

RENEWING AMERICA'S FOOD TRADITIONS

BRINGING CULTURAL AND CULINARY MAINSTAYS
FROM THE PAST INTO THE NEW MILLENNIUM

EDITED BY GARY PAUL NABHAN AND ASHLEY ROOD



RENEWING AMERICA'S FOOD TRADITIONS (RAFT)
*Bringing Cultural and Culinary Mainstays
of the Past into the New Millennium*

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OF THE PAST INTO THE NEW MILLENNIUM

COMPILED AND EDITED BY
GARY PAUL NABHAN AND ASHLEY ROOD

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INTRODUCTION

Gary Paul Nabhan

*“[These peoples of America are] much inclined
To cultivate the earth and steward the same.
They harvest beans, corn, and squashes,
Melons and rich sloes of Castile,
And grapes in quantity throughout their landscape...
They harvest the red wheat and garden fare
Such as lettuce and cabbage, green beans and peas,
Cilantro, carrots, turnips, garlic,
Onions, artichokes, radishes and cucumbers.
They have pleasing herds of turkeys
In abundance and fowl of Castile, too,
Beside sheep and cattle and goats.”*

- Gaspar Pérez de Villagrà, 1598

WHERE HAVE ALL THESE HEIRLOOM VEGETABLES AND HERITAGE breeds gone? When Gaspar Pérez de Villagrà wrote about visiting the Pueblos of New Mexico in 1598, diversity on the farm and on the table was the norm—not the exception—across most of North America. Today, roughly four hundred years later, two-thirds of the distinctive seeds and breeds which then fed America have vanished. One in fifteen wild, edible plant and animal species on this continent has diminished to the degree that it is now considered at risk. These declines in diversity bring losses in traditional ecological and culinary knowledge as well. Consequently, we have suffered declines in the food rituals which otherwise link communities to place and cultural heritage.

To reverse such devastating trends and to save and revitalize what remains, the RAFT Coalition formed in the fall of 2003 to develop and support strategies for Renewing America's Food Traditions. The coalition is dedicated to documenting, celebrating, and safeguarding the unique foods of North America—not as museum specimens, but as elements of living cultures and regional cuisines. The coalition members have a proven track record for providing promotional, technical, and marketing assistance to food producers' collectives and micro-enterprises across the country. The RAFT campaign will explore novel means to support traditional ethnic communities that are striving to make these foods once again part of their diets, ceremonies, and local economies. In short, we aim to protect and restore vitality to the remaining culinary riches unique to this continent, and support those who are reintegrating them into the diversity of cultures that are rooted in the American soil.

To advance this work, the Coalition is proud to present to you the List of America's Endangered Foods, as well as profiles of America's Top Ten Endangered Foods and Top Ten Success Stories of advancing food recovery. Our hope is that by viewing and studying this diverse inventory, you will be inspired by these profiles, and encouraged to strengthen efforts to rescue, maintain, restore or promote these distinctively American contributions to global cuisine. The List includes the culinary mainstays of the last three millennia on this continent, both cultivated and wild. It celebrates the diversity of native and heirloom vegetables and fruits, heritage livestock breeds, wild roots, herbs and seeds, as well as fish and shellfish, wild game birds, mammals and reptiles. More than 700 distinctively American foods are now listed, including many from ancient and indigenous cultures such as Mandan, Arikara, Hidatsa, Seminole, Iroquois, Cherokee, Sahaptin, Chumash, O'odham, Cocopa, Quechan, Hopi, Navajo, Santo Domingo, and Taos. Foods from place-based immigrant cultures are also included, such as Amish, Mennonite, Hutterite, Cajun, Creole, Hispanic, Connecticut Yankee, Florida Cracker, Pennsylvania Dutch, and Appalachian Scots-Irish.

RAFT coalition members encourage anyone—food enthusiast, farmer, fisher, historian, scientist, or educator—to more thoroughly document the

history and current status of these foods, and to propose others for listing. In particular, we recommend that local groups adopt certain foods from their area, and propose them for the Slow Food Ark of Taste if they meet the following criteria: 1) they provide a uniquely American gastronomical experience of pleasure; 2) they are at risk, as biological entities or as culinary traditions; 3) they are or can be produced sustainably; and 4) they are culturally or historically linked to a specific region, locality, ethnicity, or traditional production practice. We also encourage local initiatives to contact us if they would like assistance in advancing food recovery efforts to safeguard and promote particular products, through what Slow Food refers to as Presidia projects.

For more about what you can do to help recover America's many food traditions, contact the following founding members of the RAFT Coalition:

American Livestock Breeds Conservancy - www.albc-usa.org

Center for Sustainable Environments - www.environment.nau.edu

Chefs Collaborative - www.chefscollaborative.org

Cultural Conservancy - www.nativeland.org

Native Seeds/SEARCH - www.nativeseeds.org

Seed Savers Exchange - www.seedsavers.org

Slow Food USA - www.slowfoodusa.org

This publication involved numerous individuals and organizations as sources of information and inspiration, including: Amy Goldman, Robert LaValva, Don Bixby, Kent Whealy, Kevin Dahl, Deborah Madison, Suzanne Nelson, Poppy Tooker, Jean Andrews, Laura Merrick, Lois Ellen Frank, Fernando Divina, Erika Lesser, Peter Hoffman, Carol Trauner, Marsha Weiner, Jeff Roberts, Glenn Drowns, Jan Timbrook, Harriet Kuhnlein, Nancy Turner, Richard McCarthy, John Mohawk, Winona LaDuke, Terrol Johnson, Tristan Reader, Don Schrider, Leslie Korn, Cole Thrush, Melissa Nelson, Connie Taylor, Lyle McNeal, Barney Burns, Tami Lax, Barbara Bowman, Todd Wickstrom, Gerry Warren, Marty Teitel, and Patrick Martins, Tom Burford, David Kline, Aaron Whealy, Dan Bussey.

AMERICA'S TOP TEN
Endangered Foods

CHAPALOTE CORN

The Most Ancient Crop to Pop Up in America

Zea mays ssp mays

COMMON NAMES: Chapalote, Maiz Café, Bat Cave Corn

Ever wonder about the earliest of America's foods? What did they look like? More importantly, what did they taste like? Rarely one has the opportunity to actually find these ancient foods because so many have been lost, taking an important part of our history with them. But an important gem of history still emerges from the desert soils of the Southwest United States, Chapalote corn: the first corn to enter centuries ago what is now the United States.

This deliciously distinctive corn has flinty, coffee-colored kernels clustered in twelve to fourteen rows on small cigar-shaped ears that taper at both ends. The plants are typically short, perhaps five to six feet tall. Adapted to arid subtropical climates, it produces ears from sea level up to 5500 feet in canyons, on slopes and mesas from northwestern Mexico through the southwestern United States.

Modern representatives of the Chapalote corn land race are the closest remnants we have of the earliest maize to be carried up from Central America into North America. In other words, the earliest archaeological evidence of corn found in Bat Cave and other rock shelters in New Mexico is classified as Chapalote or pre-Chapalote, the latter smaller, but otherwise identical flinty popcorn. Cultivation of this ancient maize was abandoned in the Southwest some time after Spanish colonization, and Chapalote persisted as a living legacy only in the Mexican states of Chihuahua, Sonora, and Sinaloa.

Fascination with studying and celebrating the oldest maize sown on American soil helped Chapalote return to the United States in the 1950s. The 1952 classic, *Races of Maize in Mexico*, brought Mexican-collected Chapalote back into experimental fields at land grant universities. Further collaborations between corn geneticists like Paul Mangelsdorf and archaeologist Mark Wimberly in New Mexico led to the cultivation of Chapalote under recon-

structed primitive agriculture conditions in the Tularosa Basin during the 1970s.

Local farmers who saw those corn plots were impressed by Chapalote's performance, and obtained seed to grow for themselves. Chapalote was among the first corns grown and distributed by Native Seeds/SEARCH when it was founded in Arizona in 1983, and the staff eventually collected several more samples of it from indigenous farmers in northern Mexico over the following two decades.

Today, there is but one commercial source of Chapalote in the United States, the Boudreaux family of southern California, who produce a delicious Chapalote pinole as they did in Chihuahua prior to resettling in the United States. Native Seeds/SEARCH continues to distribute this ancient and now considerably popular corn food. With more commercial sources and distributors, the ancient Chapalote corn will retain its vitality and be eaten for generations to come.

MORE INFORMATION:

Native Seeds/SEARCH
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www.nativeseeds.org

Buitimea, Rosa Yocupicio. 2003. *Recetaria Indígena de Sonora: Maya y Yaqui*. D.F. Mexico: Conaculta / PACMYC.

Wellhausen, E. J. et al. 1952. *Races of Maize in Mexico: Their Origin, Characteristics and Distribution*. Cambridge, Massachusetts: Bussey Institution of Harvard.

CHILTEPIN PEPPER

The Red Hot Mother of Peppers

Capsicum annuum var. aviculare, also *var. glabriusculum*

COMMON NAMES: chiltepin, chile tepín, chile del monte, chillipiquin, a'al kokoli (O'odham), chiltepicl (Nahuatl) amash (Mayan)

This diminutive chile pepper tells a pungent parable. The chiltepin is the wild ancestor of most cultivated peppers, but unlike other crop progenitors, its use has not become obsolete. Native to the southwestern United States and northern Mexico, this wild pepper continues to hold its cultural and culinary importance despite consumer access to many easy-to-grow domesticated chile varieties.

Whether round or oblong, green, red or orange, the size of your smallest fingernail or as large as a pea, chiltepins have an unmistakable flavor, fresh or cured. The peppers have a distinctive aroma and piquancy for which “Pepper Lady” Jean Andrews claims, “there is no substitute.” Versatile, the chiltepin is eaten sun-dried, added to cheeses and ice creams, fermented into sauces, or used as a preservative for carne machaca and carne seca. A signature plant of the Southwest Borderlands, the chiltepin grows naturally in canyons and sierras from West Texas through the Sky Islands of southern Arizona, southward into Sonora, Chihuahua and adjacent states. While the pepper’s traditional food and medicinal uses continue just as they were first recorded in writings of Spanish padres three centuries ago, chiltepins gradually suffered declines in their wild habitats north of the border, triggering some recent conservation efforts to ensure their survival in the United States.

Of all the wild chiles in the Americas, this variety is genetically distinct, and persists due to the care given to its sustainable harvesting by the chiltepin’s various cultural stewards: Tohono O’odham, Yoemem (Yaqui and Mayo), Opata, Tarahumara and Hispanic wildcrafters. The wild harvest remains a seasonal ritual in many rural communities to this day. Roughly 10 to 20 metric tons are still harvested out of the sierras of northern Mexico, where most of

the wild harvesting and backyard cultivation take place under “nurse plants” or trees that provide the tender chiltepin plants protection.

There remain less than 15 known localities in the U.S. that serve as natural habitats for wild chiles. A grassroots effort led by Native Seeds/SEARCH has resulted in a Wild Chile Botanical Area of some 2,000 acres on lands managed by the Forest Service near Tumacacori, Arizona. Overall, they are offered a modicum of protection in the United States in Coronado National Forest and Organ Pipe Cactus National Monument in Arizona, and at Big Bend National Park and Brownsville Audubon sanctuary in Texas.

Nevertheless, the severe drought of the last decade in the Southwest has further diminished wild chile populations already damaged by unscrupulous harvesters, inappropriate grazing practices, and woodcutting of nurse trees. It is time to recognize and honor one of the most ancient flavors in the traditional cuisines of the binational Southwest, one relished by Indian hunter-gatherers, Hispanic forager-farmers, and Anglo ranchers alike: the red-hot mama of America’s fiery foods.

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www.santacruzchili.com

Andrews, Jean. 1999. *The Pepper Trail: History and Recipes from Around the World*. Denton, TX: University of North Texas Press.

EULACHON SMELT

A Food Tradition for Potlaches and Preserves

Thaleichthys pacificus

COMMON NAMES: Eulachon, Oolichan, Columbia River Smelt, Salvation Fish, Oilfish, Ooligan, Candlefish

Eulachon smelt oil is part of an ancient but vanishing food tradition of the Pacific Northwest. The eulachon, like other smelt, is a long, thin fish, bluish above with a silvery sheen on its sides and belly. This particular smelt spends most of its life in the oceans between northern California and the Bering Strait before ascending into rivers, like salmon, to lay thousands of eggs before dying on the gravelly bottoms of small tributary streams. During their ascent into rivers in Alaska, Canada, Washington and Oregon, these oil-laden smelt are caught by Native American artisanal fishermen using dipnets or long, funnel-shaped nets.

For centuries, Native Americans have favored smelt for extracting Eulachon, or ooligan oil, which was then stored or traded for use as a seasoning, preservative, or lighting oil. The smelt is so full of oil that when preserved and dried, placed upright and lit with a match, it will burn from end to end like a candle. Fermenting and rendering the oil was a community event for the Tsimshian, Tlingit, Haida, Nisga'a, and Bella Coola, who gathered in oil camps near the river mouths of the Northwest each spring. It took anywhere from ten days to three weeks to ripen or ferment the harvested fish in cedar chests, or canoes before extracting oil. The resulting oil was so highly prized for its flavor and healing qualities that it was traded in ceremonial cedar boxes hundreds of miles inland.

