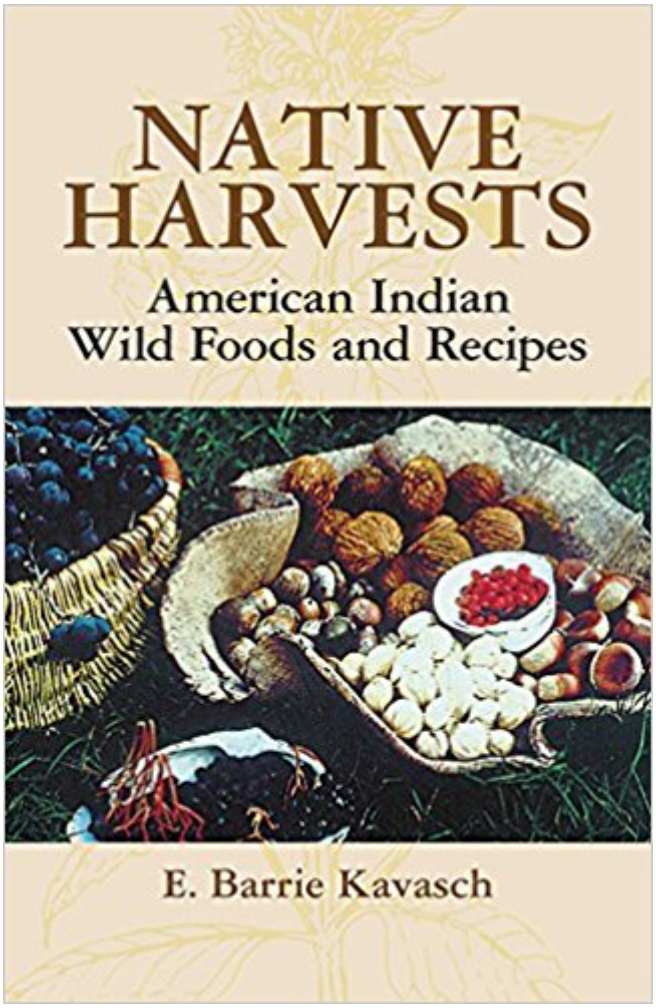
Ebook Directory
the best source of ebook

The book was found

Native Harvests: American Indian Wild Foods And Recipes



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

"The most intelligent and brilliantly researched book on the food of the American Indian." Ã¢â ¬â •Craig Claiborne, The New York TimesThis wonderful book is not just a recipe collection, but a passport to foraging and to surviving close to nature. It will tell you how to prepare familiar foods such as stuffed clams and corn chowder, but also how to fix clover soup, purslane salad, young milkweed spears, wild rice with hazelnuts and blueberries, fiddlehead stew, meadow mushroom pie, stewed wild rabbit with dumplings, spoon bread, acorn coffee, and witch hazel tea. Beautifully illustrated by the author (herself of American Indian descent), this book is also an invaluable manual on herbal medicines and ceremonial, sacred, and poisonous plants Ã¢â ¬â • all written with acute sensitivity to and appreciation of Native American ways.

Book Information

Paperback: 272 pages

Publisher: Dover Publications (March 4, 2005)

Language: English

ISBN-10: 048644063X

ISBN-13: 978-0486440637

Product Dimensions: 5.3 x 0.5 x 8.4 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 16 customer reviews

Best Sellers Rank: #136,817 in Books (See Top 100 in Books) #5 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > Native American #359 inÃ Â Books > Humor & Entertainment > Puzzles & Games > Video & Computer Games

Customer Reviews

This provides a good background for those of us interested in wild foraging and indigenous diets. For example, who knew that the Native Americans used ash to season foods? This book reminds us that Nature provides us with all the nutrition we need. If only we are wise enough to look after Nature, she will look out after us -- something that cannot be said about the fast food industry.

This is a great book, both historically and cullinary. I have cooked out of it, using the recipes just as written the first time, but have changed them a little to suit my taste. But, this is a great cookbook.

This is a good reference cook book for one’s collection...however i do think the hardback edition is a

little over priced.

This is an excellent way of learning the old ways and customs of our native people and using what they had at hand. Jim S

Nice book!! Lots of info and recipes!!

Then decided to have one for my own. Interesting ideas. I love that it has recipes for the uncommon foods.

It has alot of recipes in it to help a beginner to start putting herbs into their daily menu. It is very good a explaining how to use the herbs & also how to put a receipe together.

I am a teacher in the field of Wild Foods. I first purchased this book over twenty years ago and still consider it the best book on the subject...so far. Well researched with authentic information.

Download to continue reading...

Native Harvests: American Indian Wild Foods and Recipes Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec Book 1) Whole Food: The 30 Day Whole Food Challenge Ã¢â ¬â œ Whole Foods Diet Ã¢â ¬â œ Whole Foods Cookbook Ã¢â ¬â œ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Easy Jamaican Cookbook: 50 Unique and Authentic Jamaican Recipes (Jamaican Cookbook, Jamaican Recipes, Jamaican Cooking, West Indian Cookbook, West Indian Recipes, West Indian Cooking Book 1) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Most Popular Caribbean Recipes Quick & Easy!: Essential West Indian Food Recipes from the Caribbean Islands (Caribbean recipes, Caribbean recipes old ... recipes cookbook, West Indian cooking) Foods of the Southwest Indian Nations: Traditional and Contemporary Native American Recipes On the Wall: Record-Breaking Harvests (Hunting: Pursuing Wild Game!) On the Wall: Record-Breaking Harvests (Hunting: Pursuing Wild Game! (Paperback)) Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) Foods

High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Wild Men, Wild Alaska: Finding What Lies Beyond the Limits (Wild Men, Wild Alaska Series Book 1) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) The Native American Cookbook Recipes From Native American Tribes Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) American Indians and the Law: The Penguin Library of American Indian History (Penguin's Library of American Indian History) The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) The Book of Indian Crafts and Indian Lore: The Perfect Guide to Creating Your Own Indian-Style Artifacts Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1)

Contact Us

DMCA

Privacy

FAQ & Help