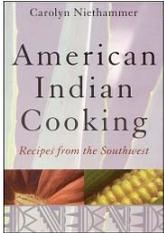


# Native American Cookbooks And Related Topics

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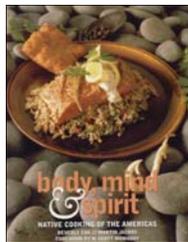


**AMERICAN INDIAN COOKING**  
- Recipes From the Southwest  
By Carolyn Niethammer  
Order number 0803283756-BK  
191 pages paperback \$18.95

This handy cookbook is an enjoyable and informative guide to the rich culinary traditions of the American Indians of the Southwest. Featured are 150 authentic fruit, grain, and vegetable recipes - foods that have been prepared by generations of Apaches, Zunis, Navajos, Havasupais, Yavapais, Pimas, and Pueblos. These tasty, unique dishes include mesquite pudding, Navajo blue bread, hominy, cherry corn bread, and yucca hash. *American Indian Cooking* also boasts wonderfully detailed illustrations of dozens of edible wild plants and essential information on their history, use, and importance. Many of these plants can be obtained by mail; a list of mail-order sources in the back of the book allows everyone to sample and savor these distinctive, natural recipes.

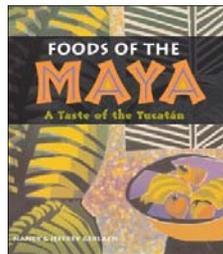
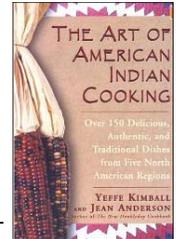
**BODY, MIND AND SPIRIT**  
- Native Cooking of the Americas  
By Beverly Cox & Martin Jacobs  
Order number 0976117703-BK  
100 pages paperback \$19.95

An amazing collection of recipes from North America, Mesoamerica, and South America. Includes a glossary, bibliography, and a list of sources for some of the hard to find ingredients. Recipes include Huckleberry Fritters, Creek Peanut Soup, Curried Fiddlehead and Carrot Soup, Ojibwa Wild Rice and Eggs, Navajo Green Chili Posole, Crispy Grouse Scaloppini, Aztec Tortilla Soup, Pescado en Tamal (Fish Wrapped in Corn Husks), Ecuadorian Shrimp Ceviche, Papas a la Arequipena (Peruvian Scalloped Potatoes), Pukacapas (Bolivian Cheese Pastries), and many more. Travel the Americas on this culinary extravaganza!



**THE ART OF AMERICAN INDIAN COOKING**  
By Yeffe Kimball  
Order number 1585740109-BK  
216 pages paperback \$14.95

*The Art of American Indian Cooking* is a sensuous journey of color, scent, and flavor through five North American regions. Using the bounty of ingredients available - such as avocados, sweet and Idaho potatoes, pineapples, pumpkins, wild game, and seafood - the American Indian first combines these gifts of the earth into what many of us now consider to be traditional American cooking. Offering such delicacies as Zuni green chili stew and roast pheasant stuffed with grapes and nuts, plus simple favorites such as baked acorn squash with honey and Chippewa wild rice. *The Art of American Indian Cooking* presents some of the best-loved dishes our continent has to impart, including Roast Goose and Maple-Sugared Nuts, Red Snapped Baked with Oranges and Jerusalem Artichoke Salad, Game Hens with Rice-Hazelnut Stuffing and Corn Chowder, Poached Salmon and Blueberry Fritters, Lamb-Stuffed Sweet Red Peppers and Cactus Salad, plus many more. Adapted for modern kitchens, these recipes are as inspired today as they were at their inception, reflecting the terrain, climate, and culture from which they emerged.

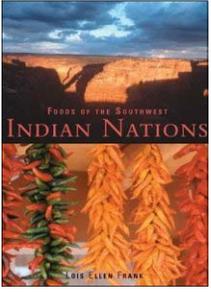


**FOODS OF THE MAYA**  
- A Taste of the Yucatan  
By Nancy & Jeffrey Gerlach  
Order number 0826328768-BK  
128 pages paperback \$15.95

Pompano tamales. Shrimp enchiladas. Candied sweet papaya. These are some of the foods whose recipes you will find in the pages of *Foods of the Maya*. In an easy-to-follow format *Foods of the Maya* provides handy background and travel information about the region and some of its ruins before dipping into the 91 recipes here, organized according to meal course. There are recipes that will suit most everyone's palate, from sauces and salads to soups and sausages; from vegetarian and meat appetizers and main dishes to simple drinks and desserts. Each section begins with a brief description of the course and the types of food involved. The recipes are clear and easy to understand - one need not be a trained chef with a vast kitchen to create a tasty Yucatecan meal. *Foods of the Maya* incorporates an array of cooking tips and techniques and a brief glossary of terms to help in food preparation - the authors have ensured that ingredients for their recipes are readily available at local food stores. So the next time you get a hankering for something different, you might consider cooking up a platter of Yucatan ribs or preparing a bowl of chayote pudding.