Not only is the traditional knowledge of Eulachon processing becoming rare, but the fish themselves may be in decline. Although commercial smelt harvests in the Columbia watershed historically weighed in between three million and five million pounds, they dropped to only 234 pounds in 1994, the smallest harvest recorded since 1935. According to the British Columbia Fish and Wildlife Department, Eulachon smelt used to run with fluctuating abun-

dance almost every year, but began to decline precipitously in early 1990s. Some say that the eruption of Mount Saint Helens triggered the decline, but others note that smelt larvae are vulnerable to destruction of spawning grounds, marine pollution, and toxic runoff from cities and industrial farms. The largest Eulachon harvest in the Columbia River basin since 1985 was in 2001, when 173,000 pounds were landed. However, in March 2004, the Washington Department of Fish and Wildlife limited the smelt season. Thus, biologists have projected that the Eulachon populations can support only 28 percent of the former harvesting pressure without suffering declines. Conservation steps must continue to make sure that the Eulachon smelt, so essential to the history and culture of the Northwest, will survive.

MORE INFORMATION:

Royal British Columbia Museum
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250.356.7226
www.royalbcmuseum.bc.ca

Stewart, Hilary. 1977. *Indian Fishing: Early Methods on the Northwest Coast*. Seattle: University of Washington Press.

Kuhnlein, Harriet. 1982. *Ooligan grease: a nutritious fat used by native people of coastal british columbia*. *Journal of Ethnobiology* 2(2): 154-161.

GULF COAST SHEEP

The Quintessential Southern Breed

Ovis aries domesticus

COMMON NAMES: Gulf Coast Sheep, Native Sheep, Florida Native, Louisiana Native, Louisiana Scrub, Georgia Native, Pineywoods Native

In an age when pests, parasites, and diseases are rapidly gaining resistance to the arsenal of chemicals that inundate our farmlands, finding breeds that have the genetic potential to free us from chemical dependency is essential. A look into sheep production in the Deep South reveals that regional sheep production is especially limited by the presence of internal parasites. Yet, in the midst of the region's pastures, there exists a sustainable solution—an adapted, resistant, and hardy breed: the Gulf Coast sheep.

While the breed's history is not entirely clear, Gulf Coast sheep appear to be descendants of the first fine wool sheep brought to the Southeast sometime around the 1500s. From these progenitors, Gulf Coast sheep evolved over the last four centuries into a breed that is profoundly adapted to the humid subtropical South. This breed is open-faced, light-boned and long-legged, of medium size, with mature ewes weighing 90 to 160 pounds. White to black in color, their fleeces do not extend below the knees and are typically sparse on the belly, neck, and head. Gulf Coast sheep are good milkers and nurturing mothers, with exceptional meat quality. Unfortunately, their slower growth rates, modest size and scanty fleece have led to the abandonment of the breed over the last half century. It is now listed as critically endangered by the American Livestock Breeds Conservancy.

For much of the breed's history, the Gulf Coast sheep grazed cutover Longleaf Pine forests in northern Florida, adjacent Georgia and Louisiana without much special care or conscious breeding. Prior to World War II, Louisiana alone harbored more than 350,000 sheep, the majority of which were Gulf Coast, raised primarily for their wool. Since World War II, improved breeds and a changing arsenal of parasiticides have been introduced to the South. As a result, these native sheep were either neglected or crossbred

to modern breeds. While their use was discouraged by most extension agents in the South, they still had champions at a few agricultural institutions, including the University of Florida and the Louisiana State University Agricultural Center.

Their excellent mothering instincts, exceptional meat quality and fine adaptation to the humid South have triggered a reconsideration of the value of Gulf Coast sheep; although since fewer than 200 individuals are registered annually, the breed remains endangered. It's time to take advantage of this opportunity to create a sustainable solution to sheep husbandry in the South.

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Christman, C.J., D.P. Sponenberg, and D.E. Bixby. 1997. *A Rare Breeds Album of American Livestock*. Pittsboro, NC: ALBC.

JAVA CHICKEN

Returning to an Earlier Standard of Perfection

Gallus gallus domesticus

COMMON NAMES: Java, Black Java, Mottled Java, and White Java

The Java chicken is a bird whose forebears came from the Far East and then, in turn, transformed into a truly American tradition. The Java is now considered one of the oldest, distinctive breeds to contribute to historic American poultry foundation stocks. The Java breed occurs in three varieties. The black variety exhibits plumage of a brilliant beetle-green sheen with dark eyes that are nearly black. The Mottled Java adds striking white splashes to the black plumage while the intense red eyes are a singular characteristic. The White Java, not surprisingly, displays white plumage. It shares with the other varieties a full, well rounded breast and an exceptional, rectangular shape with a long, sloping backline. Admitted to the American Poultry Association's Standard of Perfection in 1883, the Java was a celebrated barnyard breed while also a pre-eminent market bird in New York and New Jersey. The Java chicken brings exquisite flavor to the American palette as an excellent tasting table bird that lays delicious brown eggs. In addition to its savory qualities, the Java is an excellent choice for small-scale sustainable production.

The history of the Java chicken highlights an important episode in the poultry industry, the story of lost traditions. To begin with, Daniel Webster entered a pair of Javas in America's very first poultry show, held in Boston during November of 1849, instigating the Java's rise to popularity in following decades. Despite this early success, the Java chicken was abandoned to near extinction as new and improved breeds usurped the Java's favored position in the marketplace and our dinner tables. If not for the conservation efforts of Glenn Drowns of Sandhill Preservation Center in Calamus, Iowa and Garfield Farm Museum in LaFox, Illinois, this unique American chicken—just like many of our distinctive poultry breeds—would have been lost.

Regardless of these recent conservation efforts, the insular preferences of the highly consolidated poultry industry continue to threaten the Java chick-

en. Although three hatcheries sell them, their fate currently rests in the hands of seven individual backyard breeders and just over 100 breeder birds, with no security for the future of these breeders or their birds. Most crucially, just four sources remain for both the Mottled Java and the Black Java. Due to these fundamental threats, the American Livestock Breeds Conservancy considers the Java chicken critically endangered. We hope it will remind us of an earlier standard of perfection, not to be left to the pages of history.

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Society for Preservation of Poultry Antiquities
Rt. 4, Box 251
Middleburg, PA 17842
540.837.3157
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MARSHALL STRAWBERRY

The Forgotten Flavor

Fragaria ananassa

COMMON NAME: Marshall strawberry

Once declared the finest eating strawberry in America, the finicky yet flavorful Marshall strawberry has all but vanished from our farms and our palates. According to the venerable American agricultural encyclopedia *The Small Fruits of New York*, the Marshall strawberry was the standard of excellence for the entire northern strawberry industry. With rich, dark red flesh to its very center, the Marshall strawberry is also described as exceedingly handsome, splendidly flavored, pleasantly sprightly, aromatic and juicy—words beyond the reaches of imagination when biting into a strawberry found on most contemporary grocery shelves.

In this era of corporate homogenization, the unique flavors of our heritage crops are at risk. The remarkable texture and taste of the Marshall strawberry is on the verge of vanishing, as its important historical role fades from the history books and our heirloom seed catalogs. A chance seedling, the Marshall strawberry was discovered by Marshall F. Ewell of Massachusetts in 1890 and introduced to the public in 1893. The Marshall thrived in Washington, Oregon, and northern California, and until the 1960s, the Marshall strawberry was the backbone of the northwestern berry industry. In addition to its intense flavor, the Marshall strawberry is well suited to freezing and preserving because it retains flavor and color even after processing. These qualities made the Marshall essential in the development of the frozen fruit industry of the Pacific Northwest.

In the aftermath of World War II, berry farmers were debilitated by crop diseases inadvertently imported from other countries. The delicate Marshall strawberry, requiring exacting climatic and soil conditions, proved to be extremely susceptible to these introduced viruses. Its modest production rates compounded these problems so that the Marshall strawberry began to be neg-

lected. It was phased out of production in the sixties, occupying only 4,000 acres of Oregon and Washington's strawberry market.

As we begin the twenty-first century, the essential flavor of strawberries has been all but eliminated in industrial, chemically intensive agricultural systems. Now, even fruit aficionados such as David Karp struggle to find any producers willing to maintain the exquisite Marshall strawberry. The only hint of this remarkable strawberry exists at the USDA's Germplasm Repository in Corvallis, Oregon in the form of a single clone. Despite the complexities of growing heirloom strawberries for the marketplace, it is our hope that a new generation of strawberry growers will rediscover the Marshall and bring it back to our tables.

MORE INFORMATION:

Oregon Strawberry Commission
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Corvallis, OR 97333
541.758.4043
www.oregon-strawberries.org

Hedrick, U.P. 1925. *The Small Fruits of New York*. 1925 Albany, New York: J.B. Lyon Company.

Darrow, George McMillan. 1966. *The Strawberry: History, Breeding, and Physiology*. New York: Holt Rinehart and Winston.

NATIVE AMERICAN SUNFLOWERS

An American Relic

Helianthus annuus

COMMON NAMES: Cultivated sunflower, Hidatsa, Arikara, Mandan, Shoshoni, Zuni, Paiute, Seneca, Tewa, Girasol, Maiz de Tejas, Agagau'u (Hopi)

The domesticated sunflower is but one of a handful of food crops first domesticated in North America that later spread to the rest of the world. Although it may have been brought into cultivation as early as 3600 BC, it remains unclear whether its domestication primarily occurred just south of Texas in northeastern Mexico, in the Southwest United States, or in the Mississippi Valley. Whatever the place of origin, this food crop spread through central and eastern North America in prehistoric times, into places where the annual wild sunflower did not occur naturally. The Native American cultivated varieties bore one massive head and a few smaller ones on side branches. Some, such as Hopi and Havasupai varieties, had a blue-black dye overlaying the gray and white stripes on the seed-like achenes. Most, if not all, of the Native American varieties were eaten raw as food, and boiled in water after grinding to extract nutty oil. Ceremonial, fiber dye, and face paint uses also developed among a few cultures.

When Prince Alexander Phillip Maximillian visited the tribes of the Upper Missouri in 1832, he was impressed enough by the Mandan, Arikara, and Hidatsa sunflowers that he took them back to northern Europe, where they were further selected to provide vegetable oil for candles during Lent. Ironically, these selections came back to the northern Plains as “Mammoth Russians” just before World War II, and virtually replaced the Native American sunflowers remaining there. Within three more decades, the same usurpment occurred on all but three of twenty-four Indian reservations in the Southwest where tribes formerly grew their own heirloom varieties.

Sadly, while Native American sunflowers have contributed genetic resources to both oilseed and confection seed industries, they have recently

neglected in their North American centers of origin and diversification. After World War II, sunflowers became an important oilseed crop worldwide, but they were grown in monocultures where they became vulnerable to many pests and diseases. In the early 1990s Havasupai Indian Sunflowers were found to be one of the only sources of resistance to rust diseases devastating Australian sunflower crops. This resistance has now been bred into commercial industrial varieties scheduled for release in Australia, but benefit sharing with Havasupai has not been fully realized. Unfortunately, fewer and fewer Native American gardeners grow their heirloom varieties, which are currently available from only a handful of seed outlets in the United States.

MORE INFORMATION:

Native Seeds/SEARCH
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520.622.5561
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Heiser, Charles B. 1951. *The Sunflower among the North American Indians*.
Proceedings of the American Philosophical Society 95:432-438.

PINEYWOODS CATTLE

A Southern Family Tradition

Bos taurus primigenius

COMMON NAMES: Pineywoods, Guinea, Native, Southern Woods

One of the earliest breeds of cattle in the United States has dwindled to less than 200 hardy individuals. The Pineywoods is a rugged breed, well adapted to the humid South. The breed is currently listed as critically endangered by the American Livestock Breeds Conservancy. The Pineywoods, like the closely related Florida Cracker cattle, are heat-tolerant descendants of the first criollo cattle brought from Cuba by Pedro Menendez de Aviles into northeastern Florida. From there, they spread out across the Spanish-colonized Southeast, into Georgia, Alabama, Louisiana, and Mississippi. The Pineywoods were integrated into the traditional Spanish colonial ranching structure, which involved low-input, extensive cattle ranging systems. Regional Native American tribes including the Chickasaw, Cherokee, Creek, Seminole, and Choctaw also began ranching with the Pineywoods.

These humpless cattle have variable horn shape and length, and are smaller than the Texas Longhorn. The Pineywoods are also variable in color, ranging from black and roan, to yellow, to red and white spotted. Unlike other cattle breeds, especially those that originated in Great Britain and northern Europe, Pineywoods are well adapted to the humid subtropics. Pineywoods have become relatively tolerant to some diseases (Babesiosis and Anaplasmosis) and parasites that devastate more recently introduced breeds.

Because Pineywoods cattle have been selected to be efficient foragers in the scrublands of the Deep South, their meat may be preferred by those seeking range-fed, Omega-3 rich beef. The cattle are relatively small (600 to 800 pounds) but were historically raised for meat, dairy, and for use as draft animals. The current interest in preserving the Pineywoods breed comes from those appreciative of its environmental adaptations to place and its cultural heritage in the Gulf Coast states. After almost a century of declining numbers,

cattle breeders in the South formed the Pineywoods Cattle Registry and Breeders Association (PCRBA) in 1999. The PCRBA now works to maintain several distinct family-owned strains, including the Barnes line of Alabama; the Bayliss, Griffin, and Conway lines of Mississippi; and the Williams and Holt lines of Georgia. Some of these lines have had virtually no outside blood from other lines within the breed for well over a century, and oral history traces their migrations back to at least the 1860s.

