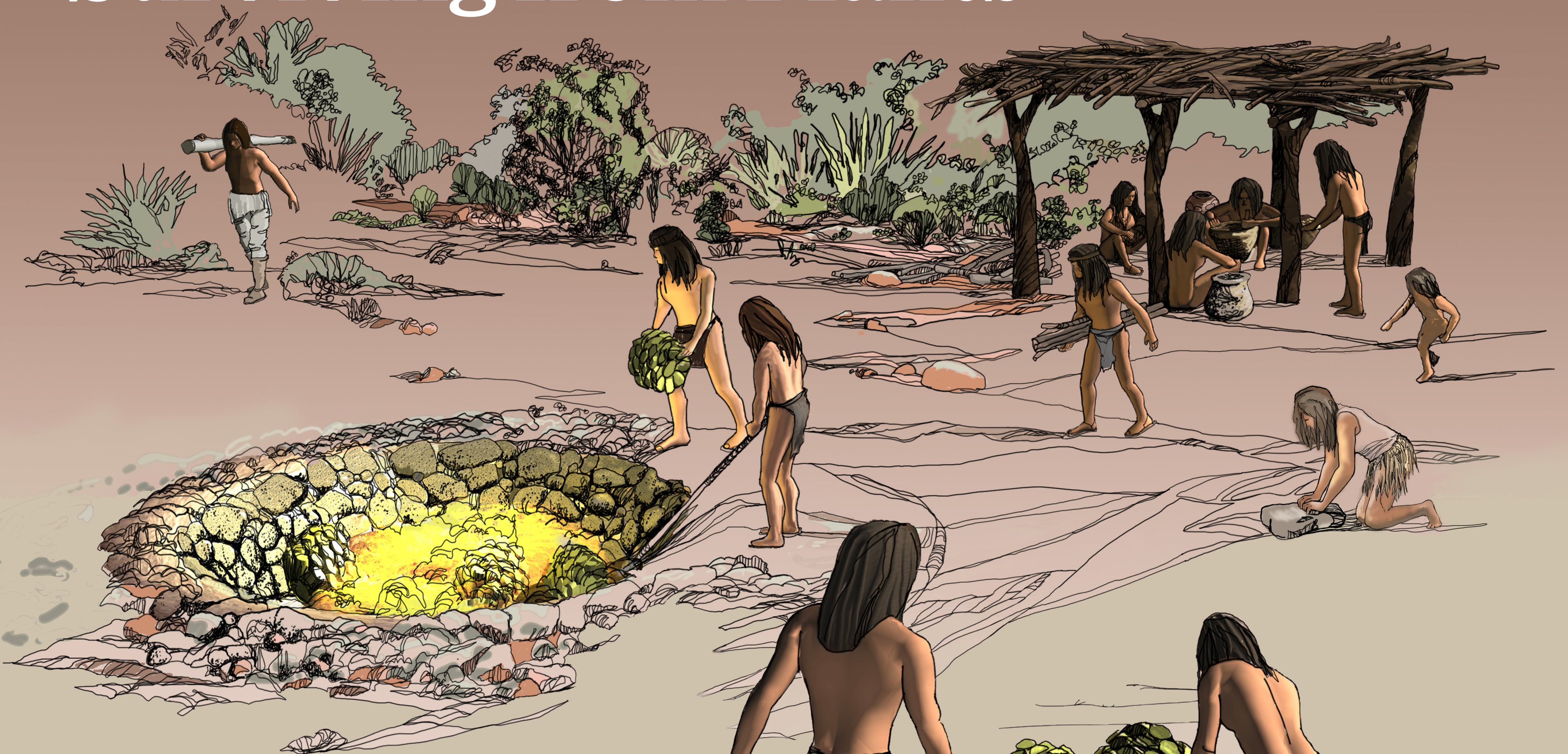


# Surviving from Plants



**Imagine no grocery stores, hardware stores, or pharmacies. What would you eat? How would you live?**

The first people to live in this area were familiar with local plants, which enabled them to thrive for thousands of years. Specialized tools were made to process the plants. Stone metates, or grinding stones, were formed and used to crush dried seeds and berries.

Yucca, walnuts, sumac, prickly pear cactus, amaranth, agave, and pinyon are just a few of the many plants that were used for food, medicine, tools, or shelter.

*American Indians gathered agaves, trimmed away the sharp leaves and roasted them in stone-line pits.*



## **Agave or Century Plant**

The base of the plant has an edible “heart” that provided essential nutrients to the Apache and Yavapai. Harvesting, preparing and eating the agave hearts was a community event that lasted several days.



## **Pinyon Pine**

Pine nuts were an important source of protein. Nuts were gathered in the fall and could be stored and eaten for many years. Pine wood provided fuel, material for shelters, and sap to seal baskets.