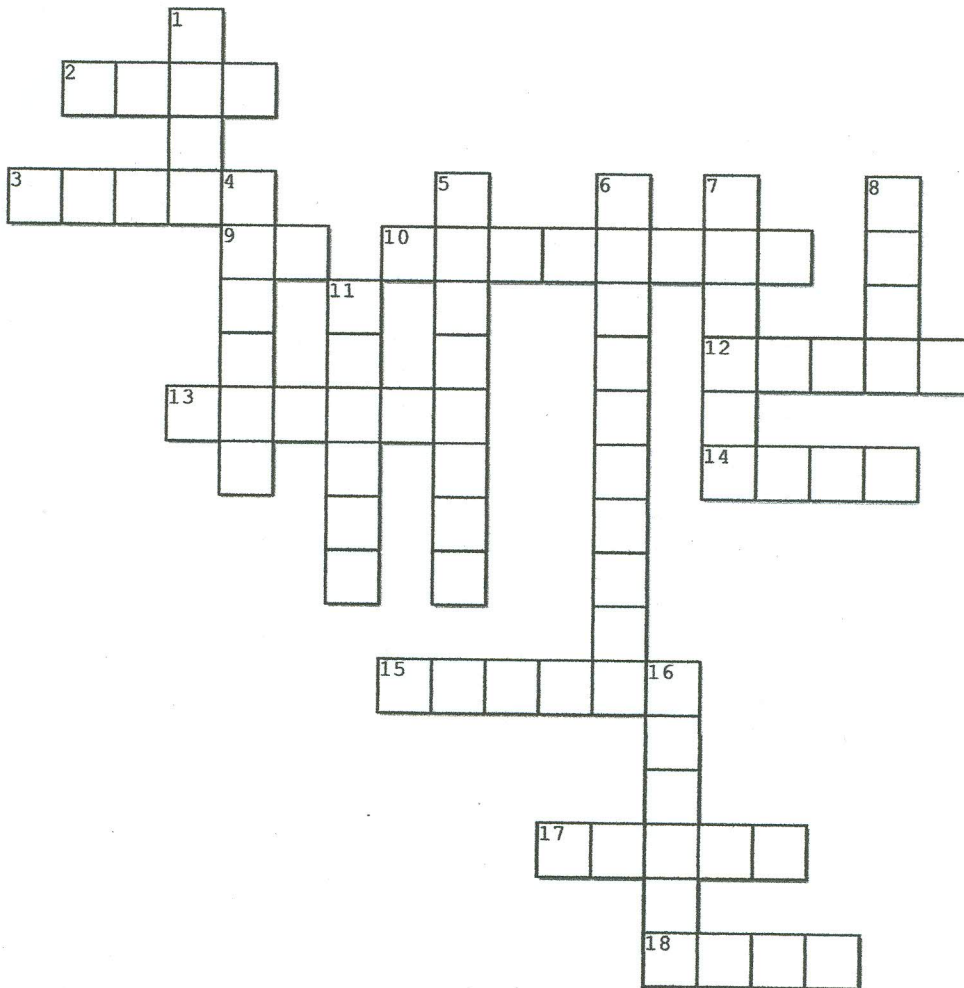


Name: _____

Some Popular Lowcountry Ingredients and Methods

Complete the crossword below



Across

- 2.** a plant that is known for its edible, slimy seed pods and popularly consumed in the Southern United States
- 3.** the original word for 'okra' of African origin and also the name of a popular stew that includes seasoned meat, rice, okra, and a variety of other vegetables
- 9.** a word that is believed to have been a word from a West African language meaning 'rice' and helped lead to linguistic terms such as 'jambalaya' which is believed to derive from a combination of this word and the French and Spanish word 'jambon' that means 'ham'
- 10.** the original name for the method of cooking and flavoring food by means of smoke from either wood or charcoal
- 12.** another name for the sesame seed that is of West African origin and is also a part of the name of a popular, sweet snack in the Lowcountry
- 13.** a plant that is grown in warm climates that produces small seeds popular for their oil and sweet flavor that was brought to the Americas by enslaved West Africans
- 14.** small white or brown grains that come primarily from two specific grass species from Asia and Africa that is a popular food source
- 15.** a large variety of leafy vegetables that are a popular food source
- 17.** the original name for corn of Native American origin
- 18.** the flesh of pigs that were brought to the Americas by Spaniards

Down

- 1.** a crustacean that has a small curling abdomen, front limbs use as pincers, a broad shell, and short antennae that is a popular food source
- 4.** a shellfish that has a rough shell and is composed of two parts that is a very popular food source
- 5.** a method of cooking food, especially meat, that uses smoke to cook and flavor the food that was popularized in the Americas by the Native Americans
- 6.** a large, round fruit that has hard green skin and is popular for its sweet, red flesh that was brought to the Americas by enslaved West Africans
- 7.** another popular name for 'peanut' of West African origin
- 8.** a large grain that has kernels and was originally cultivated in Mexico
- 11.** an edible pea, similar to a nut, with a thin shell that grows underground and is often boiled, seasoned with salt, and eaten that was made popular by enslaved West Africans
- 16.** a small crustacean that has a long body and legs and is a very popular food source

