world of the Native Americans:

Corn, sweet potato, tomato: sauce salsa, juice, bell and chili pepper, pimento, cacao (chocolate) vanilla, Beans: lima, pole, butter, snap, string, navy & kidney, squash: zucchini, pumpkin, acorn, cumshaw, hubbard, crookneck, pumpkin, cassava root, avocado: guacamole, peanut, pecan, cashew, guava, pineapple, sunflower, petunia, black-eyed Susan, dahlia, marigold, zinnia, poinsettia, potato: chips, baked, mashed, fried, berries: blueberry, elderberry, gooseberry, wild grapes, ground cherries, wild currants, sour chokecherries, blackberries, manzanita, lemonade berry.

Corn was a very important crop for the people of the northeast woodlands. It was the main food eaten at every meal. There are many varieties of corn—white, blue, yellow and red. All parts of the corn plant were used. Nothing was thrown away.



In addition to being food for people and animals and seeds to plant, the husks were braided and woven to make masks, moccasins, sleeping mats, baskets, and cornhusk dolls. Corncobs were used for fuel, to make darts for a game, and tied onto a stick to make a rattle for ceremonies.

The “3 Sisters” are what native people call “Corn Beans and Squash”. These three crops are always planted and grow together...the corn grows into a tall stalk which the beans (growing as a vine) wind around and the squash stays close to the ground with its large leaves covering the soil to hold the water for all the sisters’ growth.

Corn was unknown to the Europeans before they met the Native Americans. The Native Americans gave the Europeans the seeds and taught them how to grow it.

Today in the U.S.A., more farmland is used to grow corn (60 million acres) than any other grain.

The Native American crops of corn and cassava have helped increase Africa’s population in the last century and throughout this century.

Vitamin C is important in the foods you eat and can be found in the Jerusalem Artichokes and Camas Roots plants that Sacajawea provided to the Expedition.

Many of the Lewis and Clark’s men ate too much meat and not enough vegetables. Consequently, their lack of Vitamin C made them suffer from scurvy, which made them, have spongy gums, loose teeth and bleeding wounds that would not heal. Sacajawea provided plants for the Corps of Discovery Expedition to eat to prevent scurvy.

Native Americans used pinesap to help heal cuts, and witch hazel tea was a good remedy for sprains and bruises.

In prehistoric times, Native Americans had developed a process by which dried cactus-eating insects could be turned into red dye called cochineal. This “Indian” dye, one of the most important exports from the New World in the late 16<sup>th</sup> century, was highly valued by the European cloth industry for hundreds of years to dye the red British uniforms in the Revolutionary War.

The Potato was known as the “Humble Spud that rescued the Western World” by spreading from South America’s Bolivia and Peru to Ireland, then across Europe to Russia. It provided more calories and nutrition per acre than any other grain.



Natural rubber comes from drying the sap from Tropical Trees – especially the rubber tree found by the Native Americans in South America.

Cacao, a tropical American Evergreen tree with small yellowish flowers and fleshy pods that have seeds, is the source of cocoa and chocolate.

Lewis and Clark discovered, during their adventure, that the roots of the Echinacea plant were good to help sore throats as well as a good treatment for Snakebite. Echinacea still grows wild on the Great Plains and is one of the top-selling herbal products in the United States and Europe.

Lewis and Clark would have also been proud to know that one of their plant discoveries would provide a very significant drug one hundred and fifty years later. Scientists discovered the Pacific Pine Tree bark contained taxol — a break-through treatment for Cancer, especially for ovarian, breast and other cancers.

### **CORPS OF DISCOVERY, 1804-1806, in a nutshell:**

In April 1803, President Thomas Jefferson, of the United States of America, purchased 828,000 square miles of land from Napoleon of France. The land cost \$15 million and stretched from the Mississippi River to the Rocky Mountains and from the Gulf of Mexico to Canada. This became known as the Louisiana Purchase and doubled the size of the USA.

The purchase contained all of Arkansas, Missouri, Iowa, Oklahoma, Kansas Nebraska; parts of Minnesota, North Dakota, Colorado, Wyoming, Louisiana and the city of New Orleans, as well as the Alberta and Saskatchewan provinces of Canada.

#### **OBJECTIVES:**

- Explore and map the unknown newly acquired territory of the Louisiana Purchase
- Establish trade with the Native Indians
- Confirm the sovereignty of the United States in the region with the Native Peoples
- Find the Northwest Passage, a waterway from the Missouri River to the Pacific Ocean.
- Claim the Pacific Northwest and Oregon territory by establishing an American presence before the British or any other European country could.

