



Seaside News



First Nation People on the Outer Banks



First Nation People living on the Outer Banks in the late 1500s when the English explored the area were getting food from fishing, hunting, and growing beans, corn and squash and gathering foods found in nature such as nuts and fruit.

They had several ways to fish. If they were fishing at night, they would create a fire in the middle of their dugout canoe on top of sand to attract the fish. Then they would spear them with a sharpened wooden pole. They also gathered oysters for food.

They trapped fish in weirs, a type of netting made with reeds that would corral the fish.

The First Nation People hunted wild animals such as bear, deer, and smaller mammals with a bow and arrow.

Their gardens grew what was called the three sisters: corn, beans, and squash. The beans would fix nitrogen in the soil, which was good for the plants. The squash would grown on the ground and help keep the weeds down. The beans would travel up the corns stalks and use them for support.

The first people also drank yaupon tea. Yaupon is a type of holly. They used it as a ceremonial drink. Photo courtest of NPS-Cape Hatteras Group.

DTCTBTHOHJYRIEW
 RHVOMPARTERXIFR
 IRUZREONACNXDCA
 NERBANKSLAMINA
 KENRDEPNPLXEWB
 THOAHCFPSLAMMA
 SSI ESEI BWNKS ZDX
 IITPARROOGARDEN
 FLASUEEUBNNEQI
 YGNRQMWTDFGEBAG
 LNAESOOESKABTEH
 LERTNNRRLIKWTYT
 OXHSFIRMDHSIFEU
 HOJYQAADKUAKRJA
 GRMOKLXINOPUAYY

BEAR	ENGLISH
GARDEN	THREE
MAMMALS	SISTERS
ANIMALS	CEREMONIAL
BOW	DRINK
ARROW	YAUPON
FISH	TEA
OYSTERS	HOLLY
WEIR	FIX
SPEAR	FIRE
CORN	SAND
BEANS	CANOE
SQUASH	NIGHT
NATION	OUTER
	BANKS
NET	TRAP

1. What kind of animals did the First Nation people hunt?
2. What kind of shellfish did the first nation people eat?
3. What is the name of the netting they used to trap fish?
4. What kind of food did they grow?
5. Why do you think they built a fire in their canoe on top of sand?

1. Bear, deer and small mammals
2. Oysters
3. Weir
4. Corn, beans, and squash
5. So the canoe wouldn't catch fire.

JOKE OF THE MONTH

What do you call a poodle on the beach in the summer? A hot dog.

