



Native Harvests: American Indian Wild Foods and Recipes

E. Barrie Kavasch

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This practical primer on natural foods not only provides recipes for a variety of dishes that are uniquely Native American but also identifies and describes the uses of specific ceremonial, medicinal, and sacred plants. From clambakes, corn chowders, and turkey with oyster cornbread stuffing, to flavored butters, sunflower seed cakes, and wild strawberry bread, the author offers a unique book that is simultaneously a field guide, cookbook, and useful manual on herbal medicines — all interwoven with Native American wisdom.

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