

WATAJOX HII WIIRA
August: Corn Popping Moon

HARVEST OF THE MONTH

Hazelnuts

ABOUT HAZELNUTS

- The American hazelnut is native to the Chicago region.
- Hazelnuts are cholesterol-free, naturally sodium-free, and a good source of fiber. They are rich in healthy fat and many vitamins and minerals.
- The edible nut is enclosed in a frilly husk. Try to harvest before the fall rainy season. Gently shake tree limbs in early fall and gather nuts from the ground.
- Soak your harvested nuts in water. Any that float should be discarded as they may be infested with worms or other insects.



H A Z E L N U T B U T T E R

*From The Sioux Chef's
Indigenous Kitchen Cookbook*



Ingredients:

- 4 cups unsalted toasted hazelnuts
- 2 teaspoons smoked or coarse salt
- 2 cups honey or maple syrup

Steps:

- Working in batches, put 1 cup of the hazelnuts into a food processor fitted with a steel blade and grind.
- Add 1/2 teaspoon salt and 1/2 cup of the honey or maple syrup and process until a ball forms.
- Remove and repeat until all ingredients are used.
- Store in a covered container and refrigerate for about one month.
- Serve as your favorite spread, add to a smoothie or mush, or use it in baking!

For more Information Contact a HCN
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<http://health.ho-chunk.com/>



<https://www.gardeningknowhow.com/edible/nut-trees/hazelnut/when-to-harvest-hazelnuts.htm>
<https://monticelli.org/plant-and-protect/trees-and-plants/american-hazelnut/#more-information>