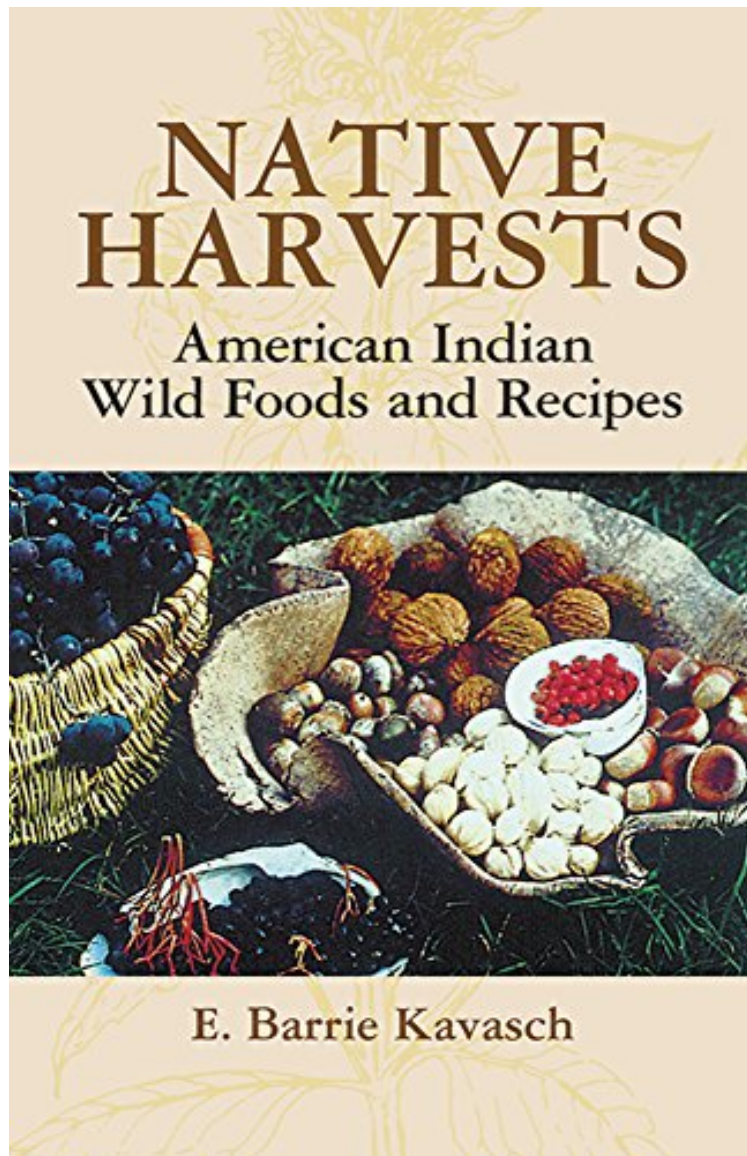


(Online library) Native Harvests: American Indian Wild Foods and Recipes

## Native Harvests: American Indian Wild Foods and Recipes

*E. Barrie Kavasch*

*audiobook / \*ebooks / Download PDF / ePub / DOC*



DOWNLOAD



+

READ ONLINE

#157526 in Books E Barrie Kavasch 2005-03-04 2005-03-04 Original language: English PDF # 1 8.40 x .53 x 5.261, .63 #File Name: 048644063X272 pages Native Harvests American Indian Wild Foods and Recipes | File size: 21.Mb

**E. Barrie Kavasch : Native Harvests: American Indian Wild Foods and Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Native Harvests: American Indian Wild Foods and Recipes:

6 of 6 people found the following review helpful. This is a great book, both historically and cullinaryBy Kindle CustomerThis is a great book, both historically and cullinary. 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.4 of 4 people found the following review helpful. This is a good reference cook book for one's collectionBy stevenjohnsonThis is a good reference cook book for one's collection...however i do think the hardback edition is a little over priced.0 of 0 people found the following review helpful. very informative, enjoyed readingBy Lindannevery informative - did not know I could eat some of the berries. I plan to make some of the recipes

"The most intelligent and brilliantly researched book on the food of the American Indian." Craig Claiborne, The New York TimesThis 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.