Despite five years of intensified efforts, Pineywoods cattle have fewer than 200 registered individuals in recent years, far fewer than even the Florida Crackers. Unfortunately, they remain among the most rare populations of truly American cattle breeds remaining on the continent.

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Christman, C.J., D.P. Sponenberg, and D.E. Bixby. 1997. *A Rare Breeds Album of American Livestock*. ALBC, Pittsboro, NC.

Sponenberg, D.P. 1993. *Florida Cracker and Pineywoods: Unique American Cattle*. American Livestock Breed Conservancy News, 10(5):1, 4, 5.

THE SEMINOLE PUMPKIN

The Unique Taste of Antiquity

Cucurbita moschata

COMMON NAME: chassa howitska (Creek and Miccosukee Seminole)

Much lies behind the Seminole pumpkin's Creek name, chassa-howitska, or "hanging pumpkin." Such a simple name encodes an incredibly rich cultural and culinary history, infused with considerable indigenous ecological knowledge. The origin of this pumpkin can be traced as far back as Creek-speaking Seminole Indians and Hitchiti-speaking Miccosukees of the Florida Everglades. They would plant its seeds at the base of girdled trees, so that the vines would grow up the trunk and the fruit would hang from the bare limbs. Immigrants to Florida also adopted this cultivation method, producing hundreds of pumpkins per acre.

The Seminole pumpkin is not only prolific, its fruit is also quite distinctive. Pear-shaped or spherical, the pumpkins have a hard shell or rind that varies in color from deep gold to light salmon and pinkish buff. The rind is so hard that it must be broken with an axe. Inside, the flesh is thick and beige, fine-grained to the degree that some have called it powdery. Its flavor is highly esteemed, not only among the Seminole and Miccosukee, but among Florida "Crackers" as well. Amy Goldman claims that when this pumpkin is simply halved and baked, the flavor is so phenomenal that it offers "the treat of a lifetime."

Of the many traditional recipes developed for its use, Seminole pumpkin bread is so highly regarded that it is still featured during tribal ceremonies and at a tribal-owned restaurant. Descendants of the Seminole spiritual leader Osceola continue to prepare this historic recipe much as it was made at the time of his tragic death in 1837. More like a fritter or empanada than bread, the staple has also been adopted by Anglos and by other tribes of the Southeast. Unfortunately, due to the precipitous decline in cultivation of this heirloom variety, many people now substitute canned pumpkin from another species without achieving the same culinary quality.

Although rarely grown today, the Seminole pumpkin possesses qualities that make it superior to any other squash or pumpkin that gardeners have attempted to cultivate in southern Florida. The ecological adaptations of this pumpkin allow it to tolerate heat, drought, insects, and powdery mildew on its own. For instance, its silver-haired leaves, under the intense sun of the tropics, create an almost shiny reflectance that deters the activity of insect pests. Amy Goldman describes the vines as “irrepressible,” after witnessing them survive an assault by squash bugs and the winds from rainstorms that devastated other squash varieties. Uniquely, its planting location below nurse trees is one of the best examples of an indigenous permaculture technique surviving in North America. Although rare today, the Seminole pumpkin has all the qualities required for a revival in its homeland in the Everglades, should Indians and non-Indians alike commit themselves to bringing it back from the brink of extinction.

MORE INFORMATION:

South Carolina Foundation Seed Association
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Clemson, SC 29634
864.656-.520
www.virtual.clemson.edu/groups/seed

Lorraine Flack
Nutrition Services Coordinator
Miccosukee Tribe of Florida
Tamiami Trail, Florida

Goldman, A. 2004. *The Compleat Squash*. New York: Artisan Books.

WHITE ABALONE

An Uncertain Future

Haliotis sorenseni

COMMON NAME: White Abalone, Abulón Blanco

Tucked within its mother-of-pearl shell, the White abalone is a tiny marine snail native to a small stretch of the Pacific coast of the Californias; but its deliciously delicate white meat is what has put this small mollusk in peril. The White abalone has the deepest habitat of the eight West Coast abalones—dwelling on boulders and ledges 60 to 200 feet below sea level—making it the abalone variety least within reach of prehistoric abalone seekers. Since the White abalone lived at such depths, divers with snorkeling equipment were unable to reach them and the White abalone flourished. Then, improved hookah and scuba technologies allowed their rapid exploitation to occur during the twentieth century.

Prior to commercial exploitation, there were as many as four million White abalones along the coasts of California and Baja California. By 2000, excessive harvesting had reduced the entire population to less than 2,500 individuals. This over-harvesting drastically reduced the already crippled reproductive capabilities of this abalone. The oval shaped White abalone is a slow moving creature that tends to stay in one spot for its entire life. Unless there is another abalone of the opposite sex within a yard of this home, the thousands of eggs and sperm that abalones release into the water will not produce larvae. Accordingly, when federally listed as an endangered species in 2001, fisheries biologists warned that without protection and active intervention, this mollusk would surely disappear.

First relished by the Gabrieleno Indians, White abalone was historically commercialized by Chinese immigrants. Since then the White abalone has taken on an almost mythic reputation as a uniquely flavored and textured marine gastropod that was driven to near-extinction by unbridled consumer demand and greed. With broader access to improved diving equipment, commercial harvesters began to accelerate their activities around 1958, when as

much as 450 pounds of abalone meat could be hauled in by a single panga boat of divers in just one day. The commercial harvest in the United States flourished in 1967, and quickly went through a boom and bust cycle. Over 95 percent of all White abalone ever harvested in the United States was extracted within just a nine-year period. In once abundant Channel Island habitats, less than one White abalone per acre remains. Although the fishery for White abalone was officially closed in 1996, it is feared that illegal thefts by recreational divers continue. Black market prices remain as high as \$85 per pound.

Fortunately, the White Abalone Restoration Consortium, a private/public partnership, began extensive breeding programs in 2001 to recover the species. It is hoped that with this breed stock, the White abalone will one day recover to its former numbers and allow more sustainable harvesting generations from now.

MORE INFORMATION:

Neuman, Melissa. 2003. Recovery planning for the White Abalone. *Endangered Species Bulletin* 28(4):20-21.

Lafferty, Kevin D. 2004. White abalone restoration. USGS. Western Ecological Research Center. www.werc.usgs.gov/coastal/abalone.html

An eight minute video entitled *Race to Save the White Abalone* is available from Channel Islands National Park, or online at:

<http://swfsc.nmfs.noaa.gov/frd/Other%20Projects/White%20Abalone/Abalone1.htm>

AMERICA'S TOP TEN
Success Stories

AMERICAN ALLIGATOR A Cooperative Restoration

Alligator mississippiensis

COMMON NAMES: Gator, Mississippi Alligator

Alligators are ancient reptiles—remnants from the age of the dinosaurs—that have somehow survived climate change, poaching, and habitat loss. What’s more, they’ve made an astounding comeback within the last quarter century. And yet, they have always loomed large in the imagination: a mythic beast slinking down a muddy bank into a meandering river.

Gators do indeed reach mythic proportions, growing to lengths of over ten feet. They are often confused with the more endangered American crocodile, but have broader snouts as well as upper jaws that overlap the teeth in the lower jaws. While the mild-tasting meat from their tails and jaws remains in demand, it has been the durable, glossy hides of alligator leather that historically attracted the rapacious over-harvesting that quickly threatened the animals.

By 1970, it became hard to even imagine what naturalist William Bartram witnessed just two centuries before on the St. Johns River of Florida:

“...alligators are in such incredible numbers and so close together from shore to shore that it would have been easy to have walked across on their heads, had the animals been harmless.”

Gators had become a traditional food, not only of the Choctaw, Calusa, and Seminole, but of Florida Crackers, Cajun, and Creole as well. Then, in the 1800s, intensive hide harvesting decimated natural gator populations. It was not until the enforcement of the Lacey Act in 1970 that interstate shipment of live gators and gator skins was prohibited. Before the American alligator was driven to the brink of extinction, protection through the United

States Endangered Species Act of 1973 was followed by global protection through the IUCN Redlist and trade restriction via CITES.

Shortly after these protective measures were put in place, alligators began to repopulate prime habitats. State and federal officials then began to work with private landowners to develop what may be the most successful sustainable management program in history. For example, the Florida Game and Fresh Water Fish Commission removes roughly 4,000 gators a year from areas of high human population density. These animals are available for either translocation to one of some 150 captive harvest farms, or for processing to help fund the program. Once the United States Fish and Wildlife Service downgraded gators to threatened status in 1987, highly regulated permit holders could again sell their meat. Currently, 30,000 pounds of this meat are shipped annually to restaurants, wholesaling for \$5 to \$7 per pound. Such sustainable harvesting has not deterred alligator population recovery, for over a million gators now reside in the Florida Everglades alone. Their recovery is a tribute to the conscientiousness of gator farmers and restaurateurs in their adherence to regulations, as well as the dedication and problem solving of wildlife managers—making sustainable harvest not a concept, but instead a reality.

MORE INFORMATION:

Florida Department of Agriculture and Consumer Services
Bureau of Seafood and Aquaculture Marketing
2051 East Dirac Drive
Tallahassee, FL 32310-3760
850.488.0163
www.fl-alligator.com

AMERICAN CHESTNUT

Going back to Genetics

Castanea dentate

COMMON NAME: American chestnut

It was the late eighteenth century in the eastern United States, and the American chestnut defined ubiquitous. Then, within just a few decades, disease swept through the eastern woodlands, crippling these majestic trees. By 1938, only acres of downed logs were to be found. But the American chestnut was such an incredible icon that since this catastrophe, a dedicated group of scientists, horticulturalists, and chestnut aficionados have devoted their lives to the resurrection of this great tree.

Before the decimation of this species, the huge canopies of chestnut trees hovered over two hundred million acres of the eastern United States, from Ohio south to Alabama and north to Maine. The chestnuts were massive trees, reaching heights over one hundred feet tall and girths of more than four feet in diameter. Chestnuts were also graced with the subtle beauty of delicate saw-toothed leaves, and star-burst figured, cream-colored blossoms. Tucked inside the incredibly prickly green burs of the fruit, one finds a sweet, velvety-brown chestnut. One tree would yield 6,000 nuts, with a reliable harvest year after year. To the Cherokees and Scots-Irish pioneers, the rich and the poor alike, the chestnut had appeal as the most democratic of all American foods. As the autumnal leaves fell, people scrambled to collect the chestnuts for roasting on the fire, for pounding into meal, for baking in breads, stewing in soups, and for stuffing their heritage turkeys.

But then, disastrously, they were gone. In 1904, Herman Menkle was the first to notice large cankers on dying American chestnuts at the Bronx Zoo. Menkle discovered that a fungus brought into the United States by a shipment of ornamental Asian chestnuts had begun to decimate the American species. By 1938, an estimated four billion chestnut trees had died, leaving wildlife and human communities devastated in their wake. Armed with the observation that Chinese and Japanese chestnuts were resistant to the fungus,

researchers began crossing the few remaining American chestnuts, ones that had survived outside the chestnut's native range, with the disease-resistant Asian chestnuts.

Nevertheless, the American chestnut recovery efforts hardly bore fruit until Dr. Charles Burnham established the American Chestnut Foundation in 1983. Burnham's mission is to restore the American chestnut to its native habitat in the forests of the eastern United States. The foundation developed a backcross breeding program, beginning with the blight-resistant Chinese chestnuts that were earlier crossed with American chestnuts. The resulting hybrids have been backcrossed to the American species again, and again. As a result, we now have American chestnuts that are over 90% American genetically, but still retain the blight-resistant Chinese gene. The Foundation will have thousands of resistant American chestnut trees ready for planting within the next decade. Importantly, small state chapters and their dedicated volunteers are carrying out this recovery plan daily, in what is truly a grassroots restoration movement.

MORE INFORMATION:

The American Chestnut Foundation
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802.447.0110
E-Mail: chestnut@acf.org
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Badgersett Research Corporation
Badgersett Research Farm
RR 1, Box 141
Canton, MN 55922-9740
E-Mail: BadgersettInfo@aol.com
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LOUISIANA CREOLE CREAM CHEESE

People Have the Power

Spread on freshly toasted bread, served drizzled with syrup or even sprinkled with salt and pepper, used to make your favorite cheesecake or a sumptuous pasta sauce—Creole cream cheese is a cherished Louisiana tradition. The delicate consistency of flan, with the sour and tangy flavor of crème fraîche, Creole cream cheese has been on Louisianans' plates for almost two centuries, and when Creole cream cheese was down to one commercial source, local folks revived this tradition.

Cajuns initially developed Creole cream cheese out of necessity. In the days before pasteurization, milk would naturally clapper in the hot, tropical temperatures of the South. Instead of wasting this milk, dairy farmers would wrap the clappered milk in cheese cloth and hang it from the large Oak trees, letting it drip into soft-curd, single-curd cheese in the shade of the Oak branches.

Creole cream cheese continued to be made in the local dairies of Louisiana up until the 1980s, when most of them were gobbled up by larger dairy conglomerates. These businesses had no allegiance to local traditions and they cut this seemingly unprofitable cheese. In conjunction with the closing of local dairies, stricter state regulations regarding refrigeration prevented small grocers from continuing to offer fresh Creole cream cheese. The only commercial source of Creole cream cheese remaining was the southern specialty grocer Dorignac's. In 2001, with the arrival of the Slow Food Ark of Taste in the United States, Poppy Tooker, the New Orleans Slow Food Convivium founder, saw an opportunity to revive this rapidly fading tradition from the Mississippi Delta Region.

