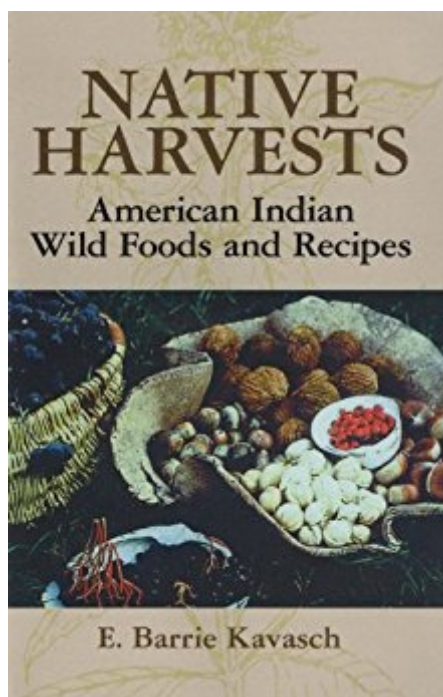


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# Native Harvests: American Indian Wild Foods And Recipes



## 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

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## 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.

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