

Environmental Connections

The climate in Virginia is relatively mild with distinct seasons- spring, summer, fall, and winter- resulting in a variety of vegetation. In order to survive, Virginia's American Indians had to adapt to their environment to get their food, water, and shelter. The kinds of food they ate, the clothing they wore, and the shelters they had depended upon the seasons.

Foods changed with the seasons. In winter, the men hunted birds and animals and lived on stored foods from the previous fall. In spring, they hunted, fished, and picked berries. In summer, the women farmed and grew crops like corn, beans, and squash. In fall, they harvested the crops and hunted for foods to preserve and keep for the winter.

Animal skins such as deerskins were used as clothing during the winter months. Their shelter was made from natural resources around them such as parts of trees, rocks, and dirt.

Today, most American Indians live like other Americans and do not live like their native peoples because their cultures have changed over time.