



P is for Pemmican

Voyageurs were the main labour force of the Montreal-based fur trade system. They manned and paddled large fur trade canoes from Montréal to Fort William (now Thunder Bay, Ontario), and on to areas now known as northern Alberta, the southern Northwest Territories, and present-day Oregon. Few man-made roads existed, making the rivers the best way of connecting communities. The voyageurs used the river systems to haul furs and goods for trading purposes.

Learn more about the voyageurs here:
<https://indigenouspeoplesatlasofcanada.ca/article/fur-trade/>

See also: The Voyageurs: Forefathers of the Métis Nation by Zoey Roy
<https://gdins.org/product/the-voyageurs/>

Pemmican is a prepared preserved meat. The name comes from the Cree word *pimihkân*, which itself is a derivative from the word *pimî*, "fat, or grease." Pemmican is high in protein, will last indefinitely, and is easy to carry. This was the food that allowed the voyageurs of the canoe and York Boat brigades to travel long distances without stopping to hunt. On the prairies where there was a shortage of fuel, it had the advantage of using the sun to dry the meat. Pemmican, because of its composition, never froze solid and could be used all winter with ease. Thus, it was also the ideal food source for the winter traveler.

<http://www.metismuseum.ca/resource.php/14567>

To learn more about pemmican and to try and make some from a recipe, see:
<http://www.louisrielinstitute.com/87-food.php>



V is for Voyageur

