

MASTER LIST: A-B

ITEM:	DATE	EXPLORER CITATION	LOCATION
Acacia: seed			
	1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
Accoiate (see avocado)			
Acorn-like nut: not otherwise unidentified			
	1607	Virginia settlement Archer. 1607. pp. 82-86	N.A. east coast
Acorn: not differentiated by type or use			
	1585	Virginia settlement Hariot. 1588. p. 330, also pp. 354-355	N.A. east coast
	1612	Virginia settlement Strachey. 1612. pp. 79-80	N.A. east coast
	1612	Virginia settlement Smith. 1612. p. 345	N.A. east coast
Acorn: nuts boiled			
	1585	Virginia settlement Hariot. 1588. pp. 354-355	N.A. east coast
Acorn: nuts boiled; oil extracted			
	1612	Virginia settlement Smith. 1612. p. 345	N.A. east coast
Acorn: nuts cooked with fish			
	1585	Virginia settlement	N.A. east coast

		Hariot. 1588. pp. 354-355	
Acorn: nuts cooked with meat			
	1585	Virginia settlement Hariot. 1588. pp. 354-355	N.A. east coast
Acorn: nuts dried			
	1585	Virginia settlement Hariot. 1588. pp. 354-355	N.A. east coast
Acorn: nuts parched			
	1585	Virginia settlement Hariot. 1588. pp. 354-355	N.A. east coast
Acorn: oil			
	1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 107-108	N.A. southeast
	1585	Virginia settlement Hariot. 1588. p. 330	N.A. east coast
	1612	Virginia settlement Smith. 1612. p. 345	N.A. east coast
Acorn: sweet			
	1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 51-52	N.A. southwest
Adobe brick: eaten as famine food			
	1519	Cortez expedition de Sahaun. 1555. p. 79	C.A. Mexico
Age (see yam)			

Aguti

1493-94	Columbus: 2nd voyage Columbus. 16th century Vol. 1, pp. 40-44	Caribbean
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Aji (see pepper: pimiento)

Ale: prepared from maize

1585	Virginia settlement Hariot. 1588. p. 337-339	N.A. east coast
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Alexander

1602	Gosnold Expedition Archer. 1602. pp. 126-128	N.A. northeast
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Alexander: soup

1602	Gosnold Expedition Archer. 1602. pp. 136-138	N.A. northeast
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Alexander (see also lovage)

Algae cake

1519	Cortez expedition Bernal Diaz. 1576. pp. 216-217	C.A. Mexico
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Algarobe: seed

1599-1602	Champlain voyage. Champlain. 1603. p. 29	C.A. Mexico
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Alligator

1493-94	Columbus: 2nd voyage Columbus. 16th century? Vol. 1. pp. 40-44	Caribbean
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1585-86	Drake expedition Boazio map. 1585. p. 68	Caribbean
1595	Raleigh expedition Raleigh. 1596. pp. 54-58	S.A. north-east

Almond-like nut: nut misidentified by British as almond

1609	Virginia settlement Mangnel [Irish spy account]. 1610. pp. 151-153	N.A. northeast
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Almond: European introduction

1495	Columbus expedition Columbus memorandum. 1495. Vol. 1. pp. 84-86	Caribbean
mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:28 pp. 600-601	S.A. Peru
1582	American summary document Hakluyt. 1582. pp. 139-141	N.A. east coast

Amaranth: seed

1519	Cortez expedition de Sahaun. 1555. pp. 38-45	C.A. Mexico
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Amaranth: seed prepared as dough; baked as bread

1519	Cortez expedition de Sahaun. 1555. pp. 38-45	C.A. Mexico
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American panther (see cougar)

Amexia: general descriptions; not differentiated by type or use

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 69-74	N.A. southeast
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Amexia: dried

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 145-146	N.A. southeast
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Amexia: grey

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp.116-118	N.A. southeast
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Amexia: vermilion

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 116-118	N.A. southeast
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Amexia (see also plum)

Anchovie

1592-93	New England Settlement Hayes. 1592-93. pp. 170-172.	N.A. northeast
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Angelica

1605	Waymouth Expedition Rosier. 1605. pp. 264-266	N.A. northeast
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Animal: undifferentiated edible varieties; not otherwise described

1497	Vespucci: 1st voyage Vespucci. 1504. pp. 12-15	Caribbean
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1502	Columbus: 4th voyage Columbus: 1503. p. 100	Caribbean
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Animal (see general categories: fish; fowl; meat, and under

specific names)

Animal product: blood; buffalo; undifferentiated

1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 59-60	N.A. southwest
1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
1540-42	Coronado expedition Relacion del Suceso. 16th century? pp. 112-113	N.A. southwest
1541	Coronado expedition Coronado. 1541. pp. 114-115	N.A. southwest

Animal product: blood; buffalo; eaten cold (coagulated)

1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
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Animal product: blood; buffalo; eaten warm

1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
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Animal product: blood; human; undifferentiated types of food
soaked in human blood

1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
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Animal product: buffalo undigested stomach contents

1540-42	Coronado expedition	N.A. southwest
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de Castañada. 1596.
Part 2, pp. 59-60

Animal product: butter; American; prepared by Native Americans
from fallow deer milk

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: butter; American; prepared by Native Americans
from reindeer milk

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: butter; American; prepared by Spanish from
cow's? milk

1550	Early Spanish period de la Vega. 1609-12. 9:17 pp. 582-584	S.A. Peru
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Animal product: butter; European; imported

1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Animal product: caviar; fish source unidentified; mixed with sorrel
and unidentified herbs; eaten by Europeans during famine

1612	Virginia settlement Smith. 1612. pp. 445-447	N.A. east coast
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Animal product: caviar; fish source sturgeon; eaten by Europeans
during famine

1612	Virginia settlement Smith. 1612. pp. 445-447	N.A. east coast
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Animal product: cheese; milk source unidentified; imported

to America from Europe

1608	Virginia settlement Smith. 1608. p. 203	N.A. east coast
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1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Animal product: cheese; milk source unidentified; imported to Peru from Spain

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:16 p. 516	S.A. Peru
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Animal product: cheese; milk source unidentified; prepared by Europeans in New World

c. 1550	Early Spanish period de la Vega. 1609-12. 9:17 pp. 582-584	S.A. Peru
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Animal product: cheese; milk source fallow deer; prepared by Native Americans

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: cheese; milk source reindeer; prepared by Native Americans

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: egg; unidentified varieties; cooked as omelet

1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
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Animal product: egg; fowl; unidentified varieties; type or use not specified

1519	Cortez expedition Bernal Diaz. 1576. p. 211	C.A. Mexico
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1519 Cortez expedition C.A. Mexico
de Sahaun. 1555. pp. 19-20

1520 Cortez expedition C.A. Mexico
Cortés: 2nd letter. 1520, pp. 86-89

Animal product: egg; fowl; unidentified wild bird

1606 Archer Expedition Caribbean
Percy. 1608a. p. 133

Animal product: egg; fowl; chicken?

1612 Virginia settlement N.A. east coast
Smith. 1612. pp. 384-385

Animal product: egg; fowl; goose

1520 Cortez expedition C.A. Mexico
Cortés: 2nd letter. 1520, pp. 86-89

Animal product: egg; fowl; great auk

1605 Waymouth Expedition N.A. northeast
Rosier. 1605. pp. 262-264

Animal product: egg; fowl; turkey

1606 Archer Expedition N.A. east coast
Percy. 1608. pp. 137-138

1612 Virginia settlement N.A. east coast
Strachey. 1612. pp. 82-83

Animal product: egg; reptile; turtle; habitat not specified

1585 Virginia settlement N.A. east coast
Hariot. 1588. p. 362

Animal product: egg; reptile; turtle; freshwater

1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. north-east
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Animal product: fat; general descriptions; undifferentiated types

1586	Florida settlement de Laudonnière. 1586. p. 196	N.A. southeast
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1608	Virginia settlement Wingfield. 1608. pp. 214-217	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 384-385	N.A. east coast
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Animal product: fat; unidentified type; described as "sweet"

1585-86	Drake expedition Bigges. 1589. pp. 246-247	Caribbean
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Animal product: fat; unidentified type; imported from Europe

1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Animal product: fat; unidentified type; imported from Europe;
given to Native Americans

1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Animal product: fat; bear

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 69-74	N.A. southeast
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1585	Virginia settlement Hariot. 1588. p. 330	N.A. east coast
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Animal product: fat; buffalo; described as "eaten raw"

1540-42	Coronado expedition	N.A. southwest
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de Castañada. 1596.
Part 2, pp. 59-60

1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
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Animal product: fat; fish; type unidentified

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:22 pp. 529-530	S.A. Peru
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Animal product: fat; seal

1592-93	New England Settlements. Hayes. 1592-93. pp. 170-172.	N.A. northeast
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Animal product: fat; whale; undifferentiated

1592-93	New England Settlements. Hayes. 1592-93. pp. 170-172.	N.A. northeast
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Animal product: fat; whale; cooked with maize meal

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: fat; whale; cooked with peas

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: honey; native, wild bees

1492	Columbus: 1st voyage Columbus. 1493. Vol. 1, pp. 6-10	Caribbean
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1519	Cortez expedition Cortés: 1st letter. 1519. p. 8	C.A. Mexico
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1519	Cortez expedition Bernal Diaz. 1576. pp. 216-217	C.A. Mexico
1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
1526	Cortez expedition Cortés: 5th letter. 1526, p. 307	C.A. Mexico
1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 110-111	N.A. southeast
mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:20 pp. 523-525	S.A. Peru
1562	Florida settlement Ribault. 1582. pp. 101-108	N.A. southeast
1599-1602	Champlain voyage. Champlain. 1603. pp. 7-12	Caribbean

Animal product: honey; domesticated bees; European introduction

1495	Columbus expedition Columbus memorandum. 1495. Vol. 1. pp. 84-86	Caribbean
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Animal product: lard; bear

