



THE SHOSHONES

SHOSHONE SEASONAL ACTIVITIES AND FOODS CHEAT SHEET

FALL

FOODS HARVESTED

Seeds
Roots
Berries

SIGNIFICANCE

Women gathered; chance for the women to socialize
Used digging sticks
Eaten fresh or dried

ACTIVITIES AND EVENTS

Salmon fishing
Gather pine nuts
Fishing
Duck hunting

SIGNIFICANCE

Salmon could be dried for winter
Rich in nutrients; could be saved for winter
Caught fish with spears, fishing poles, and baskets

WINTER

FOODS HARVESTED

Cactus

SIGNIFICANCE

Helped avoid starvation when food was scarce in the winter

ACTIVITIES AND EVENTS

Rabbit hunting

Storytelling

The “Warm” Dance

Sledding
A form of Hockey

SIGNIFICANCE

Could be snared, shot with bows and arrows, or clubbed; rabbit skins could be braided into quilts

Way to teach Shoshone children the history of their people; young people listened without interrupting and memorized tribal history

Chance to meet with other Shoshone bands; danced to drive out the cold of winter, hasten the return of spring

Used dried deer hides and sleds



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SPRING

FOODS HARVESTED

Plant Foods
Cattails

Wild Onions
Indian Carrots
Wild Roses

SIGNIFICANCE

Could eat parts of the stalk; roots were dried, then ground into meal for mush or cakes
Could be eaten raw or cooked
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Ate both blossoms and fruit or “hips”

ACTIVITIES AND EVENTS

Dancing

SIGNIFICANCE

SUMMER

FOODS HARVESTED

Roots
Bitterroot
Sego Lily
Ground Potatoes
Thistle Stalks
Squash

Corn

SIGNIFICANCE

Used digging sticks
Look like noodles, could be boiled until soft, then used in soup
Bulb used in stews; could be dried and stored for winter
Looked like small potatoes; tasted like sweet potatoes
Stalks were picked then peeled; tasted similar to celery
Introduced to the Northwestern Shoshones by the Utes; could be dried for winter use
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ACTIVITIES AND EVENTS

Rabbit Hunting

Foot Races
Horse Raced
Dancing

SIGNIFICANCE

Could be snared, shot with bows and arrows, or clubbed; rabbit skins could be braided into quilts.