Prices subject to change without notice.

## More Native American Cookbooks



### FOODS OF THE SOUTHWEST INDIAN NATIONS

- Native American Recipes

By Lois Frank

Order number 1580083980-BK

208 pages hard cover \$35.00

To the Native American of the Southwest, every food, whether plant or animal, is considered sacred. In this gloriously photographed book, Native American food expert and chef Lois Ellen Frank, herself part Kiowa, presents more than 100 recipes that are rich in natural flavors and in tune with today's healthy eating habits. Frank spent over 15 years visiting Pueblos and Indian reservations in the southwest, documenting the time-honored techniques and recipes of many of the indigenous foods from this region. With the help of culinary advisor, Walter Whitewater, a member of the Navajo Nation from Pinon, Arizona, and a contemporary chef in Santa Fe, New Mexico, Frank has adapted the traditional recipes to modern palates and kitchens. Inside you will find such dishes as Lamb-Stuffed Chiles, Spicy Corn Soup, Indian Tacos, Fried Squash Blossoms, Zuni Sunflower Cakes, and Prickly Pear Ice. With its wealth of information, *Foods of the Southwest Indian Nations* makes it easy to prepare and celebrate authentic Native American cooking in both traditional and contemporary recipes.

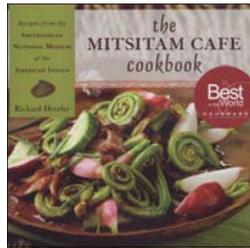
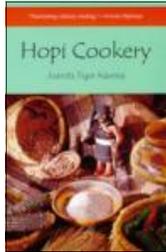
### HOPI COOKERY

By Juanita Tiger Kavena

Order number 0816506183-BK

115 pages paperback \$16.95

*Hopi Cookery* preserves more than 100 authentic, easy-to-follow recipes along with historical and cultural tidbits about the Hopi people. Aficionados of Southwestern cuisine will enjoy such Hopi dishes as Blue Cornmeal Hotcakes, Fresh Corn Chile Fritters, and Tamales, while more adventurous cooks will want to try Prickly Pear Pads, Yucca Pie, and Native Greens with Cornmeal Dumplings.



### THE MITSITAM CAFÉ COOKBOOK

By Richard Hetzler

Order number 1555917470-BK

185 pages hardbound \$23.95

Since the 2004 opening of the National Museum of the American Indian in Washington, D.C., the museum's Mitsitam Café has become a destination in its own right. Drawing upon tribal culinary traditions from five Native culture areas in the Americas - Northeast Woodlands and Great Lakes, South America, North Pacific Coast and Columbia Plateau, Mesoamerica, and Great Plains - the café's recipes feature staples that were once unknown in the rest of the world. Presented here are ninety of those recipes. Adapted for home cooks and showcasing indigenous American foods such as chocolate, chiles, tomatoes, potatoes, wild rice, salmon, buffalo, blueberries, and corn. Offering a new perspective on foods that are not only local but also have been grown and harvested in the Americas for thousands of years, *The Mitsitam Café Cookbook* provides a wealth of fresh, easy to prepare recipes that reflect the diversity of the hemisphere's Native Cultures. Featured dishes include: Cedar-Planked Fire-Roasted Salmon, Pulled Buffalo Sandwiches with Chayote Slaw, Smoked Duck Salad, Squash Blossom Soup, Fiddlehead Fern Salad, and Cranberry Crumble.

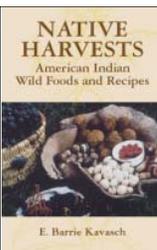
### NATIVE HARVESTS (Recipes) - American Indian Wild Foods and Recipes

By E. Barrie Kavasch

Order number 0486440637-BK

272 pages paperback \$12.95

This practical primer on natural foods not only provides recipes for varied Native American dishes but also describes uses of ceremonial, medicinal, and sacred plants. From clambakes to wild strawberry bread, the volume is simultaneously a field guide, cookbook, and useful manual on herbal remedies.