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 69-74	N.A. southeast
1585	Virginia settlement Hariot. 1588. p. 330	N.A. east coast

Animal product: lard; pig

mid 16th c.	Early Spanish period de la Vega. 1609-12.	S.A. Peru
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8:10, p. 501

Animal product: lard; pig; substituted by Spanish Christians for olive oil on Friday and during Lent

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:19 pp. 585-586	S.A. Peru
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Animal product: milk; unidentified source; drunk by Spanish

c. 1550	Early Spanish period de la Vega. 1609-12. 9:17 pp. 582-584	S.A. Peru
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Animal product: milk; fallow deer; kidnapped Native American report

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: milk; reindeer; kidnapped Native American report

1605	Waymouth Expedition Rosier. 1605. pp. 301-304	N.A. northeast
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Animal product: oil; general descriptions; undifferentiated types

1586	Florida settlement de Laudonnière. 1586. p. 196	N.A. southeast
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1608	Virginia settlement Wingfield. 1608. pp. 214-217	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 384-385	N.A. east coast
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Animal product: oil; unidentified type; described as "sweet"

1585-86	Drake expedition	Caribbean
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Bigges. 1589. pp. 246-247

Animal product: oil; unidentified type; imported from Europe

1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Animal product: oil; unidentified type; imported from Europe;
given to Native Americans

1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Animal product: oil: bear

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 69-74	N.A. southeast
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1585	Virginia settlement Hariot. 1588. p. 330	N.A. east coast
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Animal product: oil; buffalo; described as "eaten raw"

1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 59-60	N.A. southwest
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1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
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Animal product: oil; codfish

1592-93	New England Settlements. Hayes. 1592-93. pp. 170-172.	N.A. northeast
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Animal product: oil; fish; type unidentified

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:22 pp. 529-530	S.A. Peru
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Animal product: oil; seal

1592-93 New England Settlements. N.A. northeast
Hayes. 1592-93. pp. 170-172.

Animal product: oil; whale; undifferentiated

1592-93 New England Settlements. N.A. northeast
Hayes. 1592-93. pp. 170-172.

Animal product: oil; whale; cooked with maize meal

1605 Waymouth Expedition N.A. northeast
Rosier. 1605. pp. 301-304

Animal product: oil; whale; cooked with peas

1605 Waymouth Expedition N.A. northeast
Rosier. 1605. pp. 301-304

Animal product: suet; fallow deer

1608 Virginia settlement N.A. east coast
Smith. 1608. p. 188

1612 Virginia settlement N.A. east coast
Strachey. 1612. p. 115

1612 Virginia settlement N.A. east coast
Smith. 1612. pp. 346-347

Animal product: tallow; source unidentified

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
1:11 pp. 34-35

Anise: European introduction

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
9:29 pp. 601-602

Anise: European introduction; flour source; mixed with wheat

mid 16th c. Early Spanish period
de la Vega. 1609-12.
9:30 p. 606 S.A. Peru

Añus (see root: años)

Api (see maize: porridge)

Apichu (see sweet potato)

Apone (see bread: maize cake)

Apooke (see tobacco)

Apple: native, wild; undifferentiated by type or use

1539-42 De Soto expedition
de Oviedo y Valdés. 1546.
Vol. 2, p. 112 N.A. southeast

1582 American summary document
Hakluyt. 1582. pp. 139-141 N.A. east coast

1588 Virginia settlement
Gonzalez. 1588. p. 824 N.A. east coast

1599-1602 Champlain voyage.
Champlain. 1603. p. 33 C.A. Mexico

Apple: native, wild; crab apple

1612 Virginia settlement
Smith. 1612. pp. 346-347 N.A. east coast

Apple: domesticated; European introduction

mid 16th c. Early Spanish period
de la Vega. 1609-12.
9:28 pp. 599-600 S.A. Peru

Applecrab (see apple: native, also crab apple)

Appon (see bread: maize cake)

Apricot: European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:28 pp. 599-600	S.A. Peru
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Aqua vitae (see brandy)

Aroughcoune (see badger?)

Aroughcun (see badger?)

Arrow-arum (see golden club)

Arrowhead (see duck potato)

Artichoke: native, wild

1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
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1599-1602	Champlain voyage. Champlain. 1603. pp. 32-33	C.A. Mexico
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Artichoke: native, wild; introduced to Peru by Spanish from Mexico

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Asapanik (see squirrel: flying)

Ash: edible

1585	Virginia settlement Hariot. 1588. pp. 340-341	N.A. east coast
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Asparagus: European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602, see also 9:30, pp. 605-606	S.A. Peru
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Assapanick (see squirrel: flying)

Assentamen (see pea: grown by Native Americans)

Assentemmen (see pea: grown by Native Americans)

Avocado

1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
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1599-1602	Champlain voyage. Champlain. 1603. pp. 22-25	C.A. Mexico
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Bacalao (see fish: cod, sun dried)

Bacon: European introduction

1495	Columbus expedition Columbus memorandum. 1 495. Vol. 1. pp. 84-86	Caribbean
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Bacon: (see also pig)

Badger?

1612	Virginia settlement Strachey. 1612. p. 124	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 348-349	N.A. east coast
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Bagre (fish)

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 123-124	N.A. southeast
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Banana: native, wild; undifferentiated by type or use

1539-42	DeSoto expedition de Elvas. 1557. Vol. 1 pp. 13-14	Caribbean
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mid 16th c.	Early Spanish period de la Vega. 1609-12.	S.A. Peru
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8:14 pp. 507-508

1606 Archer Expedition Caribbean
Percy. 1608. pp. 129-131

1607 Newport Expedition Caribbean
Perkins. 1608. pp. 159-161

Banana: native, wild; boiled

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:14 pp. 507-508

Banana: native, wild; cooked with honey

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:14 pp. 507-508

Banana: native, wild; cooked with sugar

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:14 pp. 507-508

Banana: native, wild; prepared as preserve

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:14 pp. 507-508

Banana: native, wild; raw

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:14 pp. 507-508

Banana: native, wild; roasted

mid 16th c. Early Spanish period
de la Vega. 1609-12.
8:14 pp. 507-508 S.A. Peru

Banana: native, wild; stewed

mid 16th c. Early Spanish period
de la Vega. 1609-12.
8:14 pp. 507-508 S.A. Peru

Banana (see also plantain)

Barbel-like fish

1539-42 DeSoto expedition
Fidalgo de Elvas. 1557.
Vol. 1, pp. 123-124 N.A. southeast

1540-42 Coronado expedition
de Castañada. 1596.
Part 2, pp. 51-52 N.A. southwest

Bark: undifferentiated tree bark; identified as famine food

1522 Cortez expedition
Cortés: 3rd letter. 1522, p. 217 C.A. Mexico

Barley: European introduction

mid 16th c. Early Spanish period
de la Vega. 1609-12.
9:24 pp. 594-595 S.A. Peru

1585 Virginia settlement
Hariot. 1588. p. 344 N.A. east coast

1585-86 Drake expedition
Primrose Journal. 1586. pp. 303-306 N.A. southeast

Barley: European introduction; boiled; eaten as famine food by
Europeans

1606 Archer Expedition N.A. east coast

Percy. 1608. pp. 143-145

1612	Virginia settlement Smith. 1612. pp. 384-385	N.A. east coast
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Barley: European introduction; described as wormy; eaten as famine food by Europeans

1612	Virginia settlement Smith. 1612. pp. 384-385	N.A. east coast
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Barley: European introduction; test planting discussed

1602	Gosnold Expedition Brereton. 1602. pp. 150-152	N.A. northeast
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1603	Pringe Expedition Pringe. 1603. p. 224	N.A. northeast
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1605	Waymouth Expedition Rosier. 1605. pp. 262-264	N.A. northeast
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Barn swallow: identified as famine food

1519	Cortez expedition de Sahaun. 1555. p. 79	C.A. Mexico
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Bass

1602	Gosnold Expedition Brereton. 1602. p. 161	N.A. northeast
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1605	Waymouth Expedition Rosier. 1605. pp. 262-264	N.A. northeast
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Batata (see sweet potato)

Batata: probably cassava meant (see cassava)

Beach pea (see pea: wild)

Bean: native varieties; wild or domesticated?; unspecified by type or use; general descriptions

1519	Cortez expedition Bernal Diaz. 1576. pp. 216-217	C.A. Mexico
1520	Cortez expedition Cortés: 2nd letter. 1520, p. 79	C.A. Mexico
1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 1. p. 155	S.A. Peru
1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, p. 45	N.A. southeast
1539-42	DeSoto expedition de Biedma. 1544. Vol. 2, pp. 2-12	N.A. southeast
1540-42	Coronado expedition Translado de las Nuevas. 16th century? p. 102	N.A. southwest
1540-42	Coronado expedition Relacion del Suceso. 16th century? p. 107	N.A. southwest
1540-42	Coronado expedition Jaramillo. 16th century? pp. 119-120	N.A. southwest
1540-42	Coronado expedition de Alvarado & de Padilla. 16th century? pp. 129-130, also p. 183	N.A. southwest
1540-42	Coronado expedition de Cardenasa? 16th century? p. 181	N.A. southwest
1540	Coronado expedition de Mendoza. 1540a. pp. 83-84	N.A. southwest
1540	Coronado expedition de Mendoza. 1540b. pp. 158-159	N.A. southwest
1540	Coronado expedition Coronado. 1540a. pp. 94-95	N.A. southwest

1540	Coronado expedition Coronado. 1540b. pp. 171-173	N.A. southwest
mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 p. 500	S.A. Peru
1562	Florida settlement Ribault. 1582. pp. 101-108	N.A. southeast
1584	Barlow expedition Barlow. 1584. pp. 105-106	N.A. east coast
1586	Florida settlement de Laudonnière. 1586. p. 196	N.A. southeast
1586	Florida settlement Burgoigon. 1586. pp. 764-765	N.A. southeast
1588	Virginia settlement Gonzalez. 1588. p. 824	N.A. east coast
1608	Virginia settlement Wingfield. 1608. p. 228	N.A. east coast
1609	Virginia settlement Mangnel [Irish spy account]. 1610. pp. 151-153	N.A. northeast

