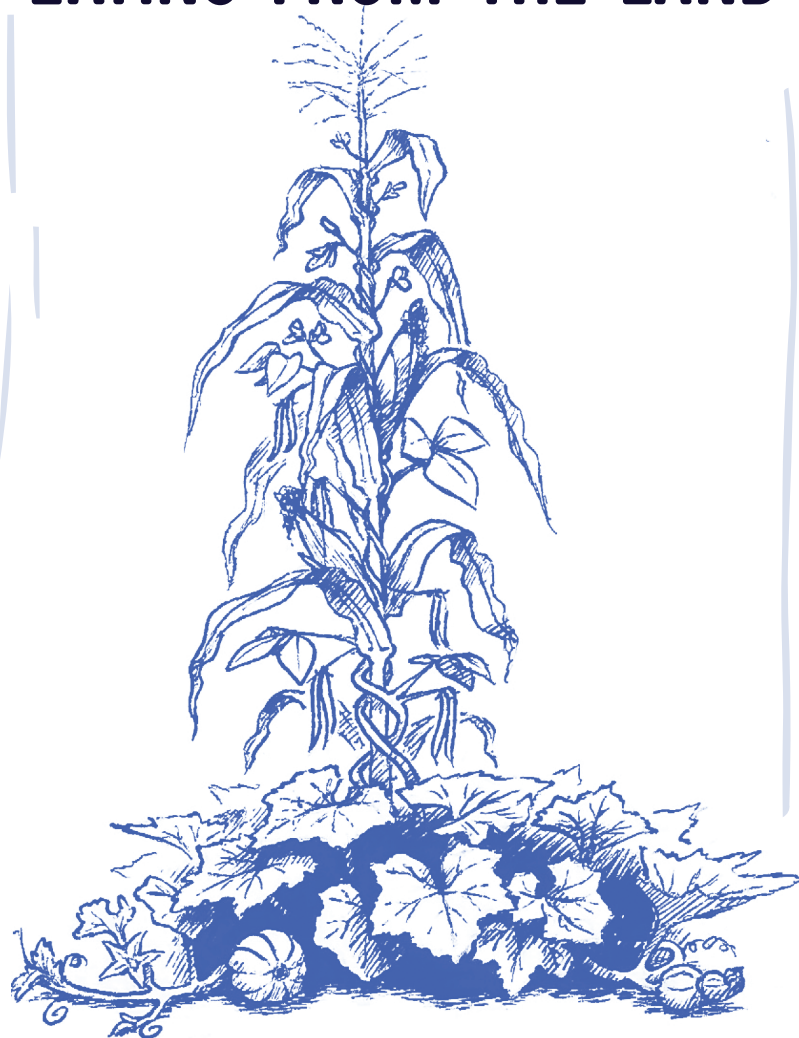




ABENAKI MYBOWL

EMBRACING TRADITION,
EATING FROM THE LAND



SEASONALITY, VARIETY, MOVEMENT.



FRUIT

GRAINS

VEGETABLES

PROTEIN

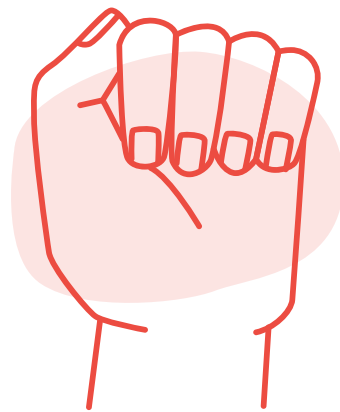
SEASON WITH TRADITIONAL HERBS, MAPLE SYRUP, & HONEY

FRUIT

Apple, Apricot, Bananas, Berries (strawberries, raspberries, blackberries, blueberries), Dried fruit, Figs, Grapes, Grapefruit, Ground cherries, Lemon, Melon, Orange, Pear, Pineapple, Plums



2 cups per day



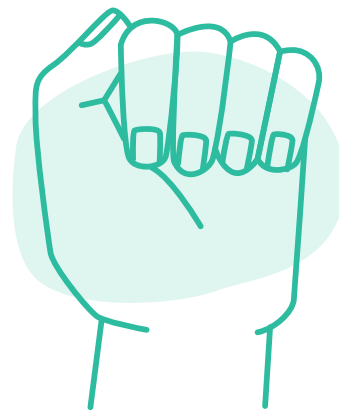
Fist full = 1 cup

VEGETABLES

Asparagus, Beet, Carrot, Cat tail stems, Celery, Corn (Kaos, Skamon, Abenaki Rose, Heritage), Cruciferous (broccoli, cauliflower, brussel sprout), Cucumber, Leafy greens (arugula, lettuce, spinach), Green bean, Fiddlehead, Onion, Peas, Peppers, Potato, Pumpkin, Radish, Squash (East Montpelier, Penobscot), String bean, Sunchokes (Jerusalem artichoke), Sweet potato, Tomato



2.5 cups per day



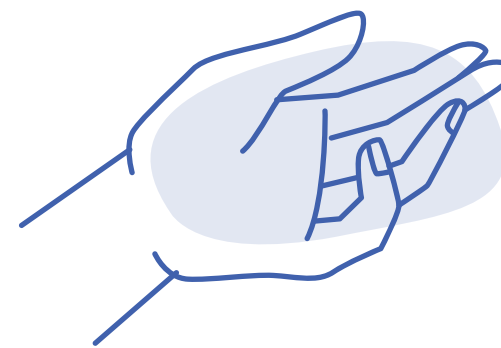
Fist full = 1 cup

PROTEIN

Beans (cranberry, Skunk, Jacob's cattle, kidney, chickpea), Beef, Bison, Cheese, Chicken, Eggs, Fish & Shellfish (ocean, lake), Jerky, Nuts (groundnut, walnut, cashew, almond), Pork, Seeds (sunflower, pumpkin, squash), Wild game (venison, turkey, partridge, rabbit), Yogurt



5.5 ounces per day



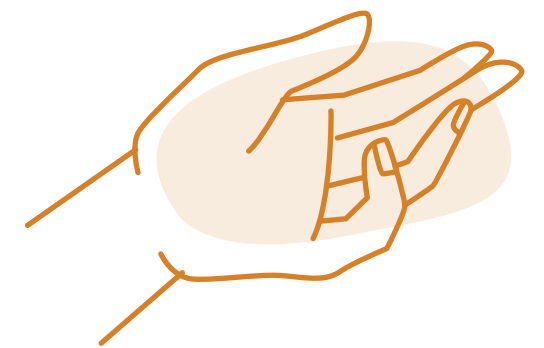
Handful = 1 ounce

GRAINS

Barley, Bread, Buckwheat, Bulgur, Corn flour / Corn meal (Abenaki Rose, Koas, Gaspe, Calais), Oats, Pasta, Popcorn, Quinoa, Rice (wild, black, brown), Tortilla, Wheat flour



6 ounces per day



Handful = 1 ounce

We are pleased to present Abenaki MyBowl. The contents of Abenaki MyBowl are based on the voices of Vermont's indigenous community and intended to honor tradition, encourage eating from the land, and promote health. We encourage eating in accordance with the seasons, balance and variety, and the use of traditional flavor enhancers like herbs, maple syrup, and honey.

