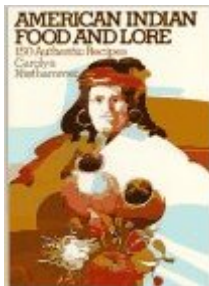


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# American Indian Food And Lore



## Synopsis

American Indian Food and Lore

## Book Information

Paperback: 192 pages

Publisher: Wiley; 1 edition (August 15, 1974)

Language: English

ISBN-10: 0020100000

ISBN-13: 978-0020100003

Product Dimensions: 8 x 0.5 x 11 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.6 out of 5 stars 7 customer reviews

Best Sellers Rank: #2,006,543 in Books (See Top 100 in Books) #101 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#) #3307 in [Books > Science & Math > Biological Sciences > Botany](#)

## Customer Reviews

American Indian Food and Lore

The copy I received was written and drawn in throughout by some hippie in the 70's. It even had two handwritten personal bills with 200 percent interest if not paid in full after two years. I would have appreciated a copy without all the nonsense, but can't really complain when it was only .01 plus shipping :-)

I found this book to be interesting and helpful. It is written as though your going to start living in the Deserts of the Southwest of USA. Very well researched and super interesting-tons of recipes on native foods

good

I so enjoyed the recipes and art work in the book. It is much more than just a collection of recipes.

I've had this book in my library since it was first published. Carolyn herself autographed it for me in '82. In all the moves and changes over the years, I could never justify getting rid of it. It's the best,

most usable book on desert edibles I've ever read or owned. Here's a breakdown: 1. Cactus and cactuslike plants - agave, barrel, cholla, etc. 2. Nuts and seeds - acorn, grass seed, jojoba, etc. 3. Grapes, berries and cherries - chokecherry, wild currant, etc. 4. Foods of the marsh and mesa - buffalo gourd, cattail, cota, etc. 5. greens - Rocky Mountain Beeweed, Canaigre, Curly dock, etc. 6. Agriculture - beans, chili, corn, etc. Let's take a look at page 10, Cholla. Wonderful, detailed illustration - if you can't find the plant by these pictures, you're not trying. Common name, scientific names, habitat and description. First Para.: "Indians sometimes called early spring - March - 'the cactus moon' because food was scarce, and this plant was often the only available vegetable food." Etc. Next page, she spells out how to harvest and clean the buds for food. Cholla buds - basic preparation. Next recipe: cholla buds and squash. One of my favorite recipe in the book is Prickly Pear jelly - oh, yum!!! This is the book for anyone who doesn't know a wild grape from a hackberry. It even has a recipe for Dandelion Wine. It's a wonderful blend of desert culture and how-tos. How can you go wrong with that? My old, tattered book is filled with specimens from my own desert excursions. It's been dog-eared, noted, dirtied and loved. It will be one book I'll never give up.

lots of recipes and history on plants that were used, not good pictures on the plants black and white drawings, need to get a book on plants to help you know what your looking for!

I was given this book as a gift in 1993 and since then I have given it to several Native American women as a gift and all were VERY impressed. It truly gives honor to all Native Women and the traditions and culture that makes them so rich and alive. AHO!

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