Bean bread is a traditional staple dish of Cherokees that has been made for hundreds and possibly thousands of years. Cherokee women are excellent farmers and contributed to the Indigenous movement of corn domestication. Corn itself is native to the Americas and is around 10,000 years old. The importance of corn cannot be understated: 4M is the first mother of Cherokees. Cherokee women pounded the corn into corn meal using a giant homemade log from a giant Oak tree or Hickory tree, called a Ꭷ Ꮓ Ꮎ. Pre-removal, 89% of Cherokee homes grew corn and many contributed to communal farms known as Ꭶ Ꮪ Ꭹ.

Bean bread is a simple and nutritious dish that can be made year round with regional and familial specializations. Traditionally, stone ground corn, beans, and, sometimes, wood ash were mixed together, placed in a hickory leaf or corn husk, tied with a grass or a reed (Ꭶ Ꮙ), and boiled in water. Traditionally, an unbolted white flour corn was used which is a Cherokee heirloom white flour corn (not dent). Today, some may use store bought, stone ground, white cornmeal. Types of bean include october bean, cranberry bean, or pinto bean. Other ingredient substitutes include chestnut, black walnuts, huckleberries, or no beans at all (Ꮧ Ꭻ Ꮕ). A delicious morning after dish includes frying the bean bread in hickory nut oil or bear grease. Another variation is a lye dumpling made or corn and wood ash.

By Melissa Lewis, Rhonda Lewis, and Tyson Sampson
**$0\cdot \text{Ir} \ (\text{Ganvtsi})**

Instructions and Key Words

1. $0\cdot \text{IscI} \ G\cdot\text{Bo\cdot\theta} \ \theta\cdot\text{Gt} \ \text{DH\cdot\text{A\cdot\theta\cdot}\text{AT}}$
   
   sohi digatlisodi yuyadvhi aninygosgoi
   
   You gather hickory nuts after the first frost. That's when they fall from the trees.

2. $0\cdot \text{IscU\cdot\text{Az} \ \text{F\cdot\text{Dv\cdot\text{O\cdot\text{O\cdot\text{I} \ \text{O\cdot\text{I} \ \text{O\cdot\text{I}}} \ \text{O\cdot\text{O\cdot\text{Z}} \ \text{E\cdotI}}}}}$
   
   yidigatlisahino sohi atoohisdi nav yidaha yanikayoha
   
   After you gather the hickory nuts. Place them by the stove. They will dry out.

3. $0\cdot \text{Iz} \ \text{Gh\cdot\text{O\cdot\text{U}}} \ \theta\cdot\text{Gz} \ \text{IE\cdot\text{O\cdot\text{G\cdot\text{O}}} \ \text{O\cdot\text{O\cdot\text{Z}}} \ \text{E\cdotI}}$
   
   sohi\'no yanikayosa nahiyuno digvqualsosdi ny\'a\'no gydi
   
   After the hickory nuts have dried. You crack them with a rock.

4. $0\cdot \text{Iz} \ \text{IE\cdot\text{O\cdot\text{G\cdot\text{I}}} \ \text{EI\cdot\text{O\cdot\text{V\cdotI}}} \ \text{SC\cdotI}}$
   
   sohi\'no digvqualsodi gygusodo gatldi
   
   After you have cracked them you put them through a strainer.

5. $0\cdot \text{Iz} \ \text{EV\cdot\text{O\cdot\text{O\cdot\text{T}}} \ \text{BY} \ \theta\cdot\text{O\cdot\text{Zh} \ \text{OS\cdotI}}}$
   
   sohi\'no gyhisonvi yigi naquu kanoni wigatldi
   
   After you put the cracked hickory nuts through a strainer you put them in the kanona.

6. $\text{DUGTZ \ E\cdotI} \ \text{Do\cdot\text{O\cdot\text{O\cdot\text{I}}} \ \text{SO\cdot\text{Ir\cdotZ} \ \text{O\cdotVPO} \ \text{i\cdot\text{O\cdot\text{V\cdotO}}} \ \text{ET}}$
   
   adaloino gydi asdosi ganvtsi\'no yadotlvna vsdosgvi
   
   You use the pedestal to pound the hickory nuts and it will turn into ganvtsi as you pound it.

7. $\text{SO\cdot\text{Ir\cdotZ} \ \text{AS\cdotS} \ \theta\cdot\text{O\cdotZ} \ \text{SA\cdotT} \ \text{SO\cdotE\cdotS}}$
   
   ganvtsi\'no yigalesi naquuno gasoqualvi yinvgyga
   
   When you take out the ganvtsi you can form it into a round form, like a ball.

$\text{F\cdot\theta} \ \text{sohi} \ \text{Hickory nut}$

$\text{O\cdot\text{Z\cdotO} \ \text{kanona} \ \text{Mortar}}$

$\text{DLG \ adalo} \ \text{Pedestal}$

$\theta\cdot\text{gy\cdot}\text{ny\cdotya} \ \text{Rock}$

$\text{EJ\cdot\text{O\cdotV\cdotI}} \ \text{gygusodi Strainer} / \ \text{E\cdot\text{Il\cdotgytid Strainer made out of water cane}}$

$\text{D\cdot\text{F\cdotamage} / \ \text{I\cdotG\cdotI\ newadi} / \ \text{O\cdot\text{Z\cdotO kanohen} \ \text{H hominy grits}}$

$\text{OF\cdot\text{Ir\ kalisetsi Sugar}}$