Some Popular Lowcountry Ingredients and Methods

Complete the crossword below

Name: ____________________

1. [1 Across]

2. [2 Across]

3. [3 Across]

4. [4 Across]

5. [5 Across]

6. [6 Across]

7. [7 Across]

8. [8 Across]

9. [9 Across]

10. [10 Across]

11. [11 Across]

12. [12 Across]

13. [13 Across]

14. [14 Across]

15. [15 Across]

16. [16 Across]

17. [17 Across]

18. [18 Across]

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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
Answer Key

Name: ____________________________

Some Popular Lowcountry Ingredients and Methods

Complete the crossword below:

1. okra

3. gumbo

5. web

6. t

7. c

8. c

10. barbecue

11. pepper

12. benne

13. sesame

14. rice

15. greens

16. h

17. mazie

18. pork

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