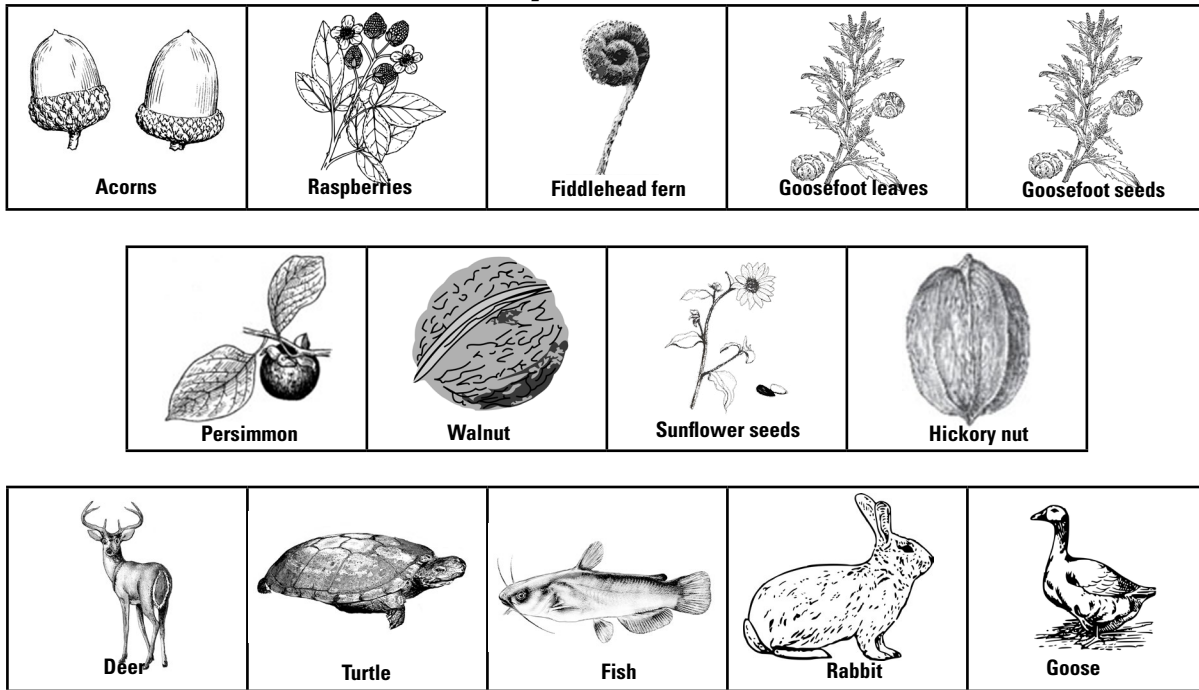


Seasonal Foodways: Plant and Animal Foods



Seasonal Foodways Chart

Food	Calories (per 100 gm)	Protein (gm)	Fat (gm)	Vitamin A (IU)	Vitamin C (mg)	Season	Location
Hickory nuts	657	13	64	131	2	Fall	Uplands
Walnuts	618	24	59	40	1.7	Fall	Uplands
Acorns	509	8	31	0	0	Fall	Uplands
Sunflower seeds	584	21	51	2917	43	Summer	Forest Edge
Goosefoot leaves	43	18	5	11600	80	Spring	River Bottom
Goosefoot seeds	400	16	7	14	0	Fall	River Bottom
Fiddlehead ferns	34	23	0	3617	27	Spring	Uplands
Persimmon fruit	127	0	0	0	66	Fall	Uplands
Raspberry fruit	52	1	1	33	26	Summer	Forest Edge
Deer	715	139	11	0	0	Fall best, or year round	Forest Edge
Rabbit	114	22	2	0	0	Summer	Forest Edge
Fish	117	19	4	123	1	Year Round	River Bottom
Turtle	89	20	0	100	0	Summer	River Bottom
Goose	371	16	34	55	4	Fall	River Bottom