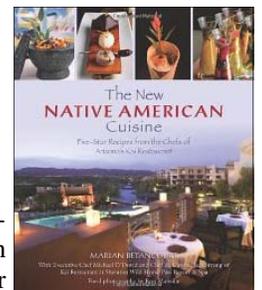
### THE NEW NATIVE AMERICAN CUISINE

By Marian Betancourt

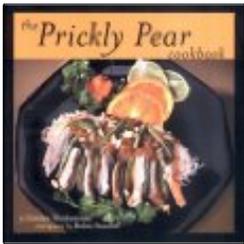
Order number 0762748952-BK

136 pages hard cover \$24.95

*The New Native American Cuisine* presents more than fifty delectable recipes from Arizona's Kai Restaurant - the only Native American restaurant in the nation to have achieved AAA Five Diamond and Mobile Five Star status. Written by a leading food writer and two of the restaurant's chefs, this beautiful and informative book offers a new interpretation of an ancient cuisine, as well as a better understanding of the culture that created it. It brings an exciting new dimension to the culinary experience of kitchens across America. For a true appreciation of Native American cuisine, one must also understand the land and culture that gave rise to these simple flavors. *The New Native American Cuisine* is not only a cookbook - it is also a guide to the rich history and culture of the farmers and ranchers of the Gila River Indian Community. Beautifully illustrated with rich full-color photographs of the resort and its award-winning restaurant and dishes, this sumptuous book presents unforgettable recipes for cocktails; main courses; soups and salads; vegetable; deserts. You will also find a glossary of key Native American foods and a shopping guide. Recipes include Mesquite Bean Martini, Huitlacoche Biscotti, Venison Carpaccio, Chilled Sixty-Day Sweet Corn Soup, Pecan-Crusted Colorado Rack of Lamb, Horseradish Dauphinoise Potatoes, Mount Pima Anise with Candied Red Bean Paste and many more.



## More Native American Cookbooks



### THE PRICKLY PEAR COOKBOOK

By Carolyn Niethammer

Order number 1887896566-BK

84 pages paperback \$14.95

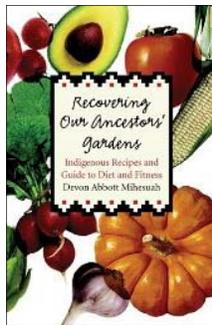
This charming cookbook celebrates the joys of the prickly pear cactus. Its sharp spines guard a real treasure, savored from Mexico (Easy Nopalito Salsa) to the Mediterranean (Prickly Pear Tiramisu). Here are 60 enticing international recipes for the vivid fruit of the cactus, its refreshing juice, and its tender green pads, all of which are delicious, nutritious, and increasingly included in the treatment of diabetes. In *The Prickly Pear Cookbook*, wild-food expert and master cook Carolyn Niethammer presents the latest medical research, lists many sources of prickly pear products, and guides readers through the simple process of cactus preparation. Mouthwatering recipes include prickly pear sorbet, frittata, soufflé, gelato, smoothies. Main dishes, salads, sauces, margaritas, and much more.

### RECOVERING OUR ANCESTORS' GARDENS

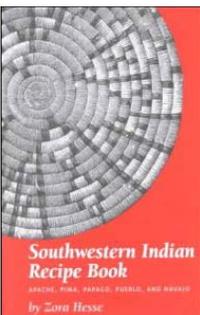
By Devon A. Mihesuah

Order number 0803232532-BK

218 pages hard cover \$26.95



Featuring an array of tempting traditional Native recipes and no-nonsense practical advice about health and fitness, *Recovering Our Ancestors' Gardens*, draws on the rich indigenous heritages of this continent to offer a helpful guide to a healthier life. The first half of the book consists of clear and often pointed discussions about the generally poor state of indigenous health today. It explains how indigenous foods and activities can be reclaimed and made relevant for a healthier lifestyle today. The second half of the book is a collection of indigenous recipes, including Summer Salsa, Poke Salat Salad, Dakota Waskuya Soup, Osage Pounded Meat, Chickasaw Pashofa, Elk Steak, Choctaw Banaha, Comanche Ata-Kwasa, Stewed Fruit Dessert, and a one-week diet chart. Savory, natural and steeped in the Native traditions of this land, these recipes are sure to delight and satisfy.



### SOUTHWESTERN INDIAN RECIPE BOOK

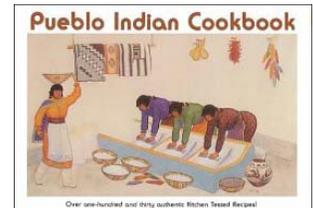
- Apache, Pima, Papago, Pueblo & Navajo Recipes

By Zora Hesse

Order number 0865410428-BK

52 pages paperback \$5.95

A collection of traditional Indian recipes adapted for modern kitchens. Recipes include original Indian recipes as well as others which are merely a few hundred years old and include the use of the "new" foods introduced by the Spanish. Recipes: from the Pima and Papago include Cholla Bud Vegetable and Corn and Pumpkin Stew; from the Navajo include Blue Corn Bread, Mutton of Lamb Stew; from the Pueblo include Pueblo Chili Fritters and Green Pumpkin Stew; and from the Apache include Meat Jerky.



### PUEBLO INDIAN COOKBOOK

By Phyllis Hughes

Order number 0890130940-BK

61 pages paperback \$11.95

Over 130 authentic kitchen tested recipes! All the recipes are time-honored and kitchen tested and have been compiled with care. Recipes have been modified to convert "a pinch of this" into accurate measurements for modern kitchens. A few esoteric recipes, such as Piki Bread, have been included for interest and experimentation, along with many easily prepared standards like Fry Bread and San Juan Squash. It's all here - virtually the entire repertoire of Pueblo cooking - from Chick Pea Soup to Piñon Nut Cake and dozens of dishes in between. It is a testimony to this classic work that the *Pueblo Indian Cookbook* can be found on the shelves of many Pueblo kitchens!

