

WAGUNABUIE (LICHEN) SOUP

Ingredients

- * Use Broth From Boiled Meat Or Fish
- * Pick Moss & Wash Well

Directions

Add moss & stir well.

Add salt to taste & boil till soft.

Put the meat or fish back in.

Stir and serve hot.

Enjoy.

Note: the natives fed this soup to the British living at Fort St. Joseph in Ontario during the early 19th c. To stave off starvation.