Archaeologists believe that different types of groups lived in this area, including hunter-gatherer cultures (Desert Archaic Culture) and horticultural cultures (Fremont and Anasazi). Artifacts identify the presence of prehistoric cultures as early as 10,000 years ago. These cultures used the high country for hunting and gathering of rock materials, medicinal plants, and other resources; lowlands were used for farms and settlements.

The Southern Paiute believe that they have lived in the area since the beginning of time. History has always been shared orally and there are no stories or memory of replacing others who lived in the area before. There is archaeological evidence that the Southern Paiute people inhabited the region at least by 1100 A.D. Southern Paiute traditional lands range from high mountains to deep canyons, and from forests to deserts. Water is a precious resource and Southern Paiutes traditionally knew where springs were located and took full advantage of all habitats and their resources.

The five bands of the Paiute Indian Tribe of Utah are federally recognized and operate tribally-owned businesses that benefit their people. All of these businesses support the infrastructure of the tribes and provide resources for social, cultural and environmental programs.

The Southern Paiutes are a peaceful people who survived traditionally from farming and harvesting wild game and plants. A variety of mammals, amphibians, fish, birds, and insects provided meat for their diet, including: deer, rabbit, elk, mountain sheep, antelope, chuckwalla, Gila monster, turtles, quail, frogs, wild turkey, prairie dogs, muskrat, snakes, grasshoppers and other insects. They farmed and grew corn, squash, melons, and sunflowers.