## TRAVELERS:

- About 59 people were in the Corps of Discovery  
Including one Indian woman, a baby a slave, named York, who belonged to Clark and was given his freedom at the end of the journey and Seaman, Lewis' Newfoundland dog took the journey and unlike the 200 dogs eaten by the Corps, he probably survived to become one of the best traveled dogs in history.
- Sergeant Charles Floyd was the only person to die on the expedition, He died of appendicitis.
- The party included military men and French men who worked as hunters, traders and boatmen

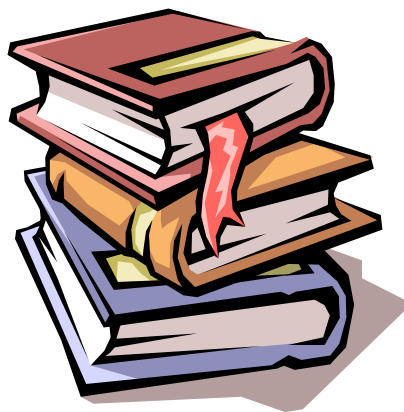
## RESULTS OF THE CORPS OF DISCOVERY, May 1804-1806

- Traveled almost 8,000 miles
- They did not find a waterway from the Missouri River to the Pacific Ocean
- They did document more than 100 new animals, 178 plants, detailed images and information about the natives met, as well as providing 140 maps of the region.

PRESIDENT WILLIAM CLINTON, January 17, 2001 posthumously awarded three members of the Lewis and Clark Corps of Discovery military rank for their contributions to our nation's history:

- "On the recommendation of the Secretary of Defense, and by congressional authorization, President Clinton will posthumously present William Clark his rightful military commission by promoting him from Lieutenant of the Corps of Artillerists and Engineers to Captain in the Regular Army, with an effective date of March 26, 1804. On the expedition, Lewis and Clark shared equally the responsibilities of command, and although President Jefferson sought the rank of Captain for Clark, the promotion was denied by the War Department and Clark was instead given the rank of Lieutenant.
- The President will present the title of Honorary Sergeant, Regular Army to Sacagawea, a young Shoshone woman who served as Lewis and Clark's guide. Sacagawea was the only woman to accompany the explorers to the Pacific Ocean and back, and her interpretation and navigation skills proved invaluable to the expedition.
- The President will present the title of Honorary Sergeant, Regular Army to York, Clark's personal slave who accompanied the expedition party. York was the first black man to cross the continent, and although relatively unknown, was instrumental in the success of the exploration."

## RECOMMENDED RESOURCES



*Plants on the Trail with Lewis and Clark*  
Dorothy Hinshaw  
New York: Clarion, 2003

*Native American Gardening*  
Michael Caduto and Joseph Bruchac  
Golden, Colorado: Fulcrum Publishing

*Keepers of the Earth*  
Michael Caduto and Joseph Bruchac  
Golden, Colorado: Fulcrum Publishing, 1991

*Foods the Indians Gave Us*

Wilma Hayes and R. Vernon Hayes  
Ives Washburn, 1973

*Plants that Changed the World*  
Bertha Dodge  
New York: Little, Brown, 1959

*Plants That Changed History & More Plants That Changed History*  
Joan Elma Rahn  
New York: Atheneum, 1982, 1985

*Chilies to Chocolate: Food the Americas Gave the World*  
by Nelson Foster & Linda S. Cordell  
University of Arizona Press, 1992

*America's First Cuisines*  
by Sophie D. Coe  
University of Texas Press, 1994

*Sacajawea*  
Joseph Bruchac  
New York: Harcourt, 2000

*Sacagawea: Guide for the Lewis and Clark Expedition*  
by Hal Marcovitz  
New York: Chelsea House, 2001

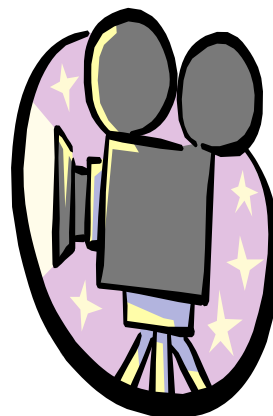
*The Art of American Indian Cooking*  
by Kimball, Yeffe and Jean Anderson  
New York: Doubleday and Company and McIntosh and Otis, 1965.