Poppy and the New Orleans's Slow Food Convivium took this mission to Richard McCarthy, Director of the Crescent City Farmer's Market, where they taught eager Louisianans to make Creole cream cheese again. This traditional cheese-making was also welcomed by one of the last remaining local dairies in New Orleans, Mauthé's Dairy. Ironically, the Mauthes were in dan-

ger of losing their family farm when Granddad Mauthe first saw crowds of people at the Crescent City Farmer's Market lining up for a taste of the extraordinary cheese. After a year of preparation, with the assistance of the New Orleans Slow Food Convivum, the Mauthes returned to the Crescent City Farmer's Market with homemade Creole cream cheese for sale, causing the biggest commotion anyone had ever seen at one of the country's most successful Farmer's Markets. Hundreds of people lined around the block just to taste the goodness of Creole cream cheese again and to celebrate its triumphant return.

Today, the Mauthes are encouraging others, including the Central American immigrant population, to make Creole cream cheese. While its long-term future is by no means secure, younger Louisianans now have the taste in their mouths and the mandate to keep Creole cream cheese alive for another generation.

MORE INFORMATION:

Mauthe's Dairy
Folsom, LA 70437
985.796.5058
www.mauthescreolecreamcheese.com

Chef John Folse & Company
2517 South Philippe Avenue
Gonzalez, LA 70737
225.644.6000
www.jfolse.com

Slow Food USA
434 Broadway, 6th Floor
New York, NY 10013
Tel: 212-965-5640
Email: info@slowfoodusa.org

DÁTIL CHILE PEPPER FROM COASTAL FLORIDA

Passion for a Pepper

Capsicum chinense

COMMON NAMES: Dátil chile pepper, Mindoran pepper, Minorcan chile

From regional specialty to national fame among pepper aficionados, the Dátil chile pepper is poised for a success second only to the tabasco, claims the “Pepper Lady” Jean Andrews. With its wrinkled, golden fruits, habañero-like pungency and even richer flavor, the Dátil has a rich culinary and cultural history to carry into the future.

The only chinense chile variety with a history and food tradition in the United States going back two centuries, this heirloom can be used fresh, heat-dried, prepared in green unripe or mature form, as well as its golden form in sauces and relishes. Most importantly, its pungency and flavor are exceptional. Its salsas or hot sauces are unlike any other in the United States due to its high pungency rating of 300,000 Scoville Units—almost as hot as the top-ranked habañero. Yet since the Dátil has exceptionally poor keeping qualities, this pepper has largely been restricted as a rare garden heirloom in its area of origin, and among a few hobbyists elsewhere. Among these aficionados, it is often used immediately after harvest, when fully ripe on the vine.

The Dátil has until recently been one of the few peppers to occur north of the border, confined to a particular cultural tradition. According to Dr. Jean Andrews, Minorcan immigrants probably introduced this pepper to Florida from the West Indies, first preparing the cultural staple dish Minorcan pilau between 1768 and 1783. When the Minorcans eventually fled to Saint Augustine, one of the oldest colonial cities in the United States, they brought the Dátil chile pepper with them. Since then, St. Augustine Floridians have continuously maintained this hot Dátil, or date-shaped, chile pepper for over a century for its use in Minorcan pilaus, and other regional delicacies.

Until the 1980s, this heirloom pepper variety remained in circulation only in the Saint Augustine, Florida area among home gardeners and a handful of small scale commercial growers. Then, when Jean Andrews botanically

recognized, historically documented, and promoted the Dátil as a distinctive American pepper, it suddenly made it into many of the seed catalogs for chile aficionados. By 1993, Dátil pepper cultivation had grown to nearly fifty commercial growers it and became the only chinense chile grown for profit in American fields. The number of Dátil-based hot sauces marketed through the Internet has also dramatically increased. Those interested in purchasing Dátil pepper specialty products must seek out the few regional producers and small gourmet businesses located in St. Augustine, where it continues to be the pride of local heirloom gardeners and chefs.

MORE INFORMATION:

Dat'l Do-It, Owner: Chris Way
3255 Parker Drive
Saint Augustine, FL 32084
1.800.468.3285
www.datldoit.com

Dátil Dew Pepper Products, Owners: Byron and Wanda Bates
Green Cove Springs, FL 32043
904.284.8144
www.pepperproducts.com

Minorcan Dátil Pepper Products, Owners: McQuaig Family
5057 Silo Road
Saint Augustine, FL 32092
904.522.0059
www.minorcandatil.com

Andrews, Jean. 1993. *Red Hot Peppers*. New York, NY: Macmillian Publishing Company.

IROQUOIS WHITE CORN

A Culinary and Community Success

Zea mays

COMMON NAMES: Iroquois White Hominy, Tuscarora White Corn

Corn is the basis of many of the longest standing food traditions in the United States. From soft corn tortillas and hominy stew, to a fresh ear of buttered corn-on-the-cob at sunny summer barbeques, corn continues to be a major part of celebrations as well as everyday meals. Despite the centrality of corn in our hearts and our stomachs, the flavorful heritage varieties of corn are rapidly disappearing. But grass-roots conservationists, such as the Iroquois families engaged with Pinewoods Community Farming, are working to keep one notable variety, Iroquois White corn, alive.

The unusually rich, earthy flavor of Iroquois White corn has won the palates of distinguished chefs who have responded by supporting its revitalized cultivation among the Six Nations. This corn is a relic from pre-colonial North America, grown by the Iroquois, one of the Six Nations, who have resided in New York State and Pennsylvania and northward through Southern Ontario and Quebec. As history tells it, Iroquois White corn was a gift from the Six Nations that kept George Washington and his impoverished troops from starving during their punishing winter at Valley Forge. The large ivory kernels of the Iroquois White corn are processed into a wide variety of products including stone-ground roasted white corn meal, stone-milled and hulled tamal flour, and hominy for posole stews.

Even as this white hominy corn continued to be valued as a popular heirloom corn among contemporary Iroquois farmers, they could see that the traditional farming lifestyle was inching towards extinction. Generation after generation of Iroquois had become more disenfranchised from the land, and unable to grow their traditional crops, until Turtle Clan Seneca farmer and historian Dr. John Mohawk established Pinewoods Community Farming in upstate New York. In 1998, Pinewoods Community Farming began working in conjunction with the Collective Heritage Institute, Chefs Collaborative,

and other groups to market Iroquois White corn products that were not only grown organically but also hand harvested and processed by the Iroquois people. Their combined efforts ensured the preservation of crop biodiversity, while at the same time encouraging Iroquois to continue traditional farming practices.

Since its recovery began, Iroquois White corn has been featured in *Gourmet* and *Natural Home* magazines and celebrated in memorable recipes by chefs such as Deborah Madison, Alice Waters, Peter Hoffman, and Rick Bayless. While the support from these restaurants and celebrity chefs is exceptional, it will take the recruitment of additional Iroquois farmers to assure the long-term future of Iroquois White corn.

MORE INFORMATION:

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MOON AND STARS WATERMELON

A Heritage Treasure Found

Citrullus lanatus

COMMON NAMES: Cherokee Moon and Stars, Long Milky Way Moon and Stars, Moon and Stars, Pink Flesh Amish Moon and Stars, Sun, Van Doren's Moon and Stars, Yellow Flesh Moon and Stars

A magical melon, the dark green and yellow speckled skin of the Moon and Stars watermelon evokes a living galaxy while its happenstance return suggests a storybook ending. The Moon and Stars' oval to oblong shape resembles Black Diamond, but its trademark silver dollar to pea-sized golden bursts set it apart. Graced with white seeds and a slightly ridged, thick rind, this watermelon can reach up to forty pounds in weight when thump-ready for eating. When heirloom aficionados such as Roger Yepsen and Benjamin Watson describe Moon and Stars, the discussion always returns to flavor, given that this pinkish red variant is extraordinarily sweet and flavorful. But flavor is not the entire attraction of this peculiar melon: it is legendary for many reasons.

In the mid 1970s, Kent Whealy began to hear from his Seed Savers Exchange members of a remarkable watermelon introduced to American gardeners sometime before 1900. This Moon and Stars watermelon persisted in seed catalogs through the 1920s, but many feared it had been lost forever. So Kent began a search for this melon, and in 1980 he mentioned the sought after melon on a television show out of Kirksville, Missouri. Fortunately, Merle Van Doren, a farmer near Macon, Missouri was watching and decided to track down Kent. Merle picked up the phone and surprised Kent with news that the melon was not extinct at all; he was cultivating this unusual watermelon—speckled leaves and all—in Missouri. Most importantly, he would save Kent some seed.

Kent went to pick up the seed, bringing a Mother Earth News photographer with him, and although Mr. Van Doren refused to be photographed, Kent posed next to a stunning pile of yellow-starred melons. Featured in the

January 1982 edition of *Mother Earth News*, the back-from-extinction melon became an instant rage. Since the resurrection of the Van Doren variant, other yellow speckled heirlooms have resurfaced from Cherokee and Amish traditions and all have surged in popularity. Twenty years later, they remain among the best-selling heirlooms offered by the Seed Savers Exchange, and have been picked up and promoted by at least two dozen other seed outlets. Moon and Stars is truly a stellar success among heirlooms, proving that what was once thought to be obsolete can be revived to the status of a national treasure.

MORE INFORMATION:

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Decorah, IA 52101
www.seedsavers.org

Abundant Life Seed Foundation
PO Box 772
Port Townsend, WA 98368
abundant@olypen.com
360.385.5660

Goldman, A. 2004. *The Compleat Squash*. New York: Artisan Books.

Yepsen, Roger. 1998. *A Celebration of Heirloom Vegetables*. New York, New York: Artisan.

NAVAJO-CHURRO SHEEP A Time-Tested Tradition

Ovis aries domesticus

COMMON NAMES: Navajo-Churro, Navajo, Churro, Scrub

The oldest surviving sheep breed indigenous to North America, the Navajo-Churro sheep has survived under the stewardship of Native Americans, Anglos, and Hispanics who valued this historic breed, despite centuries of government opposition. These communities selected a variety of fleece colors to enhance their weavings. The Navajo-Churro's long-fibered wool is used for high value traditional blankets, while their short-fibered wool is useful for other weavings. This shaggy breed is most importantly hardy and adaptable to the wildly varying climate of the Colorado Plateau and Upper Rio Grande.

Navajo-Churros are valued for their quality wool and because the sheep's grass and sage diet yields lean, flavorful mutton and lamb. Churros also produce unusually rich dairy products suited to fermenting into queso fresco and "ewe-gurt." Across the Navajo Indian reservation, Diné shepherders still offer wood-fire grilled slices of Churro mutton and lamb, served with red onion slices, green chiles, and wrapped in thick handmade tortillas.

Although Navajo-Churros first entered present-day New Mexico with Spanish conquistadors in 1599, most of these were killed off with the Pueblo Revolt of 1680. More sheep were introduced from northern Mexico after the Spanish re-colonized the Upper Rio Grande. Pueblo Indians who escaped Spanish tyranny went to live with the Navajo, bringing sheep and loom weaving with them. In 1864, General Kit Carson led his soldiers into this heartland in the Chuska Mountains, slaughtering sheep and axing down peach trees in order to starve out the Diné. Those who survived rebuilt their flocks into one of the hardiest breeds in the world, only to be decimated once again by government managed livestock reductions in the Dust Bowl of the 1930s.

After decades of government interference, less than 500 relatively pure Navajo-Churros survived into the 1970s. Livestock conservationists declared

them critically endangered. In response, livestock scientist Dr. Lyle McNeal began working with Diné elder Gold Tooth Begay and other sheepherders and weavers to restore the breed. McNeal's Navajo Sheep Project increased interest to beyond the Navajo nation. Working with the earliest flock books managed by the American Livestock Breeds Conservancy, breeders organized the Navajo-Churro Sheep Association. The formation of the non-profit, Diné bí'íina', which hosts the annual Sheep is Life festival in Navajo Country assisted recovery of the breed. Churro wool prices have rebounded from five cents a pound to two dollars a pound in 2004, and the lamb and mutton have been featured at Slow Food and Chefs Collaborative events throughout the United States. This work has led American Livestock Breeds Conservancy to move the breed from their *critical* list to the less endangered *rare* category. Nevertheless, Navajo-Churro sheep continue to be monitored to ensure the future sustainability of this time-honored breed.

MORE INFORMATION:

American Livestock Breeds Conservancy
PO Box 477, Pittsboro, NC 27312
919-542-5704 Email: albc@albc-usa.org, www.ablc-usa.org

Diné be' iiná, Inc. (The Navajo Lifeway)
P.O. Box 683, Window Rock, AZ 86515
928.871.4991 www.navajolifeway.org

Navajo-Churro Sheep Association
Box 94, Ojo Caliente, NM 87549
505-737-0488 Contact: Connie Taylor
n-csa@navajo-churrosheep.com, www.navajo-churrosheep.com

Navajo Sheep Project
NSP Utah Office, P.O. Box 4454, Logan, UT 84323
435.753.7982 Contact: Lyle McNeal

WHITE & BROWN TEPARY BEANS A Desert's Drought-Hardest Legume Rejuvenated

Phaseolus acutifolius var. *acutifolius*

COMMON NAMES: Tepary bean, frijol tepari (Spanish), escomite (Nahuatl), bawi or bavi (O'odham/Pima), xmauym (Mayan), tsatasi mori (Hopi)

Almost lost from the marketplace by the early 1970s, the tepary bean's unique flavor, drought adaptations and affection among desert dwellers has been nurtured and revitalized due to the dedication of its champions. Recently featured at gourmet restaurants and celebrated in native food fairs, the tepary has found devotees beyond its traditional base of culinary sleuths, agricultural historians, desert archaeologists, and a handful of Hispanic and Indian communities.

