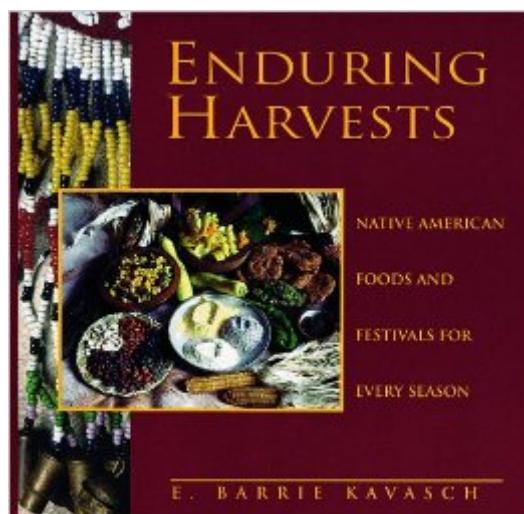


The book was found

Enduring Harvests



Synopsis

More than 150 tempting Native American recipes here have been adapted for the modern kitchen, making use of vegetables, fruits, fish, and game indigenous to the Americas. Delve into the delicious worlds of American Indian cookery and glimpse the cultures who made food preparation an art as well as a prayer for health and peace. Countless celebrations will charm you with a deeper respect for Native American foods and spiritual life honoring nature and the earth in every month of the year. Come journey from the Arctic Circle to Peru, and feel deliciously at home in Indian America.

Book Information

Paperback: 352 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #2,464,502 in Books (See Top 100 in Books) #94 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#)

Customer Reviews

This is a delightful, delicious book filled with special grace & insights & voices of many special individuals. We have used so many of these fine recipes over & over again, & always think of the sources & festivals from which they've come to us. Here are deep insights into the Native American cultures & their cuisines - deliciously shared & reverently presented! Wow!

Because this cookbook is presented almost as a calendar, the recipes are not only cultural but seasonal. I have tried many of the recipes and they are delicious--try it.

Enduring Harvest boasts not just a collection of interesting Native American recipes that can be prepared in anyone's kitchen, it also offers lists and descriptions of Native American festivals. This is a good resource for seeing what the foods all year around were like 100 years ago in various tribes. The recipes are good today too. The book describes the seasonal festivals that accompany the

foods. Many of these dishes are comfort food for Native Americans -- ones that grandma and mama makes. This book is a must in your kitchen if you are interested in cooking seasonal foods in the time-honored ways of various North American tribes. I highly recommend this well-written, expansive, and useful book. It's one I treasure and one I like to give to special friends as a gift.

This book has some great information and many good recipes, but I would call this native american *inspired* food. For example, classic indian frybread was actually concocted on the reservations; traditional native americans didn't have any of the ingredients listed in this book's recipe (flour, baking powder, powdered milk). Some ingredients in this book (e.g., white wine, Neufchatel cheese, etc) are clearly not native. But even ones that may seem native (honey, beef jerky, potatoes) are not native; at least, not in North America. South American Indians did use some interesting ingredients: chocolate, potatoes, tomatoes, etc., but North American traditional food was comprised more of nuts, berries, game, squash, beans, corn, acorns, wild rice, fish. If you're drawn to reservation food and don't care about authenticity, buy this book, and buy "Pow-wow Chow", which includes ingredients such as marshmallows, velveeta, spam, and many others ingredients that the original natives never ate but, alas, are readily eaten on many reservations.

This seasoned author has given us another GREAT BOOK on the earthy subject of American Indian foods and foodways! ENDURING HARVESTS is a delicious classic from a considerate culinary historian. As I re-read ENDURING HARVESTS again & again, I am taken with its depth & details of character & voices (& recipes) from many gracious American Indians. What a nice gift!!!

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