Bean: native, unspecified type; unspecified cooking technique;
served to Europeans by Native Americans

1603	Pringe Expedition Pringe. 1603. pp. 216-220	N.A. northeast
1607	Virginia settlement Archer. 1607. pp. 82-86	N.A. east coast

Bean: native, unspecified type; unspecified cooking technique;
served to Europeans by Native Americans to relieve famine

1608	Virginia settlement Smith. 1608. pp. 174-176	N.A. east coast
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Bean: native, unspecified type; boiled; eaten by Native Americans

1607	Virginia settlement Archer. 1607. pp. 102-104	N.A. east coast
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Bean: native, unspecified type; boiled; served to Europeans by Native Americans

1607	Virginia settlement Archer. 1607. pp. 90-91	N.A. east coast
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Bean: native; kidney bean

1526	Cortez expedition Cortés: 5th letter. 1526, pp. 336-337	C.A. Mexico
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1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, p. 82	N.A. southeast
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1540-42	Coronado expedition de Castañada. 1596. Part 1, pp. 40-41	N.A. southwest
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Bean: native; purutu variety

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 p. 500	S.A. Peru
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Bean: native; planted by Native Americans

1607	Virginia settlement Archer. 1607. pp. 82-86	N.A. east coast
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1607	Virginia settlement Archer. 1607. pp. 99-102	N.A. east coast
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1612	Virginia settlement Strachey. 1612. p. 115	N.A. east coast
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1612	Virginia settlement	N.A. east coast
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Smith. 1612. p. 350

Bean: native; planted with maize

1612	Virginia settlement Smith. 1612. p. 350	N.A. east coast
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Bean: European introduction; general descriptions; not otherwise differentiated

1540	Coronado expedition de Alarcon. 1540. pp. 129-131	N.A. southwest
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mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Bean: European introduction; variety not identified; cooked with wheat

1585	Virginia settlement Hariot. 1588. p. 339	N.A. east coast
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Bear: not differentiated by type or use

1540	Coronado expedition Coronado. 1540. pp. 94-95	N.A. southwest
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1585-86	Roanoke settlement Lane. 1586. pp. 256-257	N.A. east coast
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1585	Virginia settlement Hariot. 1588. p. 330, also p. 356	N.A. east coast
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1612	Virginia settlement Strachey. 1612. p. 115, also p. 125	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 348-349	N.A. east coast
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Bear: fat

1585	Virginia settlement	N.A. east coast
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Hariot. 1588. p. 330

Bear: meat; highly esteemed by Native Americans

1612	Virginia settlement Strachey. 1612. p. 125	N.A. east coast
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Bear: meat; traded to Europeans for copper, beads, and hatchets

1612	Virginia settlement Strachey. 1612. p. 124	N.A. east coast
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Bear: oil

1585	Virginia settlement Hariot. 1588. p. 330	N.A. east coast
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Beare (see beer)

Beaver?

1585	Virginia settlement Hariot. 1588. pp. 355-356	N.A. east coast
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Beaver: not differentiated by type or use

1612	Virginia settlement Strachey. 1612. p. 125	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 348-349	N.A. east coast
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Beaver: meat; Native American gift to Europeans

1608	Virginia settlement Wingfield. 1608. pp. 214-217	N.A. east coast
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Beaver: meat; tail portion especially esteemed by Native Americans

1612	Virginia settlement Smith. 1612. pp. 348-349	N.A. east coast
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Beef: European introduction; not differentiated by type or use

1495	Columbus expedition Columbus memorandum. 1495. Vol. 1. pp. 84-86	Caribbean
1539-42	DeSoto expedition de Elvas. 1557. Vol. 1 pp. 18-19	Caribbean
1599-1602	Champlain voyage. Champlain. 1603. pp. 22-25	C.A. Mexico
1612	Virginia settlement Smith. 1612. pp. 384-385, also p. 393	N.A. east coast

Beef: European introduction; European gift to Native Americans

1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Beef (see also cattle)

Beer: Native American; starch source unidentified seeds

1499	Vespucci: 2nd voyage Vespucci. 1504. pp. 23-32	Caribbean
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Beer: Native American; starch source cassava

1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. north-east
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Beer: Native American; starch source maize; variety called chicha

1532	F. Pizarro: 3rd expedition Xeres. 1534. p. 41	S.A. Peru
1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 1. pp. 196-197	S.A. Peru

1533	F. Pizarro: 3rd expedition H. Pizarro. 1533. pp. 120-122	S.A. Peru
1534	H. Pizarro expedition Astete. 1534. pp. 76-78	S.A. Peru
1534	F. Pizarro: 3rd expedition Sancho. 1534. pp. 150-151	S.A. Peru
mid 16th c.	Early Spanish period de la Vega. 1609-12. 2:8 p. 86	S.A. Peru

Beer: Native American; starch source maize; variety called panicap

1520	Cortez expedition Cortés: 2nd letter. 1520, p. 60	C.A. Mexico
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Beer: Native American; starch source maize; variety called soras

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 pp. 498-499	S.A. Peru
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Beer: Native American; starch source maize; variety called viñapu

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 pp. 498-499	S.A. Peru
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Beer: Native American; starch source quinoa

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 pp. 498-499	S.A. Peru
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Beer: Native American; starch source sweet potato

1595	Raleigh expedition	S.A. north-east
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Raleigh. 1596. pp. 61-65

Beer: European introduction; starch source barley? not differentiated by type or use

1608	Virginia settlement Wingfield. 1608. pp. 219-223	N.A. east coast
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1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
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Beer: European introduction; starch source barley?; European gift to Native Americans

1602	Gosnold Expedition Archer. 1602. 134-135	N.A. east coast
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1607	Virginia settlement Archer. 1607. pp. 86-90	N.A. east coast
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Bee (see honey)

Beet: European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Berry: blackberry

1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
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Berry: blueberry

1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
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Berry: blueberry (see also hurtleberry and whortleberry)

Berry: choke cherry

1602	Gosnold Expedition Brereton. 1602. pp. 150-152	N.A. northeast
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Berry: cloudberry

1602	Gosnold Expedition Brereton. 1602. p. 160	N.A. northeast
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Berry: cranberry?

1612	Virginia settlement Strachey. 1612. p. 120	N.A. east coast
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Berry: cranberry

1585	Virginia settlement Hariot. 1588. pp. 352-353	N.A. east coast
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Berry: currant

1540-42	Coronado expedition de Castañada. 1596. Part 1, p. 43	N.A. southwest
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1602	Gosnold Expedition Brereton. 1602. p. 160	N.A. northeast
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1605	Waymouth Expedition Rosier. 1605. pp. 264-266	N.A. northeast
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Berry: dewberry

1602	Gosnold Expedition Brereton. 1602. p. 160	N.A. northeast
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Berry: eglentine

1602	Gosnold Expedition Archer. 1602. pp. 124-125	N.A. northeast
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Berry: gooseberry-like

1602	Gosnold Expedition Archer. 1602. pp. 124-125	N.A. northeast
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1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
1603	Pringe Expedition Pringe. 1603. pp. 223-224	N.A. northeast
1605	Waymouth Expedition Rosier. 1605. pp. 258-260	N.A. northeast
1607-1608	Gilbert Expedition Strachey. 1610-1612. pp. 400-401	N.A. northeast
1607	Davies [Davis] Voyage Davies [Davis]. 1607. pp. 419-420	N.A. northeast
1607	Virginia settlement Archer. 1607b. pp. 99-102	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 346-347	NA. east coast

Berry: gooseberry-like; possibly unripe cranberry?

1612	Virginia settlement Strachey. 1612. p. 120	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast

Berry: gooseberry-like; possibly unripe cranberry? boiled

1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast
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Berry: gooseberry; not differentiated by type or use

1602	Gosnold Expedition Archer. 1602. pp. 124-125	N.A. northeast
1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
1603	Pringe Expedition	N.A. northeast

	Pringe. 1603. pp. 223-224	
1605	Waymouth Expedition Rosier. 1605. pp. 258-260	N.A. northeast
1607-1608	Gilbert Expedition Strachey. 1610-1612. pp. 400-401	N.A. northeast
1607	Davies [Davis] Voyage Davies [Davis]. 1607. pp. 419-420	N.A. northeast
1607	Virginia settlement Archer. 1607b. pp. 99-102	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast
Berry: gooseberry; red		
1582	American summary document Hakluyt. 1582. pp. 139-141	N.A. east coast
Berry: gooseberry; white		
1582	American summary document Hakluyt. 1582. pp. 139-141	N.A. east coast
Berry: huckleberry		
1602	Gosnold Expedition Archer. 1602. pp. 117-118	N.A. northeast
1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
1603	Pringe Expedition Pringe. 1603. pp. 223-224	N.A. northeast
1607-1608	Gilbert Expedition Strachey. 1610-1612. pp. 400-401	N.A. northeast

1607	Davies [Davis] Voyage Davies [Davis]. 1607. pp. 419-420	N.A. northeast
1607	Virginia settlement Archer. 1607b. pp. 99-102	N.A. east coast
1612	Virginia settlement Strachey. 1612. p. 121	N.A. east coast

Berry: hurtleberry (see blueberry, huckleberry)

Berry: mulberry; native, wild

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 65-66	N.A. southeast
1539-42	DeSoto expedition de Biedma. 1544. Vol. 2, pp. 12-13	N.A. southeast
1540-42	Coronado expedition de Castañada. 1596. Part 1, pp. 40-41	N.A. southwest
1540	Coronado expedition Coronado. 1540a. pp. 89-90	N.A. southwest
1540	Coronado expedition Coronado. 1540b. p. 166	N.A. southwest
1541	Coronado expedition Coronado. 1541. p. 117	N.A. southwest
1562	Florida settlement Ribault. 1582. pp. 101-108	N.A. southeast
1585	Virginia settlement Hariot. 1588. pp. 352-353	N.A. east coast
1586	Florida settlement de Laudonnière. 1586. pp. 195-196	N.A. southeast

