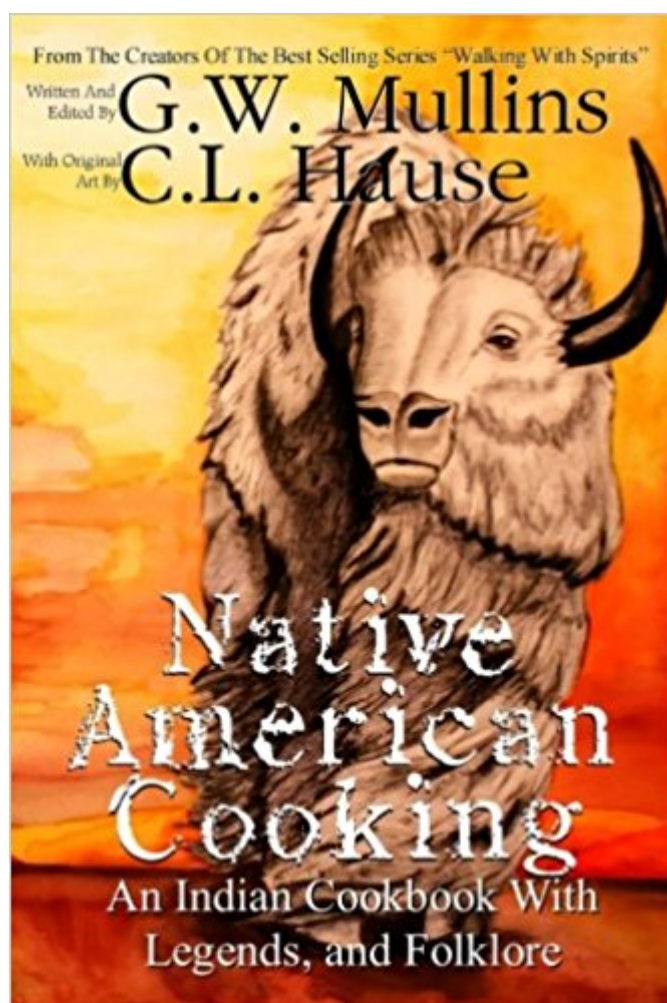


The book was found

# 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

Series: Walking With Spirits

Paperback: 320 pages

Publisher: CreateSpace Independent Publishing Platform (January 20, 2015)

Language: English

ISBN-10: 1507651252

ISBN-13: 978-1507651254

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,780,589 in Books (See Top 100 in Books) #95 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#)

[Download to continue reading...](#)

Native American Cooking An Indian Cookbook With Legends, And Folklore (Walking With Spirits)  
Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Easy Jamaican Cookbook: 50 Unique and Authentic Jamaican Recipes (Jamaican Cookbook, Jamaican Recipes, Jamaican Cooking, West Indian Cookbook, West Indian Recipes, West Indian Cooking Book 1) Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec Book 1) American Indian Myths and Legends (The Pantheon Fairy Tale and Folklore Library) Mexican-American Folklore (American Folklore Series) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Easy Hawaiian Cookbook: Authentic Tropical Cooking (Hawaiian Cookbook, Hawaiian Recipes, Hawaiian Cooking, Tropical Cooking, Tropical Recipes, Tropical Cookbook Book 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) The Native American Cookbook Recipes From Native American Tribes Folklore Rules: A Fun, Quick, and Useful Introduction to the Field of Academic Folklore Studies Most Popular Caribbean Recipes Quick & Easy!: Essential West Indian Food Recipes from the Caribbean Islands (Caribbean recipes, Caribbean recipes old ... recipes cookbook, West Indian cooking) Indian Cookbook: Top 25 Real Home Cooking Indian Recipes Indian Tales and Legends (Oxford Myths and Legends) American Indians and the Law: The Penguin Library of American Indian History (Penguin's Library of American Indian History) Welcome to Korean Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Korean

Recipes (Korean Cookbook, Korean Cuisine, Korean Cooking Pot, Asian Cuisine...) (Unlock Cooking, Cookbook [#8]) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook The Book of Indian Crafts and Indian Lore: The Perfect Guide to Creating Your Own Indian-Style Artifacts

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)