

Seasonal Diet



**Captain John Smith
Chesapeake National
Historic Trail**



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What American Indians ate and where they lived depended on the seasons. In warmer months, they lived in towns along rivers where they could farm, fish, hunt, and gather edible plants. Women and children farmed and gathered food while men hunted and fished. Planting over and over again on the same field dries out the soil. By making new fields every few years, indigenous communities had fresh soil and could use the trees they removed as firewood. This is called shifting cultivation. In winter, people lived in small hunting camps near good hunting and fishing grounds. In addition to eating meat, they ate food that was stored from the summer.