1606	Archer Expedition Percy. 1608. p. 141	N.A. east coast
1607	Virginia settlement Archer. 1607. pp. 82-86	N.A. east coast
1607	Virginia settlement Archer. 1607. pp. 99-102	N.A. east coast
1608	Virginia settlement Smith. 1608. p. 170	N.A. east coast
1612	Virginia settlement Strachey. 1612. pp. 79-80, also p. 119	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 345	N.A. east coast

Berry: mulberry: native, wild; served by Native Americans to Europeans

1607	Virginia settlement Archer. 1607. pp. 86-90	N.A. east coast
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Berry: mulberry: domesticated; European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Berry: mulli: berries

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 p. 504	S.A. Peru
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Berry: mulli: berries; prepared as a hot beverage

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 p. 504	S.A. Peru
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Berry: mulli: berries; mixed with maize; prepared as a hot beverage

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 p. 504	S.A. Peru
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Berry: mulli: berries; prepared as syrup

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 p. 504	S.A. Peru
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Berry: ocoughtanamin; boiled to remove poison

1612	Virginia settlement Strachey. 1612. p. 120	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast
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Berry: ocoughtanamin; dried

1612	Virginia settlement Strachey. 1612. p. 120	N.A. east coast
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Berry: ocoughtanamin; fresh

1612	Virginia settlement Strachey. 1612. p. 120	N.A. east coast
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Berry: raspberry

1562	Florida settlement Ribault. 1582. pp. 101-108	N.A. southeast
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1582	American summary document Hakluyt. 1582. pp. 139-141	N.A. east coast
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1586	Florida settlement de Laudonnière. 1586. pp. 195-196	N.A. southeast
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1602	Gosnold Expedition Archer. 1602. pp. 124-125	N.A. northeast
1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
1603	Pringe Expedition Pringe. 1603. pp. 223-224	N.A. northeast
1605	Waymouth Expedition Rosier. 1605. pp. 264-266	N.A. northeast
1606	Archer Expedition Percy. 1608. p. 141	N.A. east coast
1607-1608	Gilbert Expedition Strachey. 1610-1612. pp. 400-401	N.A. northeast
1607	Davies [Davis] Voyage Davies [Davis]. 1607. pp. 419-420	N.A. northeast
1607	Virginia settlement Archer. 1607a. pp. 86-90	N.A. east coast
1607	Virginia settlement Archer. 1607b. pp. 99-102	N.A. east coast
1612	Virginia settlement Strachey. 1612. p. 121	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 347	N.A. east coast

Berry: raspices (see Raspberry)

Berry: sacquenummener; boiled

1585	Virginia settlement Hariot. 1588. p. 353	N.A. east coast
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Berry: service berry

1603	Pringe Expedition Pringe. 1603. pp. 224-225	N.A. northeast
1605	Waymouth Expedition Rosier. 1605. pp. 279-281	N.A. northeast

Berry: service berry; eaten by Europeans; disliked

1605	Waymouth Expedition Rosier. 1605. pp. 279-281	N.A. northeast
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Berry: strawberry

1539-42	DeSoto expedition Fidalgo de Elvas. 1557. pp. 193-194	N.A. southeast
1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 96-97	N.A. southeast
1582	American summary document Hakluyt. 1582. pp. 139-141	N.A. east coast
1585	Virginia settlement Hariot. 1588. pp. 352-353	N.A. east coast
1602	Gosnold Expedition Archer. 1602. pp. 117-118	N.A. northeast
1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
1603	Pringe Expedition Pringe. 1603. pp. 223-224	N.A. northeast
1605	Waymouth Expedition Rosier. 1605. pp. 258-260	N.A. northeast
1606	Archer Expedition Percy. 1608a. pp. 134-135	N.A. east coast

1607-1608	Gilbert Expedition Strachey. 1610-1612. pp. 400-401	N.A. northeast
1607	Davies [Davis] Voyage Davies [Davis]. 1607. pp. 419-420	N.A. northeast
1607	Virginia settlement Archer. 1607a. pp. 82-86	N.A. east coast
1607	Virginia settlement Archer. 1607b. pp. 99-102	N.A. east coast
1608	Newport Expedition Perkins. 1608. pp. 159-161	N.A. east coast
1608	Virginia settlement Smith. 1608. p. 170	N.A. east coast
1612	Virginia settlement Strachey. 1612. pp. 79-80, also p. 121	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 347	N.A. east coast

Berry: strawberry: white

1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
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Berry: whortleberry

1607	Davies [Davis] Voyage Davies [Davis]. 1607. pp. 419-420	N.A. northeast
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Berry: whortleberry (see also blueberry and huckleberry)

Beverage: unidentified fermented beverage served by Europeans to Native Americans

1607-1608	Gilbert Expedition	N.A. northeast
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Strachey. 1610-1612.
pp. 408-409

Beverage: aqua vitae; European introduction; drunk medicinally during famine

1608	Virginia settlement Smith. 1608. pp. 172-174	N.A. east coast
1608	Virginia settlement Wingfield. 1608. pp. 214-217	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 384-385, also p. 393	N.A. east coast

Beverage: aqua vitae; European introduction; served to Native Americans

1605	Waymouth Expedition Rosier. 1605. p. 272	N.A. northeast
1607	Virginia settlement Archer. 1607. pp. 86-90, also pp. 90-91	N.A. east coast

Beverage: aqua vitae (see also brandy)

Beverage: beer; Native American; unidentified seeds

1499	Vespucci: 2nd voyage Vespucci. 1504. pp. 23-32	Caribbean
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Beverage: beer; Native American; cassava

1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. north-east
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Beverage: beer; Native American; maize; variety called chicha

1532	F. Pizarro: 3rd expedition Xeres. 1534. p. 41	S.A. Peru
1532-34	F. Pizarro: 3rd expedition	S.A. Peru

P. Pizarro. 1571. Vol. 1. pp. 196-197

1533 F. Pizarro: 3rd expedition S.A. Peru
H. Pizarro. 1533. pp. 120-122

1534 H. Pizarro expedition S.A. Peru
Astete. 1534. pp. 76-78

1534 F. Pizarro: 3rd expedition S.A. Peru
Sancho. 1534. pp. 150-151

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12. 2:8 p. 86

Beverage: beer; Native American; maize; variety called panicap

1520 Cortez expedition C.A. Mexico
Cortés: 2nd letter. 1520, p. 60

Beverage: beer; Native American; maize; variety called soras

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:9 pp. 498-499

Beverage: beer; Native American; maize; variety called viñapu

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:9 pp. 498-499

Beverage: beer; Native American; quinoa

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
8:9 pp. 498-499

Beverage: beer; Native American; sweet potato

1595 Raleigh expedition S.A. north-east
Raleigh. 1596. pp. 61-65

Beverage: beer; European introduction; barley?; not differentiated by type or use

1608	Virginia settlement Wingfield. 1608. pp. 219-223	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast

Beverage: beer; European introduction; barley?; European gift to Native Americans

1602	Gosnold Expedition Archer. 1602. 134-135	N.A. east coast
1607	Virginia settlement Archer. 1607. pp. 86-90	N.A. east coast

Beverage: brandy; European introduction; drunk medicinally during famine

1608	Virginia settlement Smith. 1608. pp. 172-174	N.A. east coast
1608	Virginia settlement Wingfield. 1608. pp. 214-217	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 384-385, also p. 393	N.A. east coast

Beverage: brandy; European introduction; served to Native Americans

1605	Waymouth Expedition Rosier. 1605. p. 272	N.A. northeast
1607	Virginia settlement Archer. 1607. pp. 86-90, also pp. 90-91	N.A. east coast

Beverage: cacao

1519	Cortez expedition Bernal Diaz. 1576. pp. 209-210	C.A. Mexico
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1520	Cortez expedition Cortés: 2nd letter. 1520, p. 79	C.A. Mexico
1526	Cortez expedition Cortés: 5th letter. 1526, p. 307	C.A. Mexico
1599-1602	Champlain voyage. Champlain. 1603. p. 28	C.A. Mexico

Beverage: camomile tea; American

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Beverage: coconut milk

1585-86	Drake expedition Bigges. 1589. pp. 228-229	Caribbean
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Beverage: served at funerals; human bone ash, herbs, mixed in unidentified liquid

1595	Raleigh expedition Raleigh. 1596. pp. 52-53, see also p. 109	S.A. northeast
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Beverage: ginger cooked with water

1584	Barlow expedition Barlow. 1584. pp. 107-109	N.A. east coast
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Beverage: herbal tea; American, chamomile

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Beverage: juice: grape, American; unfermented

1540-42	Coronado expedition	N.A. southwest
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de Castañada. 1596.
Part 1, pp. 40-41

Beverage: maguey; fresh juice

1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
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Beverage: maguey; fresh juice; boiled in rainwater

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:13 pp. 505-506	S.A. Peru
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Beverage: maguey; fermented juice (pulqué)

1519	Cortez expedition Bernal Diaz. 1576. p. 60	C.A. Mexico
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1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
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Beverage: maguey; fermented juice (pulqué); mixed with maize

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
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Beverage: maguey; fermented juice (pulqué); mixed with mulli

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
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Beverage: maguey; fermented juice (pulqué); mixed with quinoa

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
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Beverage: milk; unidentified source; drunk by Europeans

c. 1550	Early Spanish period de la Vega. 1609-12. 9:17 pp. 582-584	S.A. Peru
Beverage: pockerehicory; unidentified American beverage		
1612	Virginia settlement Strachey. 1612. p. 114	N.A. east coast
Beverage: pulqué; fermented maguey; undifferentiated		
1519	Cortez expedition Bernal Diaz. 1576. p. 60	C.A. Mexico
1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
Beverage: pulqué; fermented maguey; cooked with maize		
mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Beverage: pulqué; fermented maguey; cooked with mulli		
mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Beverage: pulqué; fermented maguey; cooked with quinoa		
mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Beverage: sassafras		
1584	Barlow expedition Barlow. 1584. pp. 107-109	N.A. east coast
1585-86	Virginia settlement Lane. 1586. pp. 256-257	N.A. east coast
1585	Virginia settlement	N.A. east coast