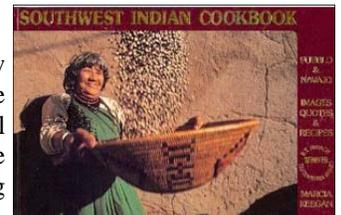
### SOUTHWEST INDIAN COOKBOOK

- Authentic Pueblo and Navajo Recipes

By Marcia Keegan

Order number 0940666030-BK

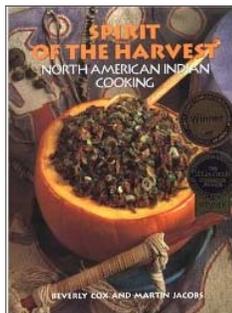
120 pages paperback \$14.95



Many of the foods that we now enjoy and take for granted are American Indian in origin. Until the discovery of the Americas the rest of the world know nothing about such foods as corn, squash, melons, gourds, pumpkins, beans, and chili peppers - crops that were coaxed from an arid land centuries before Columbus, and which are still cultivated today. These recipes are representative of the nineteen Indian Pueblos in New Mexico and the vast Navajo Nation in northern Arizona. Included are soups and appetizers, vegetable dishes, meat dishes, and bread and desserts. Enjoy recipes like Zuni Corn Soup, Piñon Soup, Corn Salad, Baked Corn and Zucchini, Calabacitas, Posole, Taos Rabbit, Chile Venison, Date Pudding, Piñon Cookies, Pueblo Peach Crisp, Apricot Rice Pudding and many more.

## More Native American Cookbooks

**SPIRIT OF THE HARVEST**  
- North American Indian Cooking  
By Beverly Cox & Martin Jacobs  
Order number 1556701861-BK  
255 pages hard cover \$40.00



This carefully researched cookbook presents 150 authentic indigenous recipes from across the U. S. incorporating many ingredients hailed today for their healthfulness and flavor - wild rice, corn, beans, sunflower seeds, venison, buffalo, fowl, and fish. *Spirit of the Harvest* features traditional dishes from the Cherokee, Chippewa, Navajo, Sioux, Mohegan, Iroquois, Comanche, Hopi, Haida, and many other North American tribes. Among them are recipes for such varied dishes as Cherokee Red and Green Mixit, Choctaw Filé-Crawfish Stew, Wild Rice and Venison Stuffed Pumpkin, Indian Tacos, Navajo Peach Crisp, Roast Duck Stuffed with Wild Rice and Wild Mushrooms, Elk Stew with Acorn Dumplings, Smoked Salmon Soup, Ember Roasted Buffalo, Skokomish Steamed Seafood, Mohegan Succotash, Iroquois Leaf Bread, and Whipped Raspberries and Honey. Fifty full-color photographs featuring an array of historic Indian artifacts illustrate these recipes from points across the United States from Cape Cod to Puget Sound, from the Missouri River to the Gulf of Mexico and the Rio Grande.

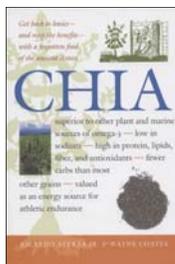
**WILD SEASONS**  
- Gathering and Cooking Wild Plants of the Great Plains  
By Kay Young  
Order number 0803299044-BK  
318 pages paperback \$31.95



For nature lovers as well as cooks, there's plenty to whet the appetite in this unique field guide-cum-cookbook. Starting with the first plants ready for eating in the early spring (watercress and nettles) and following the sequence of harvest through the late fall (persimmons and Jerusalem artichokes), Kay Young offers full, easy-to-follow directions for identifying, gathering, and preparing some four dozen edible wild plants of the Great Plains. And since most of the plants occur elsewhere as well, residents of other regions will find much of interest.

### Books on Cooking and related subjects:

### Wild Edible Plants, Diet and Nutrition, Health, Spirituality and Traditional Healing



**CHIA**  
By Ricardo Ayerza & Wayne Coates  
Order number 0816524882-BK  
197 pages paperback \$16.95

One of the four main Aztec crops at the time of Columbus' arrival in the New World, chia offers the highest omega-3 fatty acid content available from plants. Pre-Columbian civilizations used chia as a raw material for medicines and nutritional compounds, and valued it as a source of energy on long journeys. In this book, an agronomist and an agricultural engineer reveal the modern potential of this foreign crop. They compare fatty acid profiles of chia with our other major sources - fish oil, flaxseed, and marine algae - and provide evidence that chia is superior to these omega-3 sources in many ways. Chia - It's not just for pottery anymore!

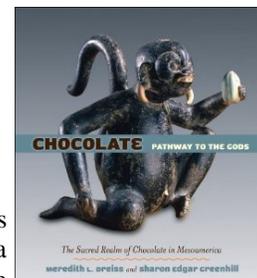
**CHILIES TO CHOCOLATE**  
- Foods the Americas Gave the World  
By Nelson Foster & Linda S. Cordell  
Order number 0816513244-BK  
191 pages paperback \$16.95



Columbus stumbled upon the New World while seeking the riches of the Orient, yet Native peoples of the Americas already held riches beyond his knowing. From maize to potatoes to native beans, a variety of crops unknown to Europeans was being cultivated by indigenous peoples of the Americas. *Chilies to Chocolate* traces the biological and cultural history of some of these crops, focusing on their domestication and use by Native peoples and their dispersion into the fields and kitchens of the Old World.

