

Root Feast means giving thanks



A special cap (pat'ap'a) made from corn husks or squaw grass is worn during Root Feast.



After the table is completely set everyone stands to sing a song. Drinking sacred water follows the song and then food is eaten in a particular order.



*Children receive practice and instruction in ceremonies by helping.
Spilyay Tymoo photos by Shewczyk*

The Root Feast is part of the tradition of what is called the first fruits ceremonies. It is held in the spring of the year as soon as the roots are ripe or mature. There are three roots that are dug; lu'ks, xa'us, and piaxi'.

Part of the Root Feast ceremony is held in the field where the roots are dug and the remainder of the ceremony is held at the Warm Springs and Simnasho Longhouses.

The Root Feast is basically a feast of thanksgiving for the roots. Traditionally roots are not supposed to be dug and eaten until the ceremonies of Root Feast are performed. If proper ceremonies are performed the roots will be plentiful in years to follow.

The Great Spirit gave the food to the people to live on. The people didn't have to plant it, cultivate it, or water it. That is why they thank Him with their prayers. The food which the Creator gave the people must be handled with love and kindness in one's heart.



A person must have only good and kind thoughts in his or her heart when handling the food.