	Hariot. 1588. p. 328	
1585-86	Drake expedition Primrose Journal. 1586. pp. 307-308	N.A. southeast
1586	Florida settlement de Laudonnière. 1586. pp. 195-196	N.A. southeast
1586	Florida settlement Burgoigon. 1586. pp. 764-765	N.A. southeast
1592-93	New England Settlements. Hayes. 1592-93. pp. 175-180.	N.A. northeast
1602	Gosnold Expedition Archer. 1602. pp. 126-128	N.A. northeast
1602	Gosnold Expedition Brereton. 1602. pp. 150-152	N.A. northeast
1603	Pring Expedition Pringe. 1603. pp. 216-220	N.A. northeast
1606	Archer Expedition Percy. 1608a. p. 141	N.A. east coast
1607	Virginia settlement Wingfeild et al. 1607. pp. 78-80	N.A. east coast
1607	Virginia settlement Archer. 1607b. pp. 99-102	N.A. east coast
1608	Newport Expedition Perkins. 1608. p. 162	N.A. east coast
1612	Virginia settlement Strachey. 1612. pp. 38-39, also pp. 130-131	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast

Beverage: tea; herbal type; American, chamomile

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Beverage: water; brackish

1606	Archer Expedition Percy. 1608a. pp. 143-145	N.A. east coast
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Beverage: wine; grape; prepared from native, wild grape varieties by Europeans

1609	Virginia settlement Mangnel [Irish spy account]. 1610. pp. 151-153	N.A. east coast
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1612	Virginia settlement Strachey. 1612. pp. 121-122	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast
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Beverage: wine; grape; prepared from *Vitis vinifera*; European introduction; unidentified types

1495	Columbus expedition Columbus memorandum. 1495. Vol. 1. pp. 84-86	Caribbean
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1519	Cortez expedition Bernal Diaz. 1576. pp. 69-70	C.A. Mexico
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mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:25 pp. 595-598	S.A. Peru
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1585-86	Drake expedition Bigges. 1589. pp. 246-247	Caribbean
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1592-93	New England Settlements. Hayes. 1592-93. pp. 170-172.	N.A. northeast
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1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. northeast
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Beverage: wine; grape; prepared from *Vitis vinifera*; European introduction; dry white variety (sack); served by Europeans to Native Americans

1607	Virginia settlement Archer. 1607. pp. 86-90	N.A. east coast
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Beverage: wine; grape; prepared from *Vitis vinifera*; European introduction; dry white variety (sack); used medicinally during famine

1608	Virginia settlement Smith. 1608. pp. 172-174	N.A. east coast
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1608	Virginia settlement Wingfield. 1608. pp. 214-217	N.A. east coast
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1608	Virginia settlement Wingfield. 1608. p. 228	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 384-385	N.A. east coast
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Beverage: wine; non-grape; prepared from unidentified fruit sources by Native Americans

1498	Columbus: 3rd voyage Columbus. 1498. Vol. 2, p. 22	Caribbean
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1499	Vespucci: 2nd voyage Vespucci. 1504. pp.23-32	Caribbean
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1584	Barlow expedition Barlow. 1584. pp. 107-109	N.A. east coast
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1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. northeast
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Beverage: wine; non-grape; maguay (see beveraged: pulqué)

Beverage: wine; non-grape; from mirabolani

1499	Vespucci: 2nd voyage Vespucci. 1504. pp.23-32	Caribbean
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Beverage: wine; non-grape; from fermented palm sap

1599-1602	Champlain voyage. Champlain. 1603. p. 30	C.A. Mexico
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Beverage: wine; non-grape; from pitahaya

1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 50-51	N.A. southwest
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Bird: (see fowl)

Biscuit: flour source maize; baked by Spaniards

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 pp. 498-499	S.A. Peru
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Biscuit: flour source wheat?; imported from Europe

1608	Virginia settlement Smith. 1608. p. 203	N.A. east coast
1609	Virginia settlement de Ecija. 1609. [French spy account] p. 312	N.A. east coast

Biscuit: flour source wheat?; imported from Europe; bartered for geese

1605	Waymouth Expedition Rosier. 1605. pp. 279-281	N.A. northeast
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Biscuit: flour source wheat?; imported from Europe; European gift to Native Americans

	1612	Virginia settlement Smith. 1612. p. 393	N.A. east coast
Bison (see buffalo)			
Bittern			
	1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
Bitters (see bittern)			
Blackberry			
	1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
Blackbird			
	1607	Virginia settlement Archer. 1607a. pp. 82-86	N.A. east coast
Black cherry			
	1586	Florida settlement de Laudonnière. 1586. pp. 195-196	N.A. southeast
	1602	Gosnold Expedition Brereton. 1602. pp. 150-152	N.A. northeast
Black and white squirrel: not otherwise identified			
	1612	Virginia settlement Strachey. 1612. p. 124	N.A. east coast
	1612	Virginia settlement Smith. 1612. pp. 348-349	N.A. east coast
Blite (vegetable)			
	1539-42	DeSoto expedition de Oviedo y Valdés. 1546. Vol. 2, p. 95	N.A. southeast

Blite (see also spinach)

Blood: buffalo; undifferentiated

1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 59-60	N.A. southwest
1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
1540-42	Coronado expedition Relacion del Suceso. 16th century? pp. 112-113	N.A. southwest
1541	Coronado expedition Coronado. 1541. pp. 114-115	N.A. southwest

Blood: buffalo; eaten cold (coagulated)

1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
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Blood: buffalo; eaten warm

1540-42	Coronado expedition Translado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
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Blood: human; undifferentiated types of food soaked in human blood

1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
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Blueberry

1585	Virginia settlement Hariot. 1588. pp. 352-353	N.A. east coast
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	1586	Florida settlement de Laudonnière. 1586. pp. 195-196	N.A. southeast
Boar	1602	Gosnold Expedition Brereton. 1602. pp. 148-150	N.A. northeast
	1519	Cortez expedition Bernal Diaz. 1576. pp. 44-45	C.A. Mexico
	1540	Coronado expedition Coronado. 1540. pp. 94-95	N.A. southwest
	1562	Florida settlement Ribault. 1582. pp. 101-108	N.A. southeast
	1599-1602	Champlain voyage. Champlain. 1603. p. 35	C.A. Mexico
	1605	Waymouth Expedition Rosier. 1605. p. 294	N.A. northeast
	1606	Archer Expedition Percy. 1608. p. 132	Caribbean

Boar (see also pig: wild boar)

Bogas (fish)

	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:22 pp. 529-530	S.A. Peru
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Bone: human bone of relatives powdered; powder mixed in unidentified beverages; drunk to honor the dead

	1595	Raleigh expedition Raleigh. 1596. pp. 52-53, see also p. 109	S.A. northeast
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Bonita (fish)

	1592-93	New England Settlements. Hayes. 1592-93. pp. 170-172.	N.A. northeast
Borage? called melden in Dutch			
	1585	Virginia settlement Hariot. 1588. pp. 340-341	N.A. east coast
Borage? seed prepared as soup or broth			
	1585	Virginia settlement Hariot. 1588. pp. 340-341	N.A. east coast
Borage? stalk burned; ash used as condiment			
	1585	Virginia settlement Hariot. 1588. pp. 340-341	N.A. east coast
Borage? stalk burned; ash used as condiment (see also potash)			
Borage			
	1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
Brackish water: drunk by Europeans during famine			
	1606	Archer Expedition Percy. 1608a. pp. 143-145	N.A. east coast
Brandy: European introduction; drunk medicinally during famine			
	1608	Virginia settlement Smith. 1608. pp. 172-174	N.A. east coast
	1608	Virginia settlement Wingfield. 1608. pp. 214-217	N.A. east coast
	1612	Virginia settlement Smith. 1612. pp. 384-385, also p. 393	N.A. east coast

Brandy: European introduction; served to Native Americans

1605	Waymouth Expedition Rosier. 1605. p. 272	N.A. northeast
1607	Virginia settlement Archer. 1607. pp. 86-90, also pp. 90-91	N.A. east coast

Brant (bird)

1612	Virginia settlement Strachey. 1612. pp. 126-127	N.A. east coast
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Brazil nut

1599-1602	Champlain voyage. Champlain. 1603. p. 37	C.A. Mexico
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Bread: general descriptions; flour or type not differentiated

1493-94	Columbus: 2nd voyage Bernaldez. 1513. Vol. 1, p. 122	Caribbean
1498	Columbus: 3rd voyage Columbus. 1498. Vol. 2. p. 22	Caribbean
1519	Cortez expedition Bernal Diaz. 1576. pp. 140-141	C.A. Mexico
1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 50-51	C.A. Mexico
1540-42	Coronado expedition de Castañada. 1596. Part 1, p. 24	N.A. southwest
1595	Raleigh expedition Raleigh. 1596. pp. 54-58	S.A. north-east
1608	Virginia settlement Smith. 1608. p. 170	N.A. east coast

Bread: flour source not differentiated; baked in ashes

1540-42	Coronado expedition de Castañada. 1596. Part 1, p. 18	N.A. southwest
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1540-42	Coronado expedition Relacion del Suceso. 16th century? p. 112	N.A. southwest
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Bread: flour source not differentiated; bread shaped into long balls

1519	Cortez expedition Bernal Diaz. 1576. p. 211	C.A. Mexico
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Bread: flour source; acorn

1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 51-52	N.A. southwest
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1585	Virginia settlement Hariot. 1588. pp. 354-355	N.A. east coast
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1612	Virginia settlement Smith. 1612. p. 345	N.A. east coast
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Bread: flour source; acorn; mixed with coriander seed

