Northeast Woodlands
Food

They were great farmers. They grew corn, squash, and beans. They called these three foods the “Three Sisters.” They grew pumpkins, sweet potatoes, and sunflowers, too. They ground the sunflower seeds into flour. Sometimes they gathered berries, fruits, and nuts.

There were maple trees. The Indians learned how to make maple syrup from the sap of the maple trees. These Indians also hunted. They used bows and arrows to hunt deer. They made traps to catch rabbits and other small animals. They used nets and spears to get fish from rivers and lakes.
Northeast Woodlands
Shelter

They lived in longhouses made of wood. They got the wood from trees in the forests nearby. The roofs were made from sheets of tree bark. As many as 20 families could live in one longhouse. There was a long hall down the middle of the longhouse. Rooms were on each side of it. Each family had its own room. In the hallway there was a row of fires. Holes in the roof let the smoke out. Families on both sides of the fire shared it. They used the fires to cook their food and to stay warm.
Northeast Woodlands
Art/Recreation

They found white and purple shells at the nearby ocean and made beads out of them. Then they strung the beads together to make necklaces and belts. Sometimes strings of shells were used for money. The Northeast Woodlands Indians would trade their strings of shells for other things they wanted.

These strings of shells were called wampum.

These Indians also liked to weave. They used plants and grasses from the nearby forests to weave beautiful baskets and mats.
These Indians traveled by foot and by canoe.

They used wood from cedar trees to make the canoe frame. They used bark from birch trees to cover the frame. Strong tree roots were used like thread to stitch the pieces of birch bark together. Then they rubbed sticky gum from evergreen trees on the birch bark. This gum is what kept water out of the canoes.
Northeast Woodlands
Physical Surroundings, Location, and Climate

The climate was warm in the summer and cold in the winter. There was good rainfall. There were many rivers and lakes.

The Indians got food and water from them. There was an ocean nearby.

It gave them food, too.

The best thing was the forest. Indians that lived here got everything they needed from the forest. They got food from the forest. They made their clothes from animals and plants in the forest. They made their homes and weapons with wood from the forest.