**CHOCOLATE: PATHWAY TO THE GODS**  
- The Sacred Realm of Chocolate in Mesoamerica  
By Meredith I. Dreiss & Sharon Edgar Greenhill  
Order number 0816524648-BK  
193 pages cloth \$30.00

*Chocolate: Pathway to the Gods* takes readers on a journey through 3,000 years of the history of chocolate. It is a trip filled with surprises. And it is a beautifully illustrated tour, featuring 132 vibrant color photographs and a captivating 60 minute DVD documentary. Along the way, readers learn about the mystical allure of chocolate for the peoples of Mesoamerica, who were the first to make it and who still incorporate it into their lives and ceremonies today. The cacao tree has been at the center of Mesoamerican mythology for thousands of years. Not only did this "chocolate tree" produce the actual seeds from which chocolate was extracted, but it was also symbolically endowed with cosmic powers that enables a dialogue between humans and their gods. From the pre-Columbian images included in the sumptuous book, we are able to see for ourselves the importance of chocolate to the Maya, Aztecs, Olmecs, Mixtecs, and Zapotecs who grew, produced, traded, and fought over the prized substance. The authors document the significance of chocolate - to gods, kings, and everyday people - over several millennia. As mythological connections between cacao trees, primordial rainforests, and biodiversity are unveiled, our own quest for ecological balance is reignited. The authors provide new reasons to celebrate this wondrous concoction.



## Books on Cooking and related subjects:

### Wild Edible Plants, Diet and Nutrition, Health, Spirituality and Traditional Healing

#### CORN IS MAIZE

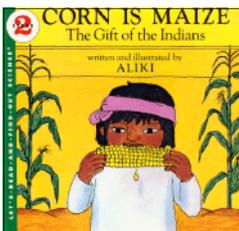
- The Gift of the Indians

By Aliko

Order number 0064450263-BK

40 pages paperback \$5.99

What's so great about corn? Popcorn, corn on the cob, cornbread, tacos, tamales, and tortillas. All of these and many other good things come from one amazing plant. Aliko tells the story of corn: How Native American farmers thousands of years ago found and nourished a wild grass plant and made it an important part of their lives. They learned the best ways to grow and store and use its low fat yellow kernels. And then they shared this knowledge with the new settlers of America. A young readers Let's-Read-and-Find-Out Science book.



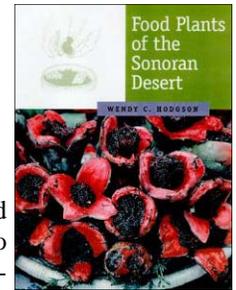
#### FOOD PLANTS OF THE SONORAN DESERT

By Wendy C. Hodgson

Order number 0816520607-BK

313 pages hard cover \$75.00

The seemingly inhospitable Sonoran Desert has provided sustenance to indigenous peoples for centuries. Although to all appearances the land is bereft of useful plants, fully one-fifth of the desert's flora are edible. This volume presents information on nearly 540 edible plants used by people of more than fifty traditional cultures of the Sonoran Desert and peripheral areas. *Food Plants of the Sonoran Desert* includes not only plants such as gourds and legumes but also sources such as palms, lilies, and cattails, all of which have provided nutrition to desert peoples. Each species entry lists recorded names and describes indigenous uses, which often include nonfood therapeutic and commodity applications. The agave, for example, is cited for its use as food and for alcoholic and nonalcoholic beverages, syrup, fiber, cordage, clothing, sandals, nets, blankets, lances, fire hearths, musical instruments, hedgerows, soap, and medicine, and for ceremonial purposes. The agave entry includes information on harvesting, roasting, and consumption - and on distinguishing between edible and inedible varieties. No other source provides such a vast amount of information on traditional plant uses for this region.



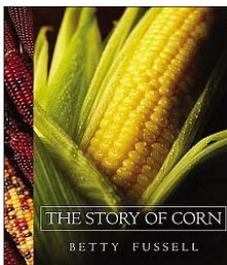
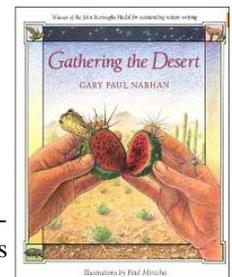
#### GATHERING THE DESERT

By Gary Paul Nabhan

Order number 0816510148-BK

209 pages paperback \$22.95

To the untrained eye, a desert is a wasteland that defies civilization; yet the desert has been home to native cultures for centuries and offers sustenance in its surprisingly wide range of plant life. Gary Paul Nabhan has combed the desert in search of plants forgotten by all but a handful of American Indians and Mexican Americans. In *Gathering the Desert*, readers will discover that the bounty of the desert is much more than meets the eye - whether found in the luscious fruit of the stately organpipe cactus or in the lowly tepary bean. Nabhan has chosen a dozen of the more than 425 edible wild species found in the Sonoran desert to demonstrate just how bountiful the land can be. From the red-hot chiltepinos of Mexico to the palms of Palm Springs, each plant exemplifies a symbolic or ecological relationship which people of this region have had with plants through history. Each chapter focuses on a particular plant and is accompanied by an original drawing by artist Paul Mirocha. Word and picture together create a total impression of plants and people as the book traces the turn of seasons in the desert.