1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 51-52	N.A. southwest
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Bread: flour source; amaranth

1519	Cortez expedition de Sahaun. 1555. pp. 38-45	C.A. Mexico
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Bread: flour source; amexia (plum)

1539-42	DeSoto expedition	N.A. southeast
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Fidalgo de Elvas. 1557.
Vol. 1, p. 152

Bread: flour source; bean

1585	Virginia settlement Hariot. 1588. p. 339	N.A. east coast
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Bread: flour source; cassava

1502	Columbus: 4th voyage Diego Mendez. 1536. Vol. 2, p. 124	Caribbean
1519	Cortez expedition Cortés. 1st letter. 1519. pp. 14-22	C.A. Mexico
1539-42	DeSoto expedition de Elvas. 1557. Vol. 1 pp. 13-14	Caribbean
1599-1602	Champlain voyage. Champlain. 1603. pp. 7-12	Caribbean
1599-1602	Champlain voyage. Champlain. 1603. p. 32	C.A. Mexico
1607	Newport Expedition Perkins. 1608. pp. 159-161	Caribbean

Bread: flour source; chechinquamin nut

1612	Virginia settlement Strachey. 1612. p. 119	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast

Bread: flour source; chestnut

1585	Virginia settlement Hariot. 1588. p. 350	N.A. east coast
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1612 Virginia settlement N.A. east coast
Smith. 1612. pp. 346-347

Bread: flour source; fish

1497 Vespucci: 1st voyage Caribbean
Vespucci. 1504. pp.12-15

Bread: flour source; golden club root

1585 Virginia settlement N.A. east coast
Hariot. 1588. pp. 349-350

Bread: flour source; grass seed; unspecified type

1612 Virginia settlement N.A. east coast
Strachey. 1612. p. 120

1612 Virginia settlement N.A. east coast
Smith. 1612. pp. 346-347

Bread: flour source; grass seed; unspecified type; buttered
with deer suet

1612 Virginia settlement N.A. east coast
Strachey. 1612. p. 120

1612 Virginia settlement N.A. east coast
Smith. 1612. pp. 346-347

Bread: flour source; hazes root

1586 Florida settlement N.A. southeast
de Laudonnière. 1586.
pp. 195-196

Bread: flour source maize; undifferentiated by type or use

1518 Grivjala expedition C.A. Mexico
Bernal Diaz. 1576. pp. 22-23

1519	Cortez expedition Bernal Diaz. 1576. p. 60	C.A. Mexico
1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 2. pp. 468-471	S.A. Peru
1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 34-37; also 51-57	N.A. southeast
1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 87-88	N.A. southeast
1540-42	Coronado expedition de Castañada. 1596. Part 1, pp. 21-22; also p. 24	N.A. southwest
1540-42	Coronado expedition de Alvarado & de Padilla. 16th century? pp. 129-130	N.A. southwest
1540	Coronado expedition Coronado. 1540a. p. 88	N.A. southwest
1540	Coronado expedition Coronado. 1540b. p. 164	N.A. southwest
1540	Coronado expedition de Alarcon. 1540. p. 136	N.A. southwest
mid 16th c.	Early Spanish period de la Vega. 1609-12. 6:20 pp. 357-358	S.A. Peru
1585	Virginia settlement Lane. 1585. pp. 207-209	N.A. east coast

1585	Virginia settlement Hariot. 1588. p. 337-339	N.A. east coast
1585-86	Drake expedition Primrose Journal. 1586. pp. 303-306	N.A. southeast
1606	Archer Expedition Percy. 1608a. pp. 141-142	N.A. east coast

Bread: flour source maize; baked as cake or roll

1606	Archer Expedition Percy. 1608. pp. 134-135, also pp. 141-142	N.A. east coast
1607	Virginia settlement Archer. 1607. pp. 90-91	N.A. east coast
1607	Virginia settlement Archer. 1607. pp. 102-104	N.A. east coast
1612	Virginia settlement Strachey. 1612. pp. 80-81	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 352	N.A. east coast

Bread: flour source maize; baked as a flat cake in ash; washed and dried

1612	Virginia settlement Strachey. 1612. pp. 80-81	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 352	N.A. east coast

Bread: flour source maize; baked as flat cake by Native Americans; gift to Europeans from Native Americans to relieve famine

1606	Archer Expedition Percy. 1608. pp. 143-145	N.A. east coast
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1608 Virginia settlement N.A. east coast
Smith. 1608. pp. 174-176

1612 Virginia settlement N.A. east coast
Smith. 1612. pp. 387-388

Bread: flour source maize; boiled

1539-42 De Soto expedition N.A. southeast
de Oviedo y Valdés. 1546.
Vol. 2, pp. 87-88

Bread: flour source maize; boiled; baked as a cake

1606 Archer Expedition N.A. east coast
Percy. 1608. pp. 141-142

Bread: flour source maize; boiled; baked as unspecified
Specialty foods

1612 Virginia settlement N.A. east coast
Strachey. 1612. pp. 80-81

1612 Virginia settlement N.A. east coast
Smith. 1612. p. 351-352

Bread: flour source maize; cooked with human blood

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
7:6 pp. 413-414

Bread: flour source maize; parched

1539-42 DeSoto expedition N.A. southeast
Fidalgo de Elvas. 1557.

Vol. 1, pp. 57-64
1539-42 DeSoto expedition N.A. southeast
de Biedma. 1544.
Vol. 2, pp. 12-13

1585 Virginia settlement N.A. east coast

Hariot. 1588. p. 337-339

Bread: flour source maize; raw or uncooked

1539-42	DeSoto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 87-88	N.A. southeast
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Bread: flour source maize; roasted

1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 87-88	N.A. southeast
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Bread: flour source maize; sun-dried; baked as a cake

1606	Archer Expedition Percy. 1608. pp. 141-142	N.A. east coast
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Bread: flour source maize; variety called çancu

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 pp. 498-499	S.A. Peru
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Bread: flour source maize; variety called huminta

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 pp. 498-499	S.A. Peru
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Bread: flour source maize; variety called maçamorras

1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 107-108	N.A. southeast
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Bread: flour source maize; variety called tanta

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:9 pp. 498-499	S.A. Peru
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Bread: flour source maize; tortilla type bread; undifferentiated

1519	Cortez expedition Bernal Diaz. 1576. p. 138	C.A. Mexico
1540	Coronado expedition Coronado. 1540b. pp. 171-173	N.A. southwest

Bread: flour source maize; tortilla type bread; described as "white"

1519	Cortez expedition Bernal Diaz. 1576. p. 211	C.A. Mexico
1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico

Bread: flour source maize; tortilla type bread; made from green, unripe maize

1519	Cortez expedition de Sahaun. 1555. p. 57	C.A. Mexico
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Bread: flour source maize; wafer type bread; described as dry, thin bread

1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, p. 99	N.A. southeast
1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 54-55	N.A. southwest

Bread: flour source maize; wafer type bread; called pan pachol

1519	Cortez expedition Bernal Diaz. 1576. p. 211	C.A. Mexico
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Bread: flour source; mesquite pod

1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 50-51	N.A. southwest
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1540	Coronado expedition de Alarcon. 1540. pp. 126-129	N.A. southwest
Bread: flour source; palmito starch		
1595	Raleigh expedition Raleigh. 1596. pp. 49-51	Caribbean
Bread: flour source; plum (amexia)		
1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, p. 152	N.A. southeast
Bread: flour source; root; unspecified type		
1493-94	Columbus: 2nd voyage Columbus. 16th century?, Vol. 1. pp. 68-69	Caribbean
Bread: flour source; smilax root		
1585	Virginia settlement Hariot. 1588. pp.348-349	N.A. east coast
Bread: flour source; sunflower seed		
1585	Virginia settlement Hariot. 1588. pp. 340-341	N.A. east coast
Bread: flour source; tree pith; unspecified type		
1519	Magellan expedition Pigafetta. 1525, pp. 5-9	S.A. coast Brazil
Bread: flour source; tuckahoe root		
1612	Virginia settlement Strachey. 1612. p. 122	N.A. east coast
Bread: flour source; wheat?; European introduction		

1584 Barlow expedition N.A. east coast
Barlow. 1584. pp. 100-101

Bread: flour source; wheat?; European introduction; served to Native Americans

1605 Waymouth Expedition N.A. northeast
Rosier. 1605. pp. 268-270,
also pp. 272, 275, 279-281,
283-285

Bread: flour source; wheat cooked with anise; European introduction

mid 16th c. Early Spanish period S.A. Peru
de la Vega. 1609-12.
9:30 p. 606

Bread: flour source; yam

1493-94 Columbus: 2nd voyage Caribbean
Columbus. 16th century?
Vol. 1, pp. 68-69

Bread: flour source; yucca (see: Bread: flour source; cassava)

Breadfruit

1526 Cortez expedition C.A. Mexico
Cortés: 5th letter. 1526,
pp. 332-333

Bream-like fish

1539-42 DeSoto expedition N.A. southeast
Fidalgo de Elvas. 1557.
Vol. 1, pp. 34-37

1585 Virginia settlement N.A. east coast
Hariot. 1588. p. 360

Bream

	1602	Gosnold Expedition Brereton. 1602. p. 161	N.A. northeast
Bream (see also: fish; oldwife)			
Breast feeding of human infants: Inca technique described			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 4:12 pp. 212-213	S.A. Peru
Brésil (see nut: Brazil)			
Brett (fish)			
	1612	Virginia settlement Strachey. 1612. pp. 127-128	N.A. east coast
	1612	Virginia settlement Smith. 1612. p. 350	N.A. east coast
Broth-soup: unspecified by type or base			
	1612	Virginia settlement Strachey. 1612. p. 114	N.A. east coast
Broth-soup: unspecified by type or base; described as savory or sweet			
	1584	Barlow expedition Barlow. 1584. pp. 107-109	N.A. east coast
Broth-soup: ash mixed with bread and water			
	1612	Virginia settlement Strachey. 1612. pp. 80-81	N.A. east coast
Broth-soup: borage? seed base			
	1585	Virginia settlement Hariot. 1588. pp. 340-341	N.A. east coast
Broth-soup: chinquapin (chechinquamin) nut base\			

