

## List of historically available foods pre 1840's

(adapted from NW Fur Post, White Oak Society and University of Minnesota Extension service information)

Wild rice  
Wheat Flour  
Indian corn/hominy  
Rice  
Biscuit ("crackers")

Salt  
Tallow, grease, fat  
Butter  
Olive oil ("sweet oil")  
Vinegar (fruit-based)  
Maple sugar  
Loaf (white) sugar  
Muscavado (brown) sugar  
Spices  
Bottled mustard  
Dried lemon peel

Bison  
Bear, bear grease  
Venison  
Moose  
Elk  
Turtle  
Beaver, muskrat  
Rabbit, squirrel, other small game  
Duck, goose  
Grouse, other wild fowl (except pheasant)  
Trout, whitefish, pike, sunfish  
Ham  
Salt pork

Onion, leek, garlic  
Mushrooms  
Moss  
Beet  
Cabbage  
Carrot, parsnip  
Cucumber  
Peas  
Beans  
Potato  
Squash, pumpkin  
Turnip, rutabaga  
Chili peppers

Apples  
Cherries, chokecherries  
Plums, prunes  
Wild grapes  
Pineapple  
Melon  
Nutmeats (Butternut, Hickory, Black Walnut and wild sunflower)  
Berries (Blueberry, Raspberry, Strawberry, Currant, Gooseberry, Juneberry, Elderberry, Highbush Cranberry, Wild Grape, Chokecherry, Sandcherry, Pin Cherry, Wild Plum)

Hard (grating) cheese  
Fresh cheese  
Eggs

Milk (fresh or powdered)  
Coffee  
Chocolate  
Green tea  
Port wine  
Madeira  
High wine  
Rum  
Brandy  
Shrub