



# Atāēhemen Kēsoq

Strawberry Moon/June

## Vocabulary!

Anāēnawīsaeh  
Milkweed

Kēsawan  
It is warm out

Aqsekaenaew nāēnawīsak  
She/he picks milkweed

Anāēnawīsaeh  
Milkweed

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

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# MILKWEED CREAM SOUP

## INGREDIENTS

- 4-5 Quarts of Milkweed Blossoms
- 1/2 pound of seasoning meat, diced (ham, bacon, or salt pork)
- 1 Tablespoon butter or margarine
- 1 cup flour
- Milk (whole or can)

Recipe from Indian Cook  
Book - Mrs. Margaret Wilber!

Milkweed should be picked when the blossoms are in the bud, some folks like them tiny, others just before the buds open.

1. Clean and wash the buds thoroughly, and parboil, but not too long, otherwise you lose the flavor.
2. Let them come to a good boil, drain them, then run warm water over them.
3. Return to the kettle with warm water.
4. Add seasoning meat, which has been diced.
5. Add enough water to cover.
6. Let cook until the meat is done, about half an hour.
7. Add thickening made of flour and milk.
8. Let simmer for about five more minutes, add butter or margarine.