*Foods America gave the world; the strange, fascinating and often romantic histories of many native American food plants, their origin and other interesting and curious facts concerning them.*  
by: A Hyatt Verrill; O. W. Barrett  
Boston: L.C. Page & Co. 1937

*The Truth About Sacajawea*  
by Kenneth Thomasana  
Grandview Publishing, 1998

*Lewis & Clark: Explorers of the New Frontier*  
A & E Network Video  
Narrated by Peter Graves

*Lewis & Clark: The Journey of the Corps of Discovery*  
PBS Ken Burns Video, 1977  
Narrated by Hal Holbrook



<http://nationalgeographic.com/lewisandclark>  
<http://www.pbs.org/lewisandclark>  
<http://www.lewis-clark.org>  
<http://lewisandclarkjournals.unl.edu>  
[www.wshs.org/columbia/03399-a1.htm](http://www.wshs.org/columbia/03399-a1.htm)  
[www.ndonline.com/tribwebpage/features/sakakawea/sakaindex.html](http://www.ndonline.com/tribwebpage/features/sakakawea/sakaindex.html)  
[www.time.com/lewisandclark](http://www.time.com/lewisandclark)  
[www.lewisandclarkcenter.org](http://www.lewisandclarkcenter.org)  
[www.fs.fed.us/r1/lewisclark/lcoc.htm](http://www.fs.fed.us/r1/lewisclark/lcoc.htm)  
[www.bonniebutterfield.com](http://www.bonniebutterfield.com)  
<http://www.nativetech.org/plants/>  
[www.kulturekids.org](http://www.kulturekids.org) (*list of the 26 states that come from Native American words their origins and meanings*)

## **WHAT SHOULD THE TEACHER DO AFTER THE SHOW?**

Discuss what you saw

Read about different Native American nations

Make a Native American recipe

Listen to Native American music (modern and traditional)

Artist with both types of music is at <http://www.searchingbearflutes.com/>

Research or go to a Pow Wow: [www.powwows.com](http://www.powwows.com) (this site has much info on Native People, music, powwow and more!)

Travel the path of Lewis and Clark on the web:

- <http://lewisandclarktrail.com/trailadventures/selfguide.htm>
- <http://lewisandclarktrail.com/trailadventures/selfguide.htm> (this is an interactive game from *National Geographic* that takes you on the journey)

Go on a nature walk and collect interesting, unusual treasures of nature. Then, design and create some jewelry, games or toys using what you found. Or, see how you can re-create a modern day game, toy or jewelry using only treasures from nature

Research your state flower, tree and grass (not all states have a state grass)

Research the plants came from the Native Americans and their uses

Research medicines created from plants and what illnesses they treat

Read fiction and non-fiction about Native Americans, remembering that not everything you read is true or told from a Native American perspective



## **NATIVE AMERICAN RECIPES**

### **Strawberries and Honey**

#### ***Ingredients:***

1 quart wild strawberries  
1/2 cup honey  
6 oz. cream cheese  
1 cup sour cream  
2 tablespoons white wine



#### ***Equipment:***

Bowl  
Spoon  
Serving dish

#### ***Instructions:***

Mix together cheese, sour cream and honey until very smooth.  
Stir in wine.  
Put strawberries on serving dish.  
Spoon honey sauce over and eat!

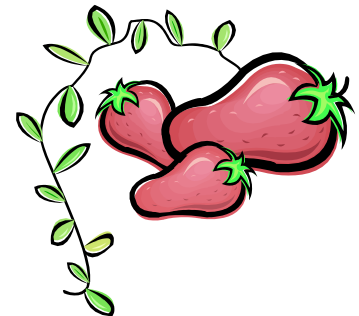
### **Native American Fruit Rolls Recipe**

#### ***Ingredients***

Pears, apricots, any kind of berries or peaches

#### ***Equipment***

Cookie sheet  
Oven OR do it the original way in the sun  
Paper bags  
Airtight container  
Food processor or blender OR do it the original way with a mortar and pestle OR bowl and clean stone



#### ***Instructions***

Wash fruit and remove any pits or seeds.  
In food processor or blender puree fruit (In olden days the Native Americans would mash the fruit in a bowl).  
Spread fruit on cookie sheet 1 inch thick.  
Put in oven at 150 degrees for 4 to 5 hours.  
Dry until fruit puree is firm and can be lifted easily from cookie sheet (Native Americans used to dry it in the hot sun for 8 - 10 days or in a warm place for 1 to 2 weeks).  
Peel fruit from cookie sheet, while still slightly warm and roll.  
Dry fruit roll in paper bag for 4 to 5 days and then eat!  
Store fruit rolls in airtight container.