1612	Virginia settlement Strachey. 1612. p. 119	N.A. east coast
1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast
Broth-soup: chestnut base		
1612	Virginia settlement Smith. 1612. pp. 346-347	N.A. east coast
Broth-soup: fish base		
1612	Virginia settlement Strachey. 1612. pp. 80-81	N.A. east coast
Broth-soup: herb base		
1612	Virginia settlement Strachey. 1612. p. 121	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 347	N.A. east coast
Broth-soup: lovage base		
1602	Gosnold Expedition Archer. 1602. pp. 136-138	N.A. northeast
Broth-soup: maize groat base		
1612	Virginia settlement Strachey. 1612. pp. 80-81	N.A. east coast
1612	Virginia settlement Smith. 1612. p. 352	N.A. east coast
Broth-soup: meat base		
1540-42	Coronado expedition de Castañada. 1596.	N.A. southwest

	Part 2, pp. 59-60	
1612	Virginia settlement Strachey. 1612. pp. 80-81	N.A. east coast
Broth-soup: mussell base		
1612	Virginia settlement Strachey. 1612. pp. 127-128	N.A. east coast
Broth-soup: oyster base; thickened with maize flour		
1612	Virginia settlement Strachey. 1612. pp. 127-128	N.A. east coast
Broth-soup: sorrell base		
1602	Gosnold Expedition Archer. 1602. pp. 136-138	N.A. northeast
Broth-soup sunflower seed base		
1585	Virginia settlement Hariot. 1588. pp. 340-341	N.A. east coast
Buckskin: identified as famine food		
1519	Cortez expedition de Sahaun. 1555. p. 79	C.A. Mexico
Buffalo: general descriptions; not differentiated by meat type or use		
1539-42	DeSoto expedition de Biedma. 1544. Vol. 2, pp. 30-31	N.A. southeast
1540-42	Coronado expedition de Castañada. 1596. Part 1, pp. 37-38	N.A. southwest
1540-42	Coronado expedition Translado de las Nuevas. 16th century? p. 103	N.A. southwest

1540-42	Coronado expedition Relacion del Suceso. 16th century? p. 107	N.A. southwest
1540-42	Coronado expedition Jaramillo. 16th century? p. 126	N.A. southwest
1540-42	Coronado expedition de Alvarado & Padilla. 16th century? p. 183	N.A. southwest
1540	Coronado expedition Coronado. 1540. pp. 94-95	N.A. southwest
1540	Coronado expedition de Alarcon. 1540. p. 146	N.A. southwest
1540	Coronado expedition de Mendoza. 1540b. pp. 158-159	N.A. southwest
1541	Coronado expedition Coronado. 1541. pp. 114-115	N.A. southwest
1584	Barlow expedition Barlow. 1584. pp. 100-101	N.A. east coast
1592-93	New England Settlements. Hayes. 1592-93. pp. 170-172.	N.A. northeast

Buffalo: blood; undifferentiated

1541	Coronado expedition Coronado. 1541. pp. 114-115	N.A. southwest
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Buffalo: blood; eaten cold (coagulated)

1540-42	Coronado expedition Traslado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
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Buffalo: blood; eaten warm

	1540-42	Coronado expedition Traslado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
Buffalo: fat; raw			
	1540-42	Coronado expedition Traslado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
Buffalo: meat; raw			
	1540-42	Coronado expedition Traslado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
	1540-42	Coronado expedition Relacion del Suceso. 16th century? pp. 112-113	N.A. southwest
	1541	Coronado expedition Coronado. 1541. pp. 114-115	N.A. southwest
Buffalo: meat; roasted			
	1540-42	Coronado expedition Traslado de las Nuevas. 16th century? pp. 103-104	N.A. southwest
Buffalo: undigested stomach contents			
	1540-42	Coronado expedition de Castañada. 1596. Part 2, pp. 59-60	N.A. southwest
Bulb-root-tuber: native, wild?; undifferentiated			
	1497	Vespucci. 1st voyage Vespucci. 1504. pp. 3-11	Caribbean
	1519	Cortez expedition Bernal Diaz. 1576. pp. 215-216	C.A. Mexico
	1522	Cortez expedition	C.A. Mexico

Cortés: 3rd letter. 1522, p. 213

1524	Verarzanus expedition Hakluyt. 1850. p. 56-71	N.A. east coast
1532	F. Pizarro: 3rd expedition Xeres. 1534. pp. 32-33	S.A. Peru
1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 1. pp. 280-282	S.A. Peru
1534	F. Pizarro: 3rd expedition Sancho. 1534. pp. 150-151	S.A. Peru
1539-42	DeSoto expedition Fidalgo de Elvas. 1557. Vol. 1, pp. 69-74	N.A. southeast
1584	Barlow expedition Barlow. 1584. pp. 105-106	N.A. east coast
1595	Raleigh expedition Raleigh. 1596. pp. 73-74	S.A. northeast
1612	Virginia settlement Strachey. 1612. pp. 79-80	N.A. east coast

Bulb-root-tuber: native, wild?; undifferentiated; cooked,

1519	Cortez expedition Bernal Diaz. 1576. pp. 215-216	C.A. Mexico
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Bulb-root-tuber: años

mid 16th c.	Early Spanish period de la Vega. 1609-12. 5:1 pp. 241-242	S.A. Peru
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Bulb-root-tuber: años; cooked

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 pp. 500-501	S.A. Peru
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Bulb-root-tuber: beet; European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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Bulb-root-tuber: carabi

1497	Vespucci. 1st voyage Vespucci. 1504. pp. 3-11	Caribbean
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Bulb-root-tuber: carrot; native, wild

1607	Virginia settlement Archer. 1607. pp. 99-102	N.A. east coast
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Bulb-root-tuber: carrot; European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602, also 9:30 p. 606	S.A. Peru
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1612	Virginia settlement Strachey. 1612. pp. 38-39	N.A. east coast
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Bulb-root-tuber: cassava; general descriptions of root or flour

1502	Columbus: 4th voyage Diego Mendez. 1536. Vol. 2, p. 124	Caribbean
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1518	Grivjala expedition Bernal Diaz. 1576. p. 26	C.A. Mexico
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1519	Cortez expedition Bernal Diaz. 1576. pP. 76-78	C.A. Mexico
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1519	Cortez expedition Cortés. 1st letter. 1519. pp. 14-22	C.A. Mexico
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1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
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1539-42	DeSoto expedition de Elvas. 1557. Vol. 1 pp. 13-14	Caribbean
1595	Raleigh expedition Raleigh. 1596. p. 4	Caribbean
1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. north-east
1599-1602	Champlain voyage. Champlain. 1603. pp. 7-12	Caribbean
1599-1602	Champlain voyage. Champlain. 1603. p. 32	C.A. Mexico
1607	Newport Expedition Perkins. 1608. pp. 159-161	Caribbean

Bulb-root-tuber: cassava; flour fermented, prepared as beer

1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. north-east
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Bulb-root-tuber: chapae

1519	Magellan expedition Pigafetta. 1525, pp. 5-9	S.A. Patagonia
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Bulb-root-tuber: chive; native, wild; taste compared by Europeans to wild onions

1612	Virginia settlement Strachey. 1612. pp. 123-124	N.A. northeast
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Bulb-root-tuber: chuchuchu

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 p. 501	S.A. Peru
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Bulb-root-tuber: duck potato; boiled

1585 Virginia settlement
Hariot. 1588. p. 348 N.A. east coast

Bulb-root-tuber: garlic; native, wild

1520 Cortez expedition
Cortés: 2nd letter. 1520, pp. 86-89 C.A. Mexico

1606 Hanham Expedition
Purchas. 1614. p. 349 N.A. northeast

1607-1608 Gilbert Expedition
Strachey. 1610-1612. pp. 408-409 N.A. northeast

Bulb-root-tuber: garlic; European introduction

mid 16th c. Early Spanish period
de la Vega. 1609-12.
9:29 pp. 601-602 S.A. Peru

1585-86 Drake expedition
Bigges. 1589. pp. 228-229 Caribbean

Bulb-root-tuber: golden club; general description

1586 Virginia settlement
Lane. 1586. pp. 275-280 N.A. east coast

Bulb-root-tuber: golden club; root prepared as bread flour

1585 Virginia settlement
Hariot. 1588. pp. 349-350 N.A. east coast

Bulb-root-tuber: ground apple

1607 Virginia settlement
Archer. 1607. pp. 99-102 N.A. east coast

Bulb-root-tuber: habascon; boiled with meat

	1585	Virginia settlement Hariot. 1588. p. 350	N.A. east coast
Bulb-root-tuber: hazes			
	1586	Florida settlement de Laudonnière. 1586. pp. 195-196	N.A. southeast
Bulb-root-tuber: ignami			
	1497	Vespucci. 1st voyage Vespucci. 1504. pp. 3-11	Caribbean
Bulb-root-tuber: leek; native, wild			
	1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
Bulb-root-tuber: leek; native, wild; eaten by Europeans, not Native Americans			
	1585	Virginia settlement Hariot. 1588. p. 350	N.A. east coast
Bulb-root-tuber: maguey; fresh juice			
	1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
Bulb-root-tuber: maguey; fresh juice; boiled in rainwater			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:13 pp. 505-506	S.A. Peru
Bulb-root-tuber: maguey; fermented juice (pulqué)			
	1519	Cortez expedition Bernal Diaz. 1576. p. 60	C.A. Mexico

