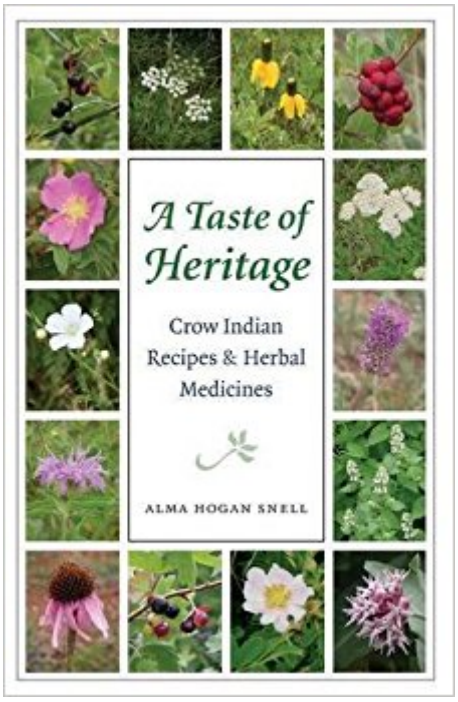
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A Taste Of Heritage: Crow Indian Recipes And Herbal Medicines (At Table)



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Synopsis

Drawing on the knowledge and wisdom of countless generations of Crow Indian women, the well-known speaker and teacher Alma Hogan Snell presents an indispensable guide to the traditional lore, culinary uses, and healing properties of native foods.Ã Â A Taste of Heritage imparts the lore of ages along with the traditional Crow philosophy of healing and detailed practical advice for finding and harvesting plants: from the key to creating irresistible dishes of cattails and dandelions, salsify and Juneberries, antelope meat and buffalo hooves, to the secret of using plants to enhance beauty and incite love. Snell describes the age-old practice of turning wildflowers and garden plants into balms and remedies for such ailments and injuries as snakebite, headache, leg cramps, swollen joints, asthma, and sores. She brings to bear not only her lifetime of experience but also the invaluable lessons of her grandmother, the legendary medicine woman Pretty Shield.Ã Â With life-enhancing recipes for everything from soups, teas, and breads to poultices, aphrodisiacs, and fertility aids, A Taste of Heritage is above all a fascinating cultural document certain to enrich the readerÃ¢â ¬â„¢s relationship with the natural world.Ã Â A partial list of recipes:Ã Â Wild Bitterroot SauceWild Carrot PuddingCattail BiscuitsDandelion SoupSalsify Oyster StewBalapia (Berry Pudding)Juneberry PieChokecherry CakeWild Mint TeaBitterberry LemonadeWheel BreadBoiled HoovesBillÃ¢â ¬â„¢s MotherÃ¢â ¬â„¢s Antelope RoastStuffed TroutElk RoastStuffed EggsOld-Time Moose RoastWild Turnip PorridgeWild Turnip BreadFresh Wild SaladBuffalo Cattail StewGround Tomato SaladGooseberry PuddingBearberry ButterSpicy Dried Plum CakeBuffaloberry Jelly

Book Information

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& Dieting > Alternative Medicine > Herbal Remedies #99570 inÃ Â Books > Medical Books

Customer Reviews

This curious, absorbing volume reads more like a textbook on ancient Crow foodways and less like a traditional cookbook or self-help guide, although it includes tasty recipes for American Indian dishes like Plum Bread and Cornmeal Flapjacks, as well as remedies for snakebite and less dramatic afflictions. The author, the granddaughter of a famed Crow medicine woman, initiates with authority those who may be unfamiliar with various dishes and techniques, patiently explaining that "beaver tail is good tasting, chewy, and rich," and that the dried lungs of a buffalo make for a good jerky-style snack. She recommends cooking a moose all day, preferably in a pit in the ground and suggests that, for the most tender rabbit, only flouring and frying will do. As for the medicinal properties of different herbs, bear root helps with midwifery, and stinging nettles can be brewed into a tea that helps cure allergies. Even if one doesn't have bear root or nettles growing in the yard, this book is a valuable investigation of the variety and utility of nature, bringing ancient Crow traditions to life.Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Ã¢â ¬Å“A rich repository of recipes, folklore and advice for living and healing.Ã¢â ¬Â•Ã¢â ¬â •Lively Times (Lively Times 2007-05-18)

I have ALOT of ethnobotanical books and this one has so many recipes I've never seen before.

Excellent book. This book is useful to people interested in eating wild plants (weeds) and it is also a snapshot of the life of this particular Crow family growing up in the 1920s and 1930s with lots of references to her present life as well.

Nice book. Good reading. We have property in MT and was interested in Crow culture

Kind ok lot of filler.

Great book.

This is not only a very lovely book on the botany of Mrs. Snell's people, it's a very homey book and becomes somewhat of a biography. Just a beautiful, sitting-in-her kitchen book. A very enjoyable

read.

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