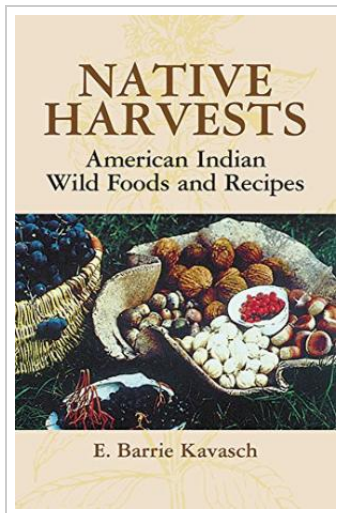




Native Harvests: American Indian Wild Foods and Recipes (Paperback)

By E. Barrie Kavasch

Dover Publications Inc., United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. 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.



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