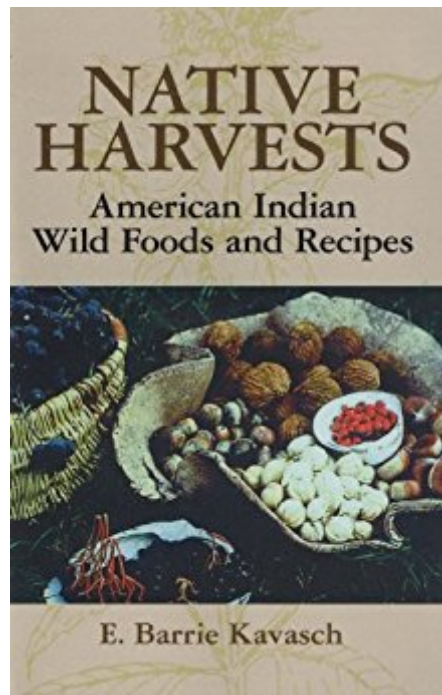


The book was found

# Native Harvests: American Indian Wild Foods And Recipes



## Synopsis

"The most intelligent and brilliantly researched book on the food of the American Indian." — Craig Claiborne, *The New York Times* This 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 — all written with acute sensitivity to and appreciation of Native American ways.

## Book Information

File Size: 5615 KB

Print Length: 272 pages

Publisher: Dover Publications (May 27, 2013)

Publication Date: May 27, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00COGXUJQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #255,985 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Native

American #21 in Books > Cookbooks, Food & Wine > Regional & International > Native American

#78466 in Kindle Store > Kindle eBooks > Nonfiction

## Customer Reviews

ABSOLUTELY LOVE this book. It has so many small little tidbits of information and fun recipes that you can try that DON'T include flour, sugar and store bought ingredients. I have been searching for a long time for a book like that. I don't want to have to purchase garbage at a store; I want to eat the hunter gatherer way. I love the way this book is laid out. I love how the author touches on many

different subjects, from wild foods, to ceremonies and medicine. I had no idea that club moss could help nose bleeds! Fascinating and a must read.

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.

This is a great book, both historically and culinary. 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 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.

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

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

This is a good reference cook book for one's collection...however I do think the hardback edition is a little over priced.

Would like to take a class of wild food locations/actual sightings (hands on). The pictures and information from the book are good reference but not like seeing the real thing from nature.

[Download to continue reading...](#)

Native Harvests: American Indian Wild Foods and Recipes Indian Cooking: for Beginners - Indian Recipes Cookbook 101 - Indian Cuisine - Indian Culinary Traditions (Indian Food Recipes - Indian Food Cookbook for Beginners) Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Native Indian Cookbook: Wild Game, Fish, and Wild Edibles Foods of the Southwest Indian Nations:

Traditional and Contemporary Native American Recipes Native American Cooking: Foods of the Southwest Indian Nations Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods American Indians and the Law: The Penguin Library of American Indian History (Penguin's Library of American Indian History) I Have Spoken: a Chapbook of Native American Poetry by a Native American author Enduring Harvests Fruit Trees in Small Spaces: Abundant Harvests from Your Own Backyard The Book of Indian Crafts and Indian Lore: The Perfect Guide to Creating Your Own Indian-Style Artifacts Wild Cards: Edible Wild Foods (All Ages) 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) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) 37 CHEROKEE Native American Indian Recipes Traditional Recipe Cookbook Box Set (2 in 1): Over 85 Amish and Native American Delicious Passed Down Recipes Across the Country (Farmhouse Foods)

[Dmca](#)