#### THE STORY OF CORN

By Betty Fussell

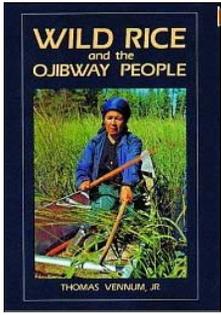
Order number 0826335920-BK

367 pages paperback \$27.95

*The Story of Corn* is a unique compendium, drawing upon history, science and art, anecdote and image, personal narrative and epic to tell the extraordinary story of the grain that built the New World. Corn transformed the way the entire world eats, providing a hardy, inexpensive alternative to rice or wheat and cheap fodder for livestock and finding its way into everything from explosives to embalming fluid. This is a true American saga, interweaving the histories of the indigenous peoples who first cultivated the grain and the European conquerors who appropriated and propagated it around the globe. Fussell explores corn's role as food, fetish, crop, and commodity to those who have planted, consumed, worshiped, processed, and profited from it for seven centuries.

## Books on Cooking and related subjects:

### Wild Edible Plants, Diet and Nutrition, Health, Spirituality and Traditional Healing



#### WILD RICE AND THE OJIBWAY PEOPLE

By Thomas Vennum, Jr.

Order number 0873512268-BK

357 pages paperback \$35.00

Wild Rice has always been essential to life in the Upper Midwest and neighboring Canada. In this far-reaching book, Thomas Vennum, Jr., uses travelers' narratives, historical and ethnological accounts, scientific data, historical and contemporary photographs and sketches, his own field work, and the words of Indian people to examine the importance of this wild food to the Ojibway people. He details the technology of harvesting and processing, from 17th century reports through modern mechanization. He explains the important place of wild rice in Ojibway ceremony and legend and depicts the rich social life of the traditional rice camps. And he reviews the volatile issues of treaty rights and litigations involving Indian problems in maintaining this traditional resource. A staple of the Ojibway diet and economy for centuries, wild rice has now become a gourmet food. With 20th century agricultural technology and paddy cultivation, white growers have virtually removed this important source of income from Indian hands. Nevertheless, the Ojibway continue to harvest and process rice each year. It remains a vital part of their social, cultural, and religious life.

#### A TASTE OF HERITAGE

- Crow Indian Recipes and Herbal Medicines

By Alma Hogan Snell

Order number 0803293533-BK

200 pages paperback \$17.95



Drawing on the knowledge and wisdom of countless generations of Crow Indian women, well-known speaker and teacher Alma Hogan Snell presents an indispensable guide to the traditional lore, culinary uses, and healing properties of native foods. *A Taste of Heritage* imparts the lore of ages along with the traditional Crow philosophy of healing and detailed practical advice for finding and harvesting plants: from the key to creating irresistible dishes of cattails and dandelions, salsify and Juneberries, antelope meat and buffalo hooves, to the secret of using plants to enhance beauty and incite love. Snell describes the age-old practices of turning wildflowers and garden plants into balms and remedies for such ailments and injuries as snakebite, headache, leg cramps, swollen joints, asthma, and sores. With life-enhancing recipes for everything from soups, teas, and breads to poultices, aphrodisiacs, and fertility aids, *A Taste of Heritage* is above all a fascinating cultural document certain to enrich the reader's relationship with the natural world. Recipes include Wild Carrot Pudding, Salsify Oyster Stew, Chokecherry Cake, Stuffed Trout, Wild Turnip Bread, and many more.

#### EDIBLE MEDICINES

- An Ethnopharmacology of Food

By Nina L. Etkin

Order number 0816527489-BK

304 pages paperback \$24.95

Chile pepper is used today as a flavoring, but Aztecs also applied it for toothaches, sore throat, and asthma. The tonic properties of coffee have been recorded in Islamic pharmacopeia since the 11th century, and many people have used it to protect against Parkinson's disease. Although much has been documented regarding the nutritional values of foods, until recently little attention has been paid to the pharmacologic potential of diet. This book investigates the health implications of food from the cuisines of peoples around the world to describe the place of food in health maintenance. Showing that food choice is more closely linked to health than is commonly thought, Etkin helps us to understand the health implications of people's food-centered actions in the context of real-life circumstances. *Edible Medicines* demonstrates the intricate relationship between culture and nature.