	1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
Bulb-root-tuber: maguey; fermented juice (pulqué); mixed with maize			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Bulb-root-tuber: maguey; fermented juice (pulqué); mixed with mulli			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Bulb-root-tuber: maguey; fermented juice (pulqué); mixed with quinoa			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Bulb-root-tuber: maguey; honey			
	mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:12 pp. 504-505	S.A. Peru
Bulb-root-tuber: maguey; sugar			
	1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
Bulb-root-tuber: maguey; vinegar			
	mid 16th c.	Early Spanish period de la Vega. 1609-12.	S.A. Peru

8:12 pp. 504-505

Bulb-root-tuber: marsh potato; boiled

1585	Virginia settlement Hariot. 1588. pp. 346-347	N.A. east coast
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Bulb-root-tuber: oca; undifferentiated

1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 1. pp. 280-282	S.A. Peru
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mid 16th c.	Early Spanish period de la Vega. 1609-12. 5:1 pp. 241-242	S.A. Peru
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Bulb-root-tuber: oca; jam

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 pp. 500-501	S.A. Peru
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Bulb-root-tuber: oca; raw

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 pp. 500-501	S.A. Peru
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Bulb-root-tuber: oca; stew

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 pp. 500-501	S.A. Peru
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Bulb-root-tuber: onion; native, wild

1520	Cortez expedition Cortés: 2nd letter. 1520, pp. 86-89	C.A. Mexico
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1539-42	De Soto expedition de Oviedo y Valdés. 1546. Vol. 2, pp. 87-88	N.A. southeast
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1606	Hanham Expedition Purchas. 1614. p. 349	N.A. northeast
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1607-1608	Gilbert Expedition Strachey. 1610-1612. pp. 408-409	N.A. northeast
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Bulb-root-tuber: onion; native, wild; preparation not identified;
eaten by Europeans not Native Americans

1612	Virginia settlement Strachey. 1612. pp. 123-124	N.A. east coast
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Bulb-root-tuber; native, wild; baked with meat; eaten by
Europeans not Native Americans

1612	Virginia settlement Strachey. 1612. pp. 123-124	N.A. east coast
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Bulb-root-tuber: onion; native, wild; boiled; eaten by Europeans
not Native Americans

1612	Virginia settlement Strachey. 1612. pp. 123-124	N.A. east coast
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Bulb-root-tuber: onion; native, wild; salad ingredient; eaten by
Europeans not Native Americans

1612	Virginia settlement Strachey. 1612. pp. 123-124	N.A. east coast
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Bulb-root-tuber: onion; domesticated; European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29 pp. 601-602	S.A. Peru
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1585-86	Drake expedition	Caribbean
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Bigges. 1589. pp. 228-229

Bulb-root-tuber: papa (see potato)

Bulb-root-tuber: parsnip; European introduction

1612	Virginia settlement Strachey. 1612. pp. 38-39	N.A. east coast
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Bulb-root-tuber: potato; native, wild; eaten raw

1585	Virginia settlement Hariot. 1588. p. 347-348	N.A. east coast
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Bulb-root-tuber: potato; native, domesticated; general descriptions

1532-34	F. Pizarro: 3rd expedition P. Pizarro. 1571. Vol. 1. pp. 280-282	S.A. Peru
mid 16th c.	Early Spanish period de la Vega. 1609-12. 5:3 pp. 246-247	S.A. Peru
1585	Virginia settlement Hariot. 1588. pp.347-348	N.A. east coast
1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. northeast
1606	Archer Expedition Percy. 1608. pp. 129-131	Caribbean
1607	Virginia settlement Archer. 1607. pp. 99-102	N.A. east coast
1607	Newport Expedition Perkins. 1608. pp. 159-161	Caribbean
1612	Virginia settlement Strachey. 1612. pp. 38-39	N.A. east coast

Bulb-root-tuber: potato; native, domesticated; boiled

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 pp. 500-501	S.A. Peru
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Bulb-root-tuber: potato; native, domesticated; exported to England

1602	Gosnold Expedition Brereton. 1602. pp. 150-152	N.A. northeast
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Bulb-root-tuber: potato; native; domesticated; frozen; dried (chuñu)

mid 16th c.	Early Spanish period de la Vega. 1609-12. 7:1 pp. 401-402	S.A. Peru
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Bulb-root-tuber: potato; native; domesticated; roasted

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 pp. 500-501	S.A. Peru
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Bulb-root-tuber: potato; native, domesticated; stew

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 pp. 500-501	S.A. Peru
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Bulb-root-tuber: potto

1585-86	Drake expedition Bigges. 1589 pp. 228-229	Caribbean
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Bulb-root-tuber: radish; European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12. 9:29, pp. 601-602	S.A. Peru
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Bulb-root-tuber: smilax; general descriptions

1585	Virginia settlement Hariot. 1588. pp. 348-349	N.A. east coast
1586	Roanoke settlement Lane. 1586. pp. 275-280	N.A. east coast

Bulb-root-tuber: smilax; bread

1585	Virginia settlement Hariot. 1588. pp.348-349	N.A. east coast
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Bulb-root-tuber: smilax; cooked with oil

1585	Virginia settlement Hariot. 1588. pp. 348-349	N.A. east coast
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Bulb-root-tuber: smilax; jelly

1585	Virginia settlement Hariot. 1588. pp. 348-349	N.A. east coast
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Bulb-root-tuber: sweet potato; general descriptions

1519	Magellan expedition Pigafetta. 1525, pp. 5-9	S.A. coast Brazil
1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 p. 501	S.A. Peru
1599-1602	Champlain voyage. Champlain. 1603. p. 32	C.A. Mexico

Bulb-root-tuber: sweet potato; beer

1595	Raleigh expedition	S.A. north-east
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Raleigh. 1596. pp. 61-65

Bulb-root-tuber: sweet potato; exported to Spain

mid 16th c.	Early Spanish period de la Vega. 1609-12. 8:10 p. 501	S.A. Peru
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Bulb-root-tuber: tuckahoe; undifferentiated by type or use

1612	Virginia settlement Strachey. 1612. p. 122	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 347-348	N.A. east coast
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Bulb-root-tuber: tuckahoe; cooked with sorrell

1612	Virginia settlement Smith. 1612. pp. 347-348	N.A. east coast
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Bulb-root-tuber: tuckahoe; roasted

1612	Virginia settlement Strachey. 1612. p. 122	N.A. east coast
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1612	Virginia settlement Smith. 1612. pp. 347-348	N.A. east coast
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Bulb-root-tuber: tuckahoe; sun-dried

1612	Virginia settlement Smith. 1612. pp. 347-348	N.A. east coast
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Bulb-root-tuber: turnip; native, wild

1534	F. Pizarro: 3rd expedition Sancho. 1534. pp. 150-151	S.A. Peru
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Bulb-root-tuber: turnip; domesticated; European introduction

mid 16th c.	Early Spanish period de la Vega. 1609-12.	S.A. Peru
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9:29 pp. 601-602

1612	Virginia settlement Strachey. 1612. pp. 38-39	N.A. east coast
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Bulb-root-tuber: yam; general descriptions

1493-94	Columbus: 2nd voyage Columbus. 16th century? Vol. 1, p. 64	Caribbean
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1599-1602	Champlain voyage. Champlain. 1603. p. 32	C.A. Mexico
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Bulb-root-tuber: yam; paste prepared as flour; baked as bread

1493-94	Columbus: 2nd voyage Columbus. 16th century? Vol. 1, pp. 68-69	Caribbean
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Bulb-root-tuber: yam; misidentified; cassava meant (see also root: cassava)

Bulb-root-tuber: yucca; general descriptions

1497	Vespucci: 1st voyage Vespucci. 1504. pp.3-11	Caribbean
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1502	Columbus: 4th voyage Diego Mendez. 1536. Vol. 2, p. 124	Caribbean
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1518	Grivjala expedition Bernal Diaz.1576. p. 26	C.A. Mexico
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1519	Cortez expedition Bernal Diaz. 1576. pp. 76-78	C.A. Mexico
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1519	Cortez expedition Cortés. 1st letter. 1519. pp. 14-22	C.A. Mexico
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1519	Cortez expedition de Sahaun. 1555. pp. 19-20	C.A. Mexico
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1526	Cortez expedition Cortés: 5th letter. 1526, p. 293	C.A. Mexico
1539-42	DeSoto expedition de Elvas. 1557. Vol. 1 pp. 13-14	Caribbean
1540	Coronado expedition de Alarcon. 1540. p. 142	N.A. southwest
1595	Raleigh expedition Raleigh. 1596. p. 4	Caribbean
1595	Raleigh expedition Raleigh. 1596. pp. 61-65	S.A. north-east
1599-1602	Champlain voyage. Champlain. 1603. pp. 7-12	Caribbean
1599-1602	Champlain voyage. Champlain. 1603. p. 32	C.A. Mexico
1607	Newport Expedition Perkins. 1608. pp. 159-161	Caribbean

Bulb-root-tuber: yucca; flour

1502	Columbus: 4th voyage Diego Mendez. 1536. Vol. 2, p. 124	Caribbean
1519	Cortez expedition Cortés. 1st letter. 1519. pp. 14-22	C.A. Mexico
1539-42	DeSoto expedition de Elvas. 1557. Vol. 1 pp. 13-14	Caribbean
1599-1602	Champlain voyage. Champlain. 1603. pp. 7-12	Caribbean

1599-1602 Champlain voyage. C.A. Mexico
Champlain. 1603. p. 32

1607 Newport Expedition Caribbean
Perkins. 1608. pp. 159-161

Bulb-root-tuber: yucca (see also root: cassava)

Bull: wild bull (see buffalo; cattle)

Butter: American; prepared by Native Americans from fallow deer milk

1605 Waymouth Expedition N.A. northeast
Rosier. 1605. pp. 301-304

Butter: American; prepared by Native Americans from reindeer milk

1605 Waymouth Expedition N.A. northeast
Rosier. 1605. pp. 301-304

Butter: American; prepared by Spanish from cow's? milk

1550 Early Spanish period S.A. Peru
de la Vega. 1609-12.
9:17 pp. 582-584

Butter: European; imported

1612 Virginia settlement N.A. east coast
Smith. 1612. p. 393
