

Introduction supplement (10/2021): Traditional Plant Foods of Canadian Indigenous Peoples by HV Kuhnlein and NJ Turner

As an encyclopedic-type reference guide on traditional food species used by Indigenous Peoples in Canada, this volume is useful to scholars from a variety of backgrounds, including Indigenous Peoples with their specific cultural worldviews; nutritionists and other health professionals who work with Indigenous Peoples and other rural people; other biologists, ethnologists, and organizations that address understanding of the resources of the natural world; and academic audiences from a variety of disciplines. This book is focused on plant species that are “edible” and that may serve medicinal needs when consumed as food. We continue the emphasis on species used as food by Indigenous Peoples and original, peer-reviewed, published laboratory analyses on nutrient values.

Clearly, new information on the topics of this book have become available since its original publication in 1991. In this regard we attempt here to provide resources that can help the reader access updated information presented in categories of the major knowledge bases.

Updated nutrient contents of Indigenous Peoples’ traditional plant foods

Our original intent was to search the literature for ethnographic sources of plant food species used by Indigenous Peoples in Canada, and then to provide data and citations of original, peer-reviewed, published information on the nutrient contents of these species, often in the form and plant part(s) known to have been consumed. As originally, the data are still very incomplete, not only on identification of all species that may be used as food within a culture, but also for the complete chemical analysis of nutrients. Nevertheless, we persisted to present the available information and the methods to derive it; this 1 43contorder 418.87 Tm

3 berries

Kuhnlein et

other up-to-date online databases that can be searched for name changes as well, including that of Flora of North America (http://beta.floranorthamerica.org/Main_Page/ Accessed 1 November, 2019).

Since the first publication of this book there have been numerous additional theses, papers and books published that augment the information on Indigenous plant foods provided

Kuhnlein HV and NJ Turner (1991), *Traditional Plant Foods of Canadian Indigenous Peoples*. Gordon and Breach, Philadelphia, PA.

Mt. Pleasant J (2016), 'Food yields and nutrient analyses of the three sisters: A Haudenosaunee cropping system.' *Ethnobiology Letters* 7(1):87-98.

Phillips KM, PR Pehrsson, WW Agnew, AJ Scheett, and JR Follett (2014) Nutrient composition of selected traditional United States Northern Plains Native American plant foods. *Journal of Food Composition and Analysis* 34:136-152.

Turner NJ (2014), *American Plant Foods*. Wiley-Blackwell, Hoboken, NJ.