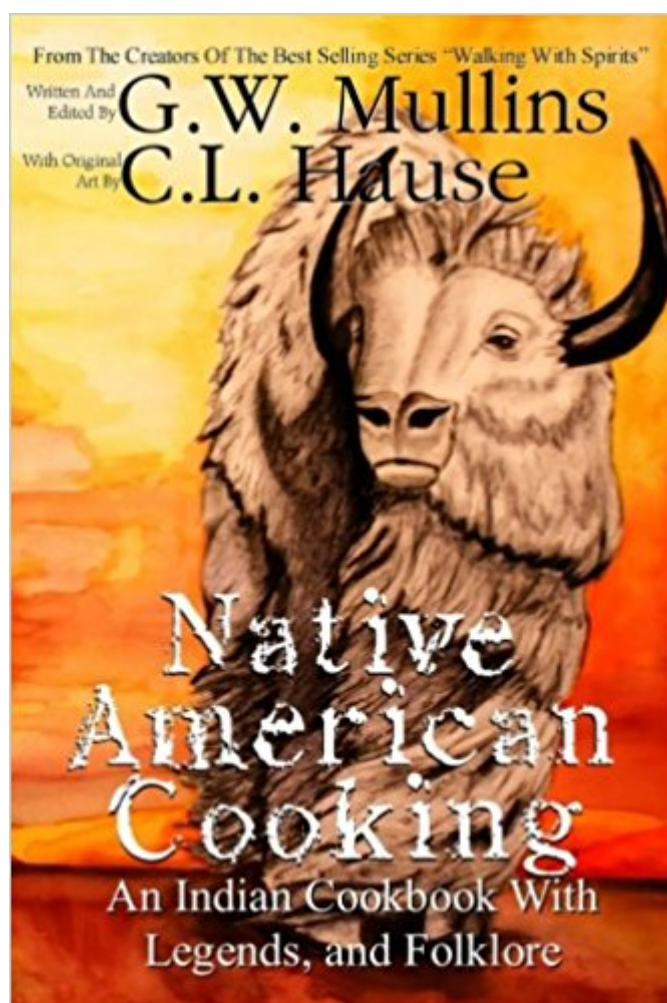


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# Native American Cooking An Indian Cookbook With Legends, And Folklore (Walking With Spirits)



## **Synopsis**

For many hundreds of years, people wandered into the great northwest. They came from all directions across Canada and the United States. These early people were clever builders, engineers, and weavers. They loved games of skill. They created stories, songs and poetry. Although they spoke many different languages, and had many different customs, they had at least one thing in common - they were the first immigrants. Native Americans were not only experts at hunting wild game, but they also were excellent farmers. They were known to cultivate crops in high, arid desert regions that required elaborate irrigation systems. Wild plants were also used abundantly to supplement the diet. Nothing was wasted, even the roots were often ground into powders to be used breads and other foods. Native American food consisted of three staples which were corn, squash, and beans. Other foods that were widely used include greens, Deer meat, berries, pumpkin, squash, and wild rice. Along with the staples and animal sources, herbs also played a vital role in early Native American food. Many of the earliest forms of medicine were derived from these food sources as well. They were masters at making poultices, teas, and herbal remedies. They used herbs and plants such as Peppermint, Spearmint, Clover, Sage, and Rosehips to make teas and other foods. Native Americans have always been well revered for being resourceful people, and when it comes to food, there is no difference. They were well versed at using the ingredients that were readily available to them and for making many different foods with them. Included in this book is a large collection of recipes that have been chosen from many tribes located throughout the United States and Canada. Also included are a collection of stories both related to food, which offer life lessons and tell us of a past that has been somewhat forgotten. Some recipes are tradition while others have been redeveloped over the years to include new ways of cooking and include new spices and ingredients. The recipes in this collection have been chosen in a way to stay true to the Native experience. Enjoy these recipes and take a look back at a healthier nation. One which did not rely on processed foods. These stories and the recipes go hand in hand to paint a picture of Native American Indian life and history.

## **Book Information**

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