

(Mobile book) American Indian Cooking and Herb Lore

American Indian Cooking and Herb Lore

Thomas B. Underwood

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Thomas B. Underwood : American Indian Cooking and Herb Lore before purchasing it in order to gauge whether or not it would be worth my time, and all praised American Indian Cooking and Herb Lore:

1 of 2 people found the following review helpful. Great Book By Kindle Customer I had no trouble getting this book. It is full of great recipes for anyone looking to get back to nature. I would recommend this book to friends.

A treasury of food legends, recipes and herb uses from many Native American tribes.

A small pamphlet published by a local group, this cookbook includes a range of recipes passed down through families and oral traditions, but not necessarily a lot of details or illustrations. The simplicity of local cooking is clear in the short lists of ingredients, which often include a range of suggestions for whatever would currently be in season. -- goodreads