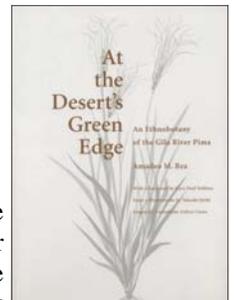
#### AT THE DESERT'S GREEN EDGE

- An Ethnobotany of the Gila River Pima

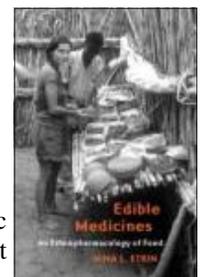
By Amaadeo M. Rea

Order number 0816515409-BK

430 pages hard cover \$65.00



The Akimel O'odham, or Pima Indians, of the northern Sonoran Desert continue to make their home along Arizona's Gila River despite the alarming degradation of their habitat that has occurred over the past century. The oldest living Pimas can recall a lush riparian ecosystem and still recite more than 200 names for plants in their environment, but they are the last generation who grew up subsisting on cultivated native crops or wild-foraged plants. *At the Desert's Green Edge* weaves the Pima view of the plants found in their environment with memories of their own history and culture, creating a monumental testament to their traditions and way of life. Rea first discusses the Piman people, environment, and language, then proceeds to share botanical knowledge in entries for more than 240 plants that systematically cover information on economic botany, folk taxonomy, and linguistics. The entries are organized according to Pima life-form categories such as plants growing in water, eaten greens, and planted fruit trees. These entries are capsules of both data and culture, as they retain the elements of narrative and oral history that distinguish such caring, collaborative efforts. *At the Desert's Green Edge* is an archive of otherwise unavailable plant lore that will become a benchmark for botanists and anthropologists.



## Books on Cooking and related subjects:

### Wild Edible Plants, Diet and Nutrition, Health, Spirituality and Traditional Healing

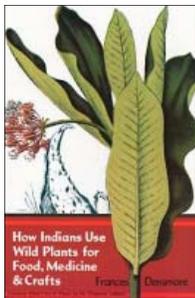
#### HOW INDIANS USE WILD PLANTS FOR FOOD, MEDICINE & CRAFTS

By Frances Densmore

Order number 0486230191-BK

155 pages paperback \$7.95

A renowned ethnologist with the Smithsonian Institution offers a fascinating wealth of material on nearly 200 plants that were used by the Chippewa's in Minnesota and Wisconsin. The volume provides an emphasis on wild plants and their lesser-known uses. A fascinating and well-illustrated study.



#### PEOPLE AND PLANTS IN ANCIENT WESTERN NORTH AMERICA

By Paul E. Minnis

Order number 0816529124-BK

440 pages paperback \$35.00

The environmental diversity of western North America is astounding - from the wind-scoured tundra of the high mountains to the seemingly desolate lowland deserts. No less remarkable is the record of plant usage by the various indigenous peoples who have been living there for more than twelve millennia. For the vast majority of this time, their livelihood - food, shelter, fuel, and medicine—depended on their knowledge and use of the plants that surrounded them. The most comprehensive overview in more than half a century of the interconnectedness of people and plants, this book and its companion volume, *People and Plants in Ancient Eastern North America*, present the latest information on three major topics: the uses of native plants, the history of crops and their uses, and the impact of humans on their environment. They not only contribute to our understanding of the lives of prehistoric people but also serve as guides for designing sustainable living today.



#### PEOPLE AND PLANTS IN ANCIENT EASTERN NORTH AMERICA

By Paul E. Minnis

Order number 0816529131-BK

423 pages paperback \$35.00

The environmental diversity of North America is astounding - from circumpolar tundra with a small number of plants more than a few centimeters tall to the lush semitropical forests of the southeastern United States and the Caribbean Basin. No less remarkable is the record of plant usage by the various indigenous peoples who have been living here for more than 12,000 years. For the vast majority of this time, their livelihood - food, shelter, fuel, and medicine - depended on their knowledge and use of the plants that surround them. The most comprehensive overview in more than half a century of the interconnectedness of people and plants, this book and its companion volume, *People and Plants in Ancient Western North America*, present the latest information on three major topics: the uses of native plants, the history of crops and their uses, and the impact of humans on their environment. They not only contribute to our understanding of the lives of prehistoric people but also serve as guides for designing sustainable living today.



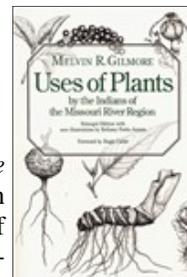
#### USES OF PLANTS BY THE INDIANS OF THE MISSOURI RIVER REGION

By Melvin R. Gilmore

Order number 0803270348-BK

165 pages hard cover \$10.00

A classic of ethnobotany, *Uses of Plants by the Indians of the Missouri River Region* has been enlarged for this new edition with 30 drawings of plants discussed by Gilmore. The taxonomic glossary has been updated as well. Readers will find here, conveniently described, the uses that Plains Indians made of the wild plants they collected and of those plants they cultivated for food, clothing, medicine, and ornamentation. This fascinating book, originally published in 1919, reveals cultures that evolved in close harmony with their environment.