Small in size and in geographic distribution, the tepary is nevertheless a bean with a rich cultural history, stretching back more than six thousand years in the arid landscapes of Mexico and the southwestern United States. The tepary's rich, nutty flavor is unlike that of any other bean. Unique regional tepary dishes include stew-like casuelas and a dried, ground pinole. As a slow-release food, the tepary's rescue is especially significant for ethnicities increasingly wracked by diabetes and in need of more delicious, nutritious foods capable of lowering blood sugar level of diabetics.

The tepary is most distinguished for its sustainable cultivation in deserts. It is the most drought-adapted annual legume in the world, able to mature on a single irrigation or thunderstorm downpour. As such, it has tremendous potential for revival in an era of increasing water scarcity. It is strongly tied to tribal farmers in the Uto-Aztecan language family of western Mexico and the southwestern United States, who maintain some of the most unique, sustainable desert agricultural traditions anywhere.

Unfortunately, rain-fed runoff farming tradition has declined precipitously in the American deserts over the last half century, such that less than one percent of all tepary fields from the 1930s remained in cultivation by the end of the 1950s drought. During this period, numerous land races or heir-

loom varieties went extinct, along with the demise of many traditional methods of cultivation and preparation. Then around 1978, the single remaining commercial tepary grower in the United States, W.D. Hood of Coolidge, bet Native Seeds/SEARCH cofounder Gary Nabhan that he couldn't find a market for all of his stockpiled beans. Within five years, Native Seeds/SEARCH was helping Hood regularly sell his entire crop within a month of its harvest, and younger growers like Terry and Ramona Button of the Gila River Indian Community continued Hood's tradition.

Soon, the little beans were featured in *Organic Gardening* and *National Geographic*. As a result, both farmers on and off Indian reservations renewed their interest in growing these beans. Chefs like Beard Awardee Janos Wilder reintroduced it to aficionados of Southwest cuisine. Today, Native American organizations like Tohono O'odham Community Action and the San Xavier Farm Co-op Arizona are including teparies in the crops they market, reviving its traditional methods of cultivation and culinary preparation as well.

MORE INFORMATION:

Native Seeds/SEARCH
526 North Fourth Avenue
Tucson, AZ 85705
520.622.5561 www.nativeseeds.org

San Xavier Farm Cooperative Association
8100 South Oidak Wog
Tucson, AZ 85746
520.295.3774

Tohono O'odham Community Action (TOCA)
PO Box 1790
Sells, AZ 85634
520.383.4966 www.tocaonline.org

AMERICAN STANDARD TURKEYS

A Return to a Heritage Holiday Flavor

Meleagris gallopavo gallopavo

COMMON NAMES: Beltsville Small White, Black, Bourbon Red, Bronze Jersey Buff, Naragansett, Royal Palm, Slate, White Holland

What is more American than a Thanksgiving turkey? And yet, genetic selection for mass-production has all but stripped the domesticated turkeys of their diversity, their hardiness, and their ability to fly or mate naturally. Gone too are the traditional flavor and consistency. Fortunately, the combined efforts of the American Livestock Breeds Conservancy's intensive research and Slow Food's regionalized promotion efforts have led to the resurgence of the American standard turkeys—turkeys that have not succumbed to this homogeneity.

The American Poultry Association recognizes eight varieties of standard turkeys: Bronze, Narragansett, White Holland, Black, Slate, Bourbon Red, Beltsville Small White, and Royal Palm. Historically, all American standard varieties were raised regionally on small, family farms. It follows that they are excellent foragers, hardy, and disease resistant; but they are also slow growing and smaller than industrialized stocks. The plumage color of heritage turkeys ranges from the chestnut mahogany of the Bourbon Reds, to the greenish-black metallic sheen of the Black to the ashy blues of Slates and stark whites of White Holland turkeys. Standard turkeys also make superior table birds with their dense but succulent meat and rich, complex flavors.

One of the few domesticated animals originating in the Americas, the turkey was domesticated by the Aztecs over 2000 years ago. Truly American varieties entered the United States two ways: from Mexican trade northward, or later from Mexico by way of Europe. Spanish colonialists took the Mexican turkey to Spain in the early 1500s and European colonial settlers in turn brought the freshly selected turkeys back with them to the United States and Canada at the end of the 16th century. Until the 1940s, the turkey was strictly a seasonal treat, synonymous with holiday celebrations. Then new forms of

industrial production selected for quicker weight gains but blander, less diverse turkeys.

By the late 1980s, heritage standard turkeys were considered obsolete by most growers engaged in industrialized turkey production. They were wrong. Certain that this diversity had lasting value, the American Livestock Breeds Conservancy (ALBC) began intensive research on standard turkeys, including essential breeding surveys and examinations of disease-resistance. In 2001, Slow Food launched an incredibly successful campaign to promote heritage turkeys in restaurant and holiday fare. Collaborating with ALBC, Slow Food restructured the entire “chain of custody,” from finding additional farmers to raise heritage turkeys, to assisting with marketing as well as featuring them at events as part of an exceedingly successful publicity campaign. By the third year of Slow Food’s heritage turkey campaign, it became clear that these turkeys got back on the road to recovery because a few breeders remained tenaciously committed to heritage breeds. Most importantly, once Americans taste a standard variety they will never accept anything less on their Thanksgiving table.

MORE INFORMATION:

Society for Preservation of Poultry Antiquities
Rt. 4, Box 251
Middleburg, PA 17842
540.837.3157 Contact: Craig Russell

American Livestock Breeds Conservancy
PO Box 477
Pittsboro, NC 27312
919-542-5704
Email: albc@albc-usa.org www.ablc-usa.org

Nabhan, G.P. 2003. *Enduring Seeds*. Tucson: University of Arizona Press.

WILD RICE

Naturally Grown and Harvested by Native Hands

Zizania aquatica

COMMON NAMES: Wild Rice, Manoomin (Anishinaabe)

No other rice ever tastes as good as naturally grown, hand-harvested wild rice. This unique rice blends the aromas of tea and fragrant herbs and evokes earthy, nutty flavors to the taste buds. Wild rice is not only a sumptuous culinary experience, but each step of its journey from reed to table is imbued with tradition. In the late 1700s, the Ojibway were resettled within the Great Lakes region, where they developed elaborate cultural traditions around wild rice or Manoomin. As the Ojibway embraced this highly nutritious aquatic grass, its harvest, processing, and its cookery became an integral part of Ojibway life. Although there is another wild rice in Texas, this native grain is unique to the Great Lakes region where the cold, shallow waters of the rivers and lakeside wetlands nurture the young delicate plants into healthy, mature stands.

Wild rice hit grocery shelves with a bang in the mid-1980s, but authentic wild rice was almost impossible to find. A few strains of wild rice were adapted to commercial paddy operations, and highly mechanized, paddy-grown wild rice quickly inundated the market. Meanwhile, traditionally produced wild rice was marginalized due to its higher cost of production. Tragically, the traditional knowledge of sustainable production was threatened as well.

The traditional Ojibway methods of ricing—from knocking to winnowing—are not only sustainable but ecologically beneficial as well. The smooth, flat bottomed wooden canoe is pushed through the water by a driver wielding a 10 to 12 foot, forked wooden pole. The design of both the canoe and pole ensure that the canoe slides through the water without harming the root bed. The harvester holds two ricing sticks, bends the reeds over the side of the canoe, and swiftly brushes the ripe seeds into the canoe. This method ensures that only the ripest of the rice is harvested and allows for a second harvest, as

well as spillage for wildlife. Once the rice is dried on large tarps, it is hand parched in cast-iron kettles for preserving. Next, the rice is hulled as men tread on the grain in a small earthen pit. Finally, the rice is winnowed in traditional baskets, the wind taking away the inedible hulls. Wild rice can then be used in many recipes, including traditional venison stews.

Unwilling to let this rich tradition of wild rice harvesting dwindle any further, the White Earth Land Restoration Project was established by Winona LaDuke in the early 1990s to preserve native foods. In 1996, LaDuke initiated the Native Harvest program that is devoted to promoting native food traditions such as wild rice. Native Harvest recently received a Slow Food Biodiversity Award, in support of its direct marketing for traditional wild rice producers. The Ojibway can now continue to celebrate with their own rice and utilize their traditional ecological knowledge to ensure a sustainable future for wild rice.

MORE INFORMATION:

White Earth Land Recovery Project

32033 East Round Lake Road

Ponsford, MN 56575

218.573.3448

To order wild rice from Native Harvest: 888.247.8313

www.welrp.org

Slow Food USA

434 Broadway, 6th Floor

New York, NY 10013

212.965.5640

Email: info@slowfoodusa.org

Vennum, Thomas Jr. 1988. *Wild Rice and the Ojibway People*. St. Paul: Minnesota Historical Society Press.

TOP TEN
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THE LIST
of America's Endangered Foods

THE LIST

of America's Endangered Foods

The four "at-risk" categories coded into the list are interpreted as follows:

ENDANGERED FOODS (E) are species, breeds, varieties or traditional harvests and culinary processes that are now geographically restricted to production and use in less than 25 known sites (farms, ranches, wild habitats, etc.) or by less than 5 hatcheries, nurseries or seed companies. These foods are biologically endangered, genetically eroded and culturally diminished to the degree that harvesting and culinary use is already limited or abandoned. In some cases, harvest, use or marketing should not be undertaken again until the species or population recovers to its former abundance.

THREATENED FOODS (T) are not necessarily imperiled biologically, but are grown and produced in less than 100 known sites or by less than 15 hatcheries, nurseries or seed companies. They currently require efforts toward ecological restoration, genetic purification and re-diversification, or cultural revitalization to fully bring them back to the tables, markets and restaurants of our country.

RECOVERING RARE FOODS (R) have already undergone some revival in the marketplace, following ecological restoration, cultural revivals, or genetic conservation. They are on their way to recovery, but remain rare enough nationally that they will either remain in regional or ethnic niche markets, or must undergo a scaling-up of sustainable production before their long-term survival is assured.

EXTINCT FOODS (X) are those no longer available in the United States, Canada, or northern Mexico, although they may be elsewhere. These foods have been documented in reliable oral histories, archival manuscripts or archaeological records as having occurred in North America as part of cultural traditions for several generations. They have been biologically extirpated, genetically eroded or contaminated, or culturally abandoned through the loss of traditional culinary practices. They remind us that with neglect and inaction, we do lose some foods forever.

** Indicates foods taken from the Slow Food Ark of Taste.*

VEGETABLES, CULTIVATED

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
AMARANTH			
Puebloan Red Dye Amaranth	AZ, NM	E	(Komo) Hopi, Rio Grande Pueblo
BEANS			
<i>Common (Dry, Snap and Green Beans)</i>			
Amarillo del Norte	NM	T	Hispanic, Pueblo
Anasazi	Four Corners	R	Pueblo, Hispanic, Anglo
Arikara Yellow	ND, SD	E	Arikara, Hidatsa, Mandan
Black Valentine Bush	South	R	
Blue Bloom	TN	E	Scotts-Irish
Bolita	NM	T	Hispanic, Pueblo
Caseknife	EAST	R	One of the oldest known varieties in the U.S.
Cherokee Trail of Tears	OK	R	Cherokee
Del Norte Yellow-Brown	NM	T	(also called Cerrillo) Hispanic, Pueblo
Duane Baptiste's Potato	NY, CANADA	E	Six Nations
Fisher Bean	NY	T	
Four Corners Gold (Shalako)	AZ, NM	T	Pueblo (Zuni)
Gnuttle Cutshort (Amish)	OH, PA	R	
Hidatsa Red	MT, ND	T	Arikara, Hidatsa, Mandan
Hidatsa Shield Figure	ND		
Hutterite Pale Green Soup	MT, CANADA	R	
King City Pinks	CA	T	Ranch house bean traditionally grown in the Salinas Valley.
Lazy Housewife	PA	R	German
Leather Britches	OH	E	Ohio River Valley
Little White Ice	AK, MO	T	Ozark Mt.
*Marrow Fat	CA, PA	T	Midwest, dates back to the 1870s.

