Native Americans of the Plateau Region

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Present day areas and Native American Group.

The Plateau region is in the Northwest region of America and Canada. The present day Plateau region is Washington, Idaho, Montana, British Columbia in Canada, and Oregon.

The Native groups are the Nez Perce, the Shuswap, the Lilooet, the Kutenai, the Kalispel, the Spokan, the Flathead, the Yakama, the Walla Walla, the Umatilla, the Klamath, and the Modocs.
Geography and Climate

In the Plateau Region, temperatures range from -30 degrees fahrenheit in the winter to 100 degrees fahrenheit in the summer.

In the Plateau Region, there are many mountains throughout the area so not many plants or crops can grow. There are valleys, grasslands, forests, rivers and lakes, and plateaus.
Using The Environment

Indians living in the Plateau region used their environment to find food. Fishing was an important source of food for them. The rivers around them were filled with salmon, trout and eels. Another important source of food was wild plants like roots and bulbs. Onions, carrots and parsnips were also gathered and cooked.
Culture

Language:
Most Indians that lived in the Plateau region spoke Salishan and Sahaptin languages.

Religion:
The tribes living in the Plateau region performed religious rituals.

The firstling rites: This celebrated the first food caught or gathered in the Spring.

The winter or spirit dance: The Nez Perce tribe performed dramatic dances to bring warm weather and successful hunts.