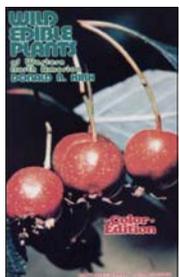


#### WILD EDIBLE PLANTS OF WESTERN NORTH AMERICA

By Donald R. Kirk

Order number 0879610360-BK

307 pages paperback \$12.95



This book describes or mentions the great bulk of the edible plants found in the western United States west of the Great Plains and in southwestern Canada and northwestern Mexico. Carefully illustrated, it helps you identify many hundreds of edible plants that may give you helpful food on a camping trip or someday save your life. The author details the various methods of preparation of the different wild foods, and gives careful warnings and descriptions as to how to avoid poisonous plants you might encounter.

## Books on Cooking and related subjects:

### Wild Edible Plants, Diet and Nutrition, Health, Spirituality and Traditional Healing

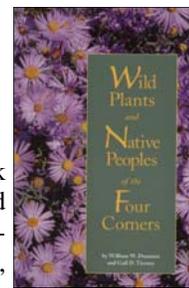
#### WILD PLANTS AND NATIVE PEOPLES OF THE FOUR CORNERS

By William W. Dunmire & Gail D. Tierney

Order number 0890133190-BK

320 pages paperback \$22.50

Wild plants have played an essential role in shaping the lives of native peoples of the Four Corners region. This book explores some of the most useful wild plants now growing in the region, with the central focus upon the centuries-old connection between wild plants and humans and their daily needs. For prehistoric evidence of this plant-people relationship, the book explores the flora of five different parks within the U.S. National Parks system: Chaco Canyon, Aztec Ruins, Mesa Verde, Hovenweep, and Canyon de Chelly. Moving forward in time from the ancient dwelling sites, we next explore the modern Hopi, who represent a direct cultural link with the pre-Puebloan people. Navajos, Utes, and Jicarilla Apaches, relative late arrivals in the region, constitute the third area of focus. This volume has avoided areas of plant use that might distress or offend native cultures. It does not discuss ritual plant uses, ceremonies, or other religious matters that are not meant to be shared with outsiders. A valuable book for anyone interested in the plants, people, and cultures of the Colorado Plateau.



## Books on Cooking and related subjects:

### Diet and Nutrition, Health, Spirituality and Traditional Healing

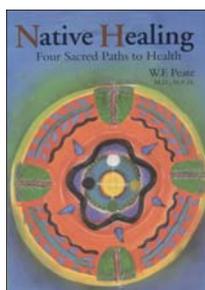
#### NATIVE HEALING

- Four Sacred Paths to Health

By W. F. Peate

Order number 1887896399-BK

120 pages paperback \$16.95



Discover the power of Native Healing. Add health and harmony to your life. Ancient wisdom works hand in hand with modern medicine in this inspired guide. Warm, intelligent, and down-to-earth, *Native Healing* tells the story of a doctor who learned to “listen with his heart” as well as his stethoscope. Dr. Peate’s book explores the spiritual as well as the practical side of Native American practices. It attempts to integrate Native American perspectives into a larger vision of healing potential. This is an inspiring journal of one physician’s journey through his healing traditions that invites readers to come along, and then encourages them in their own explorations. Dr. Peate is descended from Mohawk and Onondaga Nations of the Iroquois and received his medical education at Dartmouth and Harvard.

#### SPIRIT HEALING

- How to Make Your Life Work

By Mary Dean Atwood

Order number 1402741104-BK

160 pages paperback \$12.95



When European settlers arrived on the continent of North America, they found Native Americans healthy and robust. Native American healers were actually advanced in their approach to healing. Methods used included assessments of personal problems, family or tribal intervention, and dream interpretation to uncover hidden needs and fears. In addition to physical illness or damage by accidents or battles, healers recognized the potential dangers of unconscious or unexpressed wishes and needs; that when anger or negative energy forces attacked tribal members it could cause illness. Such things disturbed white settlers because they made little connection between the mind and the health of the body. The great secret ancient wisdoms come to those who work on their character first. Sometimes one needs a way to begin a quest for increased knowledge, self healing, and discovery. It is hoped that this book will help you to begin your journey.

## Books on Health, Traditional Healing and Spirituality

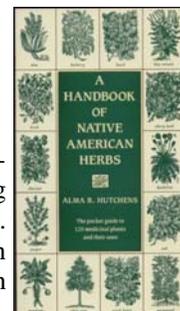
#### A HANDBOOK OF NATIVE AMERICAN HERBS

By Alma Hutchens

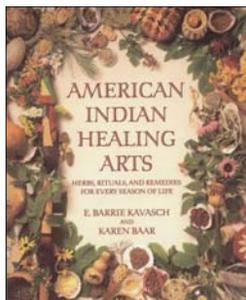
Order number 0877736998-BK

256 pages paperback \$18.95

This authoritative guide is a portable illustrated companion for the professional and amateur herbalist alike. It provides detailed descriptions of 125 of the most useful