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Mayflower	MA	R	New England Yankee
Mostoller's Wild Goose	NY, MA	E	Seneca, Anglo
O'odham Pink Bean	AZ	T	(also called Papago Red)O'odham (Pima and Papago), Hispanic
Petaluma Gold Rush	CA	T	Cultivated by Portuguese farmers in Petaluma, Sonoma County.
Red Valentine Bush	South	E	
Rio Zape	Southwest	T	
Santa Maria Pinquito	CA	R	Hispanic
Six Nations	NY, CANADA	T	Six Nations
Son of Star (Montana White)	ND, MT	R	Arikara, Hidatsa, Mandan
Stockbridge Indian	New England	E	Stockbridge-Munsee,
Taos Red	NM	T	Pueblo
True Cranberry Bush Pole	VT	R	
Turkey Crow	NC, TN, VA	T	
Wren's Egg	East	T	
<i>Fava Beans</i>			
Castillo Franco	NM	T	Hispanic
<i>Jack Bean</i>			
White Jack Bean	NM, AZ		
<i>Lima Beans</i>			
Carolina Lima	South	E	Monticello
Christmas Lima	Broad Range	R	
Henderson Bush	VA	R	
Hopi Red (Pala Hatiqo)	AZ	E	Hopi, O'odham (Pima)
Jackson Wonder Bush	South	R	
King of Garden	New England	T	Introduced in Connecticut in 1883.
Pima Gray	AZ	E	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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Runner Beans

Aztec Dwarf White	AZ, NM, NV	E	Anasazi
Bear Paw	NY	T	Seneca/Six Nations
Blackcoat	NY, CANADA	E	
Christmas		R	
Four Corners	Four Corners	R	
Painted Lady	New England	T	Monticello

Tepary Beans

*Brown (Papago)	AZ	R	O'odham (Pima and Papago)
*Little White (Sonoran)	AZ	R	O'odham (Pima and Papago)

BEETS

Early Blood Turnip	MD, PA	T	Pennsylvania Dutch
Mennonite Red	PA	T	Mennonite

CABBAGE

Chieftain Savoy		R	
Early Jersey Wakefield	NJ, NY	T	
Red Dutch	NJ, PA	T	
Winningstadt	MA	T	

CARROT

Early Horn	NY	T	Shakers
Oxheart	CT	R	
St. Valery	NY	E	

CAULIFLOWER

Scarlet Horn		R	
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CELERY & CELERIAC

Golden Heart	MI	T	
Golden Self-Blanching	MI	R	Introduced in 1886.
Golden Yellow	Broad Range	T	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Red Stalk	Broad Range	T	
CHAYOTE/VEGETABLE PEAR			
Louisiana Mirliton	LA, MS	R	Cajun, Creole
CHICORY			
Magdeburg (Louisiana Coffee)		LA R	Cajun, Creole
COLLARDS			
Georgia Southern	GA, LA, MS	E	(Blue Stem) Creole
COWPEAS/CROWDERS/BLACK-EYES			
Blue Goose (Gray Crowder)	Deep South	E	Introduced prior to 1860.
Brown Crowder	MS	T	Delta Black and White
Calico Crowder (Pole Cat)	Deep South	E	
Clay Cowpea	Deep South	E	
*Kreutzer	Southeast		
*Mississippi Silver Hull	Southeast	R	
Ozark Razorback	AK	E	Ozarks
Pigott Family Heirloom	LA	E	Cajun, Creole
*Pink Eye Purple Hull	LA	E	Southeast
Rice Cowpea	South	E	
*Rouge et Noir	LA	T	Cajun, Creole
*Running conch	LA	E	Introduced in the late 1800s.
Susanne Cream	AL	T	
Tohono O'odham	AZ	R	(Papago Cowpea) O'odham (Pima and Papago)
*Washday	Southeast	E	Introduced in the late 1800s.
Whippoorwill	Deep South	R	
Zipper Cream	Southeast	T	
CUCUMBERS			
Boothby's Blonde	ME	R	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Early Cluster Pickling	Broad Range	T	(Russian) One of the oldest of all cultivated cucumbers.
True Lemon	PA	R	
White Wonder	PA	R	
EGGPLANT			
Old White Egg	MA	T	
GARLIC			
German Extra Hardy	ID	R	German
Inchelium Red	WA, OR	R	Colville (Sahaptin)
Lorz Italian	WA, OR	R	Italian
Nootka Rose	WA, OR	T	Russian
GROUND CHERRY/TOMATILLO			
Cape Gooseberry	MN, VT, NH	R	Nantucket Whalers
Zuni Tomatillo	NM	R	Pueblo (Zuni)
JERUSALEM ARTICHOKE			
Beaveny Valley Purple	PA	T	
Dave's Shrine		T	(also called Wolcottian Red)
Maine Giant	ME	T	
KALE			
Walking Stick Kale	CA	R	
LETTUCE			
Amish Deer Tongue	Broad Range	R	Anabaptist (Amish, Mennonite)
Boston Market	MA	R	
Grandma Admires	Broad Range	T	
Limestone Bibb	KY	T	
Speckled Hansen	IN, KS, OH	R	Anabaptist (Amish, Mennonite)
Spotted Aleppo	MA, PA	T	
MELON			Syrian
Amish Musk	MI, OH, PA	E	Anabaptist (Amish, Mennonite)

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Anne Arundel Musk	MD	E	Ann Arundel County
Bidwell Casaba	CA	E	
Cassaba	AZ, NM, CA	R	Pueblo (Santa Domingo, Cochiti), San Joaquin Valley
Citron (Green Citron)	Broad Range	E	
*Crane	CA	R	Developed in Sonoma County in the 1920s.
Early Christiana	MA	E	
Eden's Gem Musk	CO	R	Rocky Ford Valley
Emerald Gem	CO	T	Rocky Ford Valley
Fordhook Gem		E	Fordhook Farms
Green Nutmeg	CO, KS	R	
Hero of Lockinge		R	
Jenny Lind	Broad Range	R	
Old Time Tennessee	TN		
O'odham Ke:li Ba:so	NM, AZ	R	O'odham (Papago and Pima)
Santa Domingo Casaba	NM, AZ	R	
Schoon's Hardshell	Broad Range	R	
Snake in the Shed	NM	X	Pueblo
Winter Valencia & Maltz	VA	T	
MUSTARD			
Louisiana Green Velvet	LA, MS	R	Cajon, Creole, Delta Black
Southern Giant Curled	South	T	
OKRA			
Alice Elliot	MO, OK	T	
Benoist Blunt	MS	T	
Louisiana Red	LA, MS	R	
Star of David	MO	T	Cajun, Creole, Delta Black

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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ONIONS

Egyptian Walking	Broad Range	R	Tree Onion
I'toi Shallot (Papago Onion)	AZ	R	O'odham (Papago and Pima), Hispanic
Louisiana Shallot	LA, MS	T	
McCullar's White Topset		T	
Red Wethersfield	Broad Range	R	
Yellow Globe Danvers		T	
Walla Walla Sweet Onion	Northwest	R	

PEA

New Mexico Field	NM	R	Hispanic, Pueblo
O'odham (Papago)	AZ	R	O'odham (Papago and Pima), Hispanic
Prussian Blue		T	Prussian
Telephone Tall	MA	T	

PEANUT

Black Pindor	SC	T	
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PEPPER

Bull Nose Bell	VA, PA	T	Monticello
*Chiltepin	AZ, NM, TX	R	O'odham (Papago), Hispanic
*Chimayo	NM	R	(Native New Mexican), Pueblo, Hispanic
Chochiti Pueblo	NM	E	Pueblo
*Dátil	FL	R	Minorcan, Cuban, Cracker
Fish	New England	R	Tradition dating back to southern slave kitchens.
Tabasco	LA	R	Southern

POTATO

Ann Cheeka's Ozette	WA	T	Makah
Beauty of Hebron	New England	T	New England Yankee

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Early Ohio	Midwest	E	German immigrants brought to Ohio Valley.
Early Rose	Broad Range	E	Vermont
Garnet Chile	Broad Range	E	Introduced in 1853.
*Green Mountain	VT	T	New England Yankee
Irish Cobbler	NJ	T	
Long John (Long Red)	KS, NE	T	
Peach Blow		X	New Jersey
Purple Cow Horn	NH	T	New England Yankee
Seneca Horn	NY	T	Six Nations (Seneca)
Snowflake		X	
Vermont Champion			
Yam Potato	SC	T	Southern
RADISH			
Black Spanish Winter	PA	R	Shaker, Pennsylvania Dutch
Rand (Black Spanish Long)	PA	R	
RUTABAGA			
Canadian Gem	ME, CANADA	E	
Waldoboro	ME	T	New England Yankee
SALSIFY			
Pennsylvania Dutch	PA	E	(also known as Hawwerwurzel)
SORGHUM			
Black Amber	Midwest	E	
Honey Drip	Midwest	E	
Orange Top	South	E	
Ribbons Syrup	South, Midwest	E	
White African	Deep South	E	
SQUASH/PUMPKIN			
Amish Pie	PA, OH, IN	R	Anabaptist (Amish, Mennonite)

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Arikara Ebony Acer	ND	T	Arikara, Hidasta, Mandan
Arikara Long	ND	R	Arikara
Benning's Green Tint		T	
Big Cheese	AZ, NM, TX	R	
Boston Marrow	New England	R	
Canada Crookneck	East, CANADA	E	
Cow pumpkin	IN	T	
Cutchogue Cheese	NY	T	
King of Mammoth	KY	T	(also called Mammoth)
Navajo Blue Hubbard	Broad Range	R	
No. Georgia Candy Roaster	GA	T	
Okeechobee Gourd	FL		Seminole, Cracker
Pattypan (Cymling)	New England	T	
Peñasco Cheese	NM	R	Hispanic
Pike's Peak or Sibley	IA, MO, MS	R	
Seminole	FL	E	Seminole (Miccosukee) Cracker
Summer Crookneck	ME	T	Originated in New Jersey.
Summer Straightneck		E	
Winter Luxury (Luxury Pie)	Broad Range		
Yellow Mandan	ND	T	Arikara, Hidatsa, Mandan
SUNFLOWER			
Arikara	ND	E	Arikara, Hidatsa, Mandan
Hopi-Havasupai, Hopi Dye	AZ	R	Pai (Havasupai) and Pueblo (Hopi)
Maximillan	Midwest	R	
Sumpweed	IL, KY, MO	X	Prehistoric
Tarahumara White	NM, OK, Mexico	R	Tarahumara, Anabaptist (Mennonite)
SWEET POTATO			
Hayman White	MD	E	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Nansemond	VA		
Old Kentucky White	KY, IN	T	Hoosier
Pumpkin Yam	IN, KY, TN	T	
Red Wine Velvet		E	
Southern (Southern Delite)	Deep South	E	
Spanish Red or White		E	
TOMATO			
Amish Paste	PA, WI	R	Anabaptist (Amish, Mennonite)
Berkshire Polish	NY		
Brandywine Pink	OH, PA, NY	R	Pennsylvania Dutch
Cheerio	New England	T	
Cherokee Purple	TN	R	Cherokee
German Striped	Broad Range	R	
Mankin Plum	MA	E	Heirloom from Northampton area.
Mortgage Lifter	Broad Range	R	
*Orange Oxheart	Broad Range	T	Originated in Virginia.
Persimmon		T	
Power's Heirloom	VA	T	
Principe Borghese	Broad Range	R	
Tiffen Mennonite	PA	T	Anabaptist (Amish, Mennonite)
TURNIP			
*Gilfeather TM	VT, NH	R	New England Yankee
Waldoboro Greenneck	ME	T	Named for the town of Waldoboro; introduced in the 1780s.
WATERMELON			
Georgia Rattlesnake	GA	R	(also called Garrisonan)
Hopi Yellow-Meated	AZ	R	Pueblo (Hopi), Dine (Navajo)
Moon and Stars	MO, OH	R	
Mountain Sweet Yellow	NJ, NY, PA		

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Nancy	AK, GA, KS	T	
Tom Watson	CANADA	T	

GRAINS, CULTIVATED & WILD

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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GRAINS, CULTIVATED

CORN

Black 'Aztec'/Black Pucker	ME, NY	R	Six Nations
Bloody Butcher Dent	South	R	
Catawba (White)	NY	T	
*Chapalote	AZ, NM, Mexico	E	Oldest corn in U.S.; only one grower left.
Cherokee White	NC	T	Cherokee
Country Gentleman		R	
Garland Flint		E	
Gaspé Flint	New England	R	Six Nations
Ha-Go-Wa (Seneca Flint)	NY	R	Six Nations (Seneca)
Hickory King Yellow	Appalachia	E	
Hooker's Sweet Indian	WA	T	Grown by Ira Hooker in Olympia for 50 years.
Howling Mob		E	
*Iroquois White Hominy	NY	T	(Tuscarora) Six Nations (Iroquois)
King Philip Dent	MN	R	
Kokoma	AZ	E	Pueblo (Hopi)
Longfellow Flint	New England	E	
Luther Hill	Appalachian	R	
Mandan Bride Flour	ND	R	Mandan, Arikara, Hidatsa
Mandan Red Sweet	ND	E	Mandan, Arikara, Hidatsa

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Mexican June “Chico”	AZ, NM	R	Pueblo, Hispanic
Narragansett	RI	E	(also known as Rhode Island White Cap)
Northstine Dent	MI	E	
Pennsylvania Dutch Butter	PA	T	Pennsylvania Dutch
Posole Dry	AZ, NM	T	Hispanic, Pueblo
Puhwem (Delaware White)	OK	E	Hudson Valley
Reventador	AZ, Mexico	E	
Sehsapsing (Delaware Blue)		E	Algonquian,
Stowell’s Evergreen	PA	T	
Taos Blue Flour and Flint	NM	T	
Tohono O’odham 60-Day	AZ	T	(also known as Papago 60-Day Corn) O’odham (Pima and Papago), Yuma, Mohave
Tom Thumb Yellow Popcorn	North	E	
Huazontle (goosefoot)	AZ, NM	X	O’odham (Pima and Papago)
Little Barley	AZ, NM	X	Prehistoric Hohokam, Anasazi, Mound Builders
Sonoran Panicgrass	AZ, CA, Mexico	T	Yuman (Cocopa, Yuma), Guarihio
WHEAT			
Early Baart	AZ, NM	E	Hispanic, O’odham (Pima and Papago)
Turkey Hard Red	KS	T	Mennonite
White Sonora (Papago)	AZ, NM, Mexico	E	Hispanic, O’odham (Pima and Papago)
GRAINS, WILD			
Chia, Golden Chia	AZ, CA, NM	T	Hispanic, O’odham, Yuman
Little Barley	AZ, NM	X	Prehistoric Hohokam and Anasazi
Palmers Saltgrass	AZ, CA	E	Yuman (Cocopa and Quechan)
Sonoran Panicgrass	AZ, CA	X	Yuman (Cocopa and Quechan) and Guarijio

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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*Wild Rice (naturally grown)	MN, WI	R	Ojibway, Chippewa, Menominee, Sioux
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Texas Wild Rice	TX	E	
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WILD FOODS

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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ASSORTED WILD ROOTS

Camas (Quamash)	Northwest	R	Sahaptin, other
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Prairie Groundnut	Midwest	T	Plains tribes
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Prairie Potato (Indian turnip)	Midwest	T	Plains tribes
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Ramps (Wild Onions)	New England	T	Yankee, Scots-Irish
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Sandfood	AZ, CA	E	O'odham, Yuma
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Sand Potato	AZ, NM	T	O'odham, Maricopa
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Wappato	NW	R	Sahaptin, other
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Yampa	ID, OR, WA	T	Sahaptin, other
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OTHER WILD FOODS

Cholla cactus buds	AZ, NM, MEXICO	T	O'odham and Pueblo
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Fiddleheads	OR, WA, CANADA	R	Sahaptin, other
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Honey Mesquite Flour	AZ	R	O'odham, Yuman, Pai
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Jerusalem Artichoke	AL, IL, MO, MS	T	
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Maple Syrup	New England	T	Algonquian, Yankee, other
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Miners Lettuce	CA	R	
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Organpipe Cactus Jam	AZ, MEXICO	T	O'odham (Papago), Yoeme (Yaqui)
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Prickly Pear fruit	AZ, NM, UT, CA	R	O'odham, Yuman, Pueblo and Paiute
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Purslane	Broad Range	R	
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Saguaro Cactus fruit	AZ, CA, MEXICO	T	O'odham, Maricopa, Hispanic
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Sumac Berry Pudding	Four Corners	T	Diné (Navajo)
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*Wild Plum

NUTS, CULTIVATED & WILD

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
ACORN			
Emory Oak Acorn	AZ, NM	T	Ndé (Apache), O'odham (Papago), Hispanic
ALMOND			
Dry Farmed Almond	CA	E	
BUTTERNUT			
American	East	E	
CHESTNUT			
*American Chestnut	Appalachian	R	
HICKORY NUT			
Grainger	TN, KY	E	
*Shagbark Hickory Nut	WI, East	R	
PECAN			
American Native Pecan			
Green River	South	E	
Texas Wild	TX	R	
Wilcox	OH	T	
PINE NUT			
Pinyon Pine Nut	Southwest	R	Diné (Navajo), Ute, Paiute, Shoshone
WALNUT			
California Black Walnut	CA	R	

BERRIES, CULTIVATED & WILD

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
BLUEBERRIES			
Lowbush Blueberry	ME, East, CAN.	R	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Rabbiteye Blueberry	GA, South	E	
Upright Main Wild Blueberry	ME	E	
Whortleberry (Highbush Blueberry)		East E	
CHOCKECHERRY	Broad Range	R	
CRANBERRIES			
American	Broad Range	R	
McFarlin	MI	E	
CURRANT			
Buffalo Currant	OR, WA, ID	E	Seedlings from a plant carried by a pioneer to Oregon.
GOOSEBERRY			
Champion	West	E	Originated in Oregon.
Oregon Champion	OR	T	Originated in Salem, OR before 1880.
GRAPE			
Agawam		E	
Alicante Bouschet	CA	E	
Barry		E	
Bell		E	
Berckmans		E	
Brilliant		T	
Campbell's Early		T	
Canandaigua	NY	E	
*Charbono	CA	E	In California since the late 1800s, made famous by Inglenook Winery.
Concord	East	R	Originated in the 1840s in Concord Massachusetts. The quintessential juice grape in the U.S.
Cynthiana (Norton)	AK, MO	E	Introduced in 1830.
Heritage Clone Zinfandel	CA	R	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Hopi	AZ	E	
Johannisberg (White) Riesling	OR, CA	T	
Lady Finger	CA	E	
Mission	CA	E	Oldest variety cultivated in CA, introduced by Franciscan monks.
Muscat of Alexandria	CA	T	
Muscat, black		T	
Muscat, golden		T	
*Napa Gamay, Valdiguie	CA	E	
*Norton	Broad Range	T	
Scuppernong	South	R	Deep South
Tokay	CA	E	
HAWTHORN			
Mission	AZ, CA	R	Hispanic, Pueblo (Hopi)
Succulent	MI, MN, NY, PA	E	
HUCKLEBERRY			
High Mountain Huckleberry	KS, NE	R	
JUNEBERRY/SERVICEBERRY			
Allegheny Shadbush	East	R	Native to the East. Favorite of the American Indians.
Saskatoon (Juneberry)	CANADA	R	
*PAWPAW	Broad Range	R	
SALAL	West	R	Staple of coastal Indian diets.
STRAWBERRIES			
Beach (Sand)	CA	E	
*Daybreak	LA	E	Sicilian
*Headliner	LA	E	Sicilian
*Klondike	LA	E	Sicilian
Marshall	OR, WA	E	Sicilian

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Tangi	LA	E	Sicilian
THIMBLEBERRY	West	R	

FRUIT TREES, CULTIVATED

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
APPLES			
Abe Lincoln (Red Astrachan)	South	R	Found at Lincoln homestead in Illinois.
*American Beauty (Sterling)	MA	E	Originated in Sterling.
*American Golden Russet	South	E	(also called Bullock) Originated in Burlington County, in the late 18th century.
*American Pippin	NY, CANADA	E	(also called Grindstone) Introduced in U.S. around 1817.
Bailey Sweet	NY	E	Originated in Perry, Wyoming County, in the 1840s.
Baker Sweet	NE	E	Originated in New England in the 1880s.
Belmont	OH	E	19th century Pennsylvania desert and cooking apple popular in Belmont County.
*Ben Davis, Black	AK	T	Originated about 1880 on a farm owned by Mr. Black of Washington County, Arkansas.
*Bethel	VT	E	Originated in Bethel.
Bevan's Favorite	NJ	E	Originated in Salem before 1849.
*Black Gilliflower	CT	R	Originated in the late 1700s.
*Black Twig (Paragon)	TN, VA	R	Originated as a seedling on Major Rankin Toole's farm near Fayetteville.
*Buckingham Bluff	South	E	(also called Cherokee Bluff)
Campfield	NJ	E	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Charette (The Donut Apple)	ME	E	
*Chenago Strawberry	ME, NY	R	
*Coles Quince	ME	E	Old Maine apple so named because of its resemblance to a quince.
*Davey	MA	T	Seedling of McIntosh discovered in 1928 by S. Lothrop Davenport Horticultural Society.
*Esopus Spitzenburg	NY, VA	R	Originated in Esopus in 1790.
*Fall Harvey	MA	E	Introduced in 1836.
*Fall Pippin (Philadelphia)	PA	R	
*Fall Wine	NE, NY	E	New England apple recently rediscovered by Fred Ashworth of Heuvelton.
Fallowater (Talpahawkins)	PA	R	Originated in Buck's County.
*Gano	VA	E	Popular in Blue Ridge Mountains by the late 19th century.
*Garden Royal	MA	E	Originated in 1847.
*Gilpin	VA	T	Originated in 1817.
*Gloria Mundi (Ox Apple)	New England	T	First recorded in 1804.
*Graniwinkle	NJ	E	Cider apple
*Gravenstein (Sonoma)	CA	R	Planted on the Sonoma Coast by Russians.
*Harrison	East	E	
*Hawkeye Red Delicious	IA	E	Progenitor to "Delicious". Originated in 1880s.
*Henry Clay	South	E	Stark offered this variety in the 1900s.
*Hightop Sweet	IL, MA	E	Introduced in 1822 and a favorite at the Plymouth Colonies.
*Honey Cider	VA	T	Rediscovered in Shenandoah valley by Dr. Elwood Fisher.
*Horse Apple	South	T	Probably originated in 1700s.
Hunt Russet	MA	T	Reported to have originated on the Hunt Farm in Concord in the 1750s.

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Huntsman	MO	E	Originated on the farm of John Huntsman in Fayette about 1850.
*Hyslop Crab	East	T	Recorded in 1869.
*Ingram	MO	E	Found on the farm of Marin Ingram near Springfield about 1850.
*Johns (original York)	South	T	
*Kinnard's Choice	GA, TN	E	Favorite once grown widely throughout northern Georgia.
*Late Strawberry	NY	E	New York apple originated at Aurora in Cayuga County in 1848.
*Limberville	NC, GA	E	Northern Georgia strain that was once a well-known southern apple.
*Lowry	VA	E	Originated on the farm of John Lowry of Afton about 1850.
*Lyman's Large Summer	ME, CANADA	T	James Dougall of Amherstberg, Ontario exhibited this fruit in 1847 at the first exhibition of the Horticultural Society of Michigan; accidentally rediscovered in 1941.
*Magnum Bonum	NC	E	First grown by Squire Kinney of Davidson County in 1828.
Mattamuskeet	NC	E	Possibly originated as a wild seedling near Lake Mattamuskeet.
*McAffee	VA		
*McLellan	CT	E	Woodstock seedling, introduced in 1870.
*Melon	NY	E	Originated in 1845.
*Milam	Broad Range	E	
*Missouri Pipan (Allemarle)	MO		
*Newtown Spitzenburg	NY	E	First recorded in 1817.
Nickajack	NC	E	Recorded in 1853.
*Northern Spy (not rare)	NY	R	Seedling discovered about 1800 by Herman Chapin in East Bloomfield.
*Northern Sweet	VT	E	Introduced in 1800.

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Northfield Beauty	CA, VT	E	Apple that was rescued from the remains of Etter's orchard.
*Ohio Nonpareil	OH	E	Discovered in Massilon before 1850.
Okabena	Midwest	T	
Oliver	AK	E	Introduced in 1831.
*Orenco	OR	E	Introduced in 1920 by Oregon Nursery Co. of Orenco.
*Ortley (Greasy Pippin)	PA	T	
*Pearmain, Blue	ME	R	Grown throughout much of Maine for over 200 years.
*Pearmain, Cannon	VA	E	
*Pearmain, Red Winter	MA	R	(Westfield)
*Pearmain, Summer		E	Introduced in 1817.
*Peck's Pleasant	RI	T	Developed in Rhode Island from the last Calville Blanc in 1832.
*Pilot	VA	E	Originated as a seedling at the foot of Pilot Mountain in the early 1800s.
*Porter	MA	T	(Yellow Summer Pearmain)Introduced in 1840.
Pound Sweet	CT	R	Originated about 1834.
*Primate	NY	T	Originated in Onondaga County in 1840.
*Pumpkin Sweet	CT, RI	R	Originated in 1834.
*Rainbow		E	
*Ralls Janet	VA	R	Developed in the 1800s.
*Rambo (winter)	Northeast	E	
*Rhode Island Greening	RI	R	Favorite American cooking apple known in earliest colonial times.
*Rusty Coat	CT	R	
Senator	AK	E	
*Shiawassee Beauty	MI	E	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Shockley	GA	E	
Sierra Beauty	CA	T	
*Smith's Cider	PA, VA	E	Grafts of this variety brought to Virginia during the Revolutionary War by Hessian soldiers.
Somerset of Maine	ME	T	Originated in Mercer in 1849.
*Starkey	ME	E	Originated in Vassalboro, on the farm of Moses Starkey around 1820.
*Stayman	South	E	
*Stone	VT	E	Originated in 1836.
*Summer Banana	South	E	
*Summer Sweet (Sidney)	ME	E	Originated in Maine about 1800.
*Sutton's Beauty	AK, MA	T	Originated in 1849.
*Swaar	NY	R	Originated in Dutch, New York around 1804. Name means "heavy" in Dutch.
*Vine	VA, NC	E	
*Virginia Beauty	VA	T	Discovered as a chance seedling on a farm in Carroll County in 1826.
*Virginia Crab	VA	E	Cider apple
*Virginia Greening	South	E	Originated in Virginia in the 1700s.
*Western Beauty	PA	E	
*Winesap, Sweet	PA	E	
*Winesap, Turley	IN	T	
*Winesap, Virginia	VA	E	
*Winter Sweet Paradise	VA	E	Recorded in 1842.
*Winthrop Greening	ME	E	Originated on the Ichabod Howe farm, Winthrop, before 1800.
APRICOT			
*Blenheim	CA	R	
Moorpark		R	Introduced in 1760.

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Perfection	WA	T	
Wenatchee Moorpark	OR, WA	T	
AVOCADO			
Mexicola	CA	E	
CHERRY (SWEET)			
Yellow Spanish	PA, NY	E	One of the oldest known sweet cherries; brought to the U.S. in 1802.
CITRUS			
Arizona White Grapefruit	AZ	T	
Key Lime	FLA	T	
Maltese Blood Orange		T	
*Meyer Lemon	CA, AZ	R	
*Pixie Tangerine	CA	T	
Silver Lime		T	
DATE			
Black Sphinx	AZ	E	
Deglet Noor	CA	E	
Royal Medjool	CA	E	
FIG			
Angelique			
Black Mission	AZ, CA	R	Hispanic, O'odham (Pima and Papago). Oldest, most popular shipping and drying fig. Owes its name to the Franciscan missionaries who planted it at the mission in San Diego, in 1769.
Celeste	GA	R	
Gillette	OR, WA	E	
Panachee Tiger Stripe	West	E	
Violette de Bordeaux		R	(also called Negronne)
OGECHEE PLUM	South	E	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
PEACH			
Belle of Georgia	GA	R	Originated in Georgia around 1870 as seedling of Chinese Cling.
Charlotte	OR	E	
*Crawford, Baby	CA		Developed in CA by UC Davis and abandoned.
Crawford, Early	NJ	E	Raised from seed in the orchard of William Crawford of Middletown in the early 1880s, with Late Crawford.
Crawford, Late	NJ	E	
*Fay Elberta	CA	T	
Indian Blood Free (Cling)	AR, OK	E	
Lola Queen	TX	E	Originated in Mexia, in 1876.
Muir	CA	E	Originated as a chance seedling at the home of John Muir.
Navajo	AZ, NM	X	Introduced by Spanish then destroyed by Kit Carson.
*Oldmixon Free	Broad Range	E	
*Rio Oso Gem	West	R	Originated in California.
*Silver Logan	CA	E	Developed in Cedar Ridge.
Stump-the-World Freestone	NJ	E	Originated in New Jersey in 1876.
*Sun Crest	CA	R	
PEAR			
*B.S. Fox	CA	E	
*Beirschmitt		E	Originated in Fayette County Iowa about 1900.
*Bloodgood		E	Native of New York.
*Buffum		E	Originated in Rhode Island during the early 19th century.
*Clapp's Favorite		E	
*Colonel Wilder	Broad Range	E	Originated in California about 1870.

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Columbia		E	Originated as a chance seedling in Westchester County, New York..
*Dana Hovey	MA	E	Introduced in 1854.
*Dearborn	CA	E	Perhaps the only Dearborn trees left are three trees which are currently growing in the Filoli orchard in Woodside, California.
*Dorset		E	Originated in Massachusetts.
*Early Harvest	Broad Range	E	Originated in Maryland and brought to Kentucky in 1800.
*Frederick Clapp		E	Originated in Massachusetts about 1870.
Golden Boy	FL	E	Discovered at an old homesite in Wakulla County.
*Howell	Midwest	E	
*Idaho	ID	E	Raised from seed about 1867.
*June Sugar		E	Hierloom variety from Georgia
*Kieffer		E	
*Lawrence		E	Originated as a chance seedling in Long Island in 1843.
*Lawson	Broad Range	E	Originated in Ulster County, New York about 1800.
*Lincoln		E	Originated in Illinois in 1835.
*Lucy Duke		E	Grown from a seed of Bartlett in Beaufort County North Carolina about 1880.
Luscious	SD, ND, NE	R	Developed at South Dakota State University especially for the northern Great Plains.
*Orcas	WA	E	Discovered by Joe Long on Orcas Island.
*P. Barry		E	Originated in California in 1873.
Patten	MN, IA	T	Developed by the University of Minnesota for northern locations. Originated in Charles City, in 1922.

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Rescue		E	Originated near Vancouver, B.C.
*Seckel	CA	R	Introduced from Europe in 1790.
*Sheldon		E	Originated in the town of Huron, New York around 1815.
*Sudduth		E	Originated in Illinois in 1895.
*Tyson		E	Known since 1794.
*Vermont Beauty	VT	E	Supposed to have originated in the Macomber Nursery at Grand isle, Vermont in the late 19th Century.
*Warren		E	Discovered in Mississippi.
*Wilder Early		E	Originated as a chance seedling in Chautauqua County, New York about 1884.
*Winter Bartlett		E	Originated in Eugene, Oregon prior to 1880.
Winter Nellis		T	
Worden Seckel		E	Originated in Oswego County, New York in 1881.
PERSIMMON			
Persimmon (Native)	Broad Range	R	
Texas (Black)	TX	E	Native to the Southwest.
PINEAPPLE			
Sugarloaf	HI	E	
PLUM			
American	East	R	
Beach	East Coast	R	Native to the sand dunes along the Atlantic Coast.
Burbank	Broad Range	R	
*Elephant Heart	CA	R	
Flatwoods	Broad Range	T	
Imperial Epineuse	CA	T	Brought to U.S. in 1883.

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
*Inca	CA	E	
Jefferson	MI, NY	E	Raised from seed by Judge Buel of Albany; introduced in 1825.
Jesse (Champion)	OR	T	
Kelsey		E	
Klamath (Sierra Wild)	CA, OR	T	
*Laroda	CA	E	Developed in the 1940s, in Winters.
*Mariposa	CA	R	Developed in Pasadena. Introduced in 1935.
Middleburg		E	
*Padre	CA	E	Introduced in 1938, Palo Alto.
Pearl		E	Developed by Luther Burbank in 1898.
Potawatomi	UT	E	
Santa Rosa	CA	R	
Shiro	CA	R	Originated in 1899.
South Dakota	SD	T	Developed by Dr. N.E. Hansen at the South Dakota Agricultural Experiment Station, in 1949.
Surprise		E	
Weaver		E	
QUINCE			
Membrillo	AZ, NM	T	Hispanic
POMEGRANATE			
Papago Pomegranate	AZ, MEX	T	Introduced to the U.S. by Kino in 1690s.
Plantation Sweet	GA	T	Original tree found growing on a plantation and believed to be over 100 years old.

LIVESTOCK

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
CATTLE			
Canadienne	CANADA, US	E	
*Corriente	AZ, MT, NM, TX	R	Derived from Spanish Criollo, introduced to U.S. by Kino in 1690s.
*Florida Cracker	FLA	E	Derived from Spanish Criollo.
*Milking Devon	New England	E	Received in 1623 by Plymouth Colony from England.
*Pinewoods	AL, GA, MS	E	Derived from Spanish Criollo.
Randall Lineback	CT, FL, VA, VT	E	New England
Texas Longhorn	TX	R	Derived from Spanish Criollo.
White Park	IA, MT, TX	E	
GOATS			
Nigerian Dwarf		T	
San Clemente	CA, CANADA	E	Originated in San Clemente since 1500s.
Spanish	TX	T	
Tennessee Fainting	Broad Range	T	Introduced by John Tinsley in 1880s.
PIGS			
Choctaw	OK	R	Choctaw, early 1800s.
Guinea	FL, GA, MS	E	
Hereford	Broad Range	T	
Mulefoot	Broad Range	E	
*Ossabaw Island	GA	E	Derived from Spanish pata negra.
Red Wattle	TX	E	Introduced by the French to New Orleans in 1700s.
SHEEP			
California Variegated	Broad Range	E	
Gulf Coast	FL, GA, LA	E	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Hog Island	VA	E	Established on Hog Island about 200 years ago.
*Navajo-Churro	West	T	Introduced by Spanish as early as 1550s.
St. Croix	UT	T	
Santa Cruz	CA	E	
Tunis	MD, NC, SC, VA	T	

POULTRY

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
CHICKENS			
Buckeye	OH	E	
Chantecler	Quebec	E	
Cubalaya		R	
*Delaware	DE	E	
*Dominique	Broad Range	T	Since the early settlement of New England.
Holland	Broad Range	E	Developed in the 1930s and 1940s.
Iowa Blue		R	
Java	Broad Range	E	Common farm chicken in the U.S. during the 19th century.
*Jersey Giant	Broad Range		
Lamona		T	
*New Hampshire	Broad Range	T	New England
*Plymouth Rock		R	Developed in the mid-1800s.
Rhode Island Red		R	New England
Rhode Island White		R	
*Wyandotte		R	New York

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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DUCKS

Australian Spotted		T	Developed in the 1920s by John C. Kriner.
Cayuga		T	Introduced in the Finger Lakes Region of New York.

GEESE

*American Buff		E	
*Pilgrim	Broad Range	E	

TURKEYS

*American Bronze		E	
Beltsville Small White		E	Developed in the 1930s in Beltsville, Maryland.
*Bourbon Red	Broad Range	R	Bourbon County, Kentucky
*Jersey Buff	Broad Range	E	Mid-Atlantic
*Naragansett		E	Narangansett Bay, Rhode Island
Royal Palm		T	
White Midget		E	

WILD GAME

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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MAMMALS

Beaver	Broad Range	E	Salish, other
Bison, Wood	Broad Range	R	Plains tribes
Deer, Columbian White-tailed	OR, WA	E	Sahaptin tribes
Pronghorn, Sonoran	AZ	E	O'odham
Sheep, Bighorn	Broad Range	E	O'odham

GROUSE

Prairie-Chicken	TX	E	(also called Atwater's Greater)
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COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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REPTILES

Alligator, American	Southeast	R	Cajun/Creole, Cracker
Crocodile, American	FL, MEXICO	R	Cracker
Sea Turtle, Green	FL, MEXICO	E	
Sea Turtle, Hawksbill	Broad Range	E	
Sea Turtle, Kemp's Ridley	Atlantic, TX	E	
Sea Turtle, Loggerhead	Broad Range	E	
Tortoise, Desert	AZ, CA, NV, UT	T	O'odham, Yoeme (Yaqui)

FISH & SHELLFISH

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
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ABALONE

Black	CA, MEXICO	E	
*Red	CA, MEXICO	R	Chumash, Gabrielino, Chinese
White	CA	E	Chumash, Gabrielino, Chinese

BOCACCIO	West	T	
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CATFISH

Wild Catfish	Broad Range		
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CLAMS

Colorado River Delta	AZ, CA, Mexico	E	Yuman (Cocopa, Quechan)
Geoduck	OR, WA	R	
Quahog		R	
Tomales Bay	CA	R	

COD

Atlantic Cod	East	T	
Cow Cod	West	T	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Pacific Black CONCH	CA, OR, WA	T	
Queen (Atlantic) CROAKER	FL, VI	E	
Striped FLOUNDER	Atlantic	T	
Atlantic Yellowtail	East	T	
Summer (Fluke)	East	T	
Winter GROUPER	East	E	
Goliath	Southeast	T	
Nassau	Southeast	T	
Warsaw GRUNION	East	T	
California HADDOCK	CA	T	Chumash
Atlantic	Eastern Seaboard	T	
HAKE			
Pacific HALIBUT	WA, OR	T	
Atlantic	New England	T	
HERRING ROE	AL, CANADA	T	
HIND			
Speckled	Southeast	T	
LINGCOD	CA, OR, WA	T	
MARLIN, WHITE	Atlantic Coast	E	
MONKFISH			
Atlantic Monkfish		T	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
MUSSEL, OYSTER	AL, GA, NC	E	
Black		T	
Green-Lipped		T	
OYSTERS			
Blue Point	CT	R	
*Delaware Bay	DE	R	
Galveston Bay	TX	T	
Hamma Hamma	WA	T	
Nantucket	MA	T	
*Olympia	OR, WA	R	
Pennaquid	ME	T	
Quilcenes	WA	R	
Snow Creek		R	
Umpqua Flats	OR	R	
Wellsfleet	ME	R	
PIKE-MINNOW			
Colorado River	West	E	
POLLACK			
Atlantic		T	
ROCKFISH			
Pacific	CA, OR, WA	T	
REDFISH	Gulf Coast	T	Cajun
SALMON			
Atlantic			
Chinook	Northwest	E	
Chum	Northwest	T	
Coho	West	T	
Pink	Broad Range	R	

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
Sockeye	West	E	
SCALLOPS			
Atlantic Bay	East	T	
SCROD			
Atlantic Scrod		T	
SHAD			
Alabama	AL, FL	E	
SHRIMP			
Atlantic Northern Pink	ME, CANADA	T	
Gulf Brown	Gulf Coast	T	
Gulf Pink	Gulf Coast	T	
Gulf White	Gulf Coast	T	
Pacific Northern	Northwest Coast	T	
SMELT			
Delta	CA	T	
Rainbow	Broad Range	T	
Eulachon, Ooligan	Northwest Coast	T	
SNAPPER			
Red	Gulf Coast	T	
SOLE			
English	Northwest	T	
STURGEON			
White (Colombia River)	ID, MT, CA	T	Salish, Kootanai
Green	Northwest	T	
Pallid	Broad Range	E	
Shortnose	Atlantic Coast	E	
White	ID		

COMMON NAME	AREA	RARITY	CULTURAL & HISTORICAL INFO
SWORDFISH			
North Atlantic	Eastern Seaboard	T	
SUCKER			
Razorback	West	E	O'odham (Pima)
TOTOABA (SEATROUT)	AZ, CA, MEX.	E	Yuman (Cocopa, Quechan)
TROUT			
Bull	Northwest	T	
Coastal	CANADA, WA	E	
Cutthroat	CANADA, WA	E	
Steelhead	Northwest	T	
TUNA			
Atlantic Bluefin	Atlantic Seaboard	T	
Pacific Albacore	CA, WA, OR	T	
WHITEFISH			
Great Lakes	Broad Range		
WOLFFISH			
Atlantic	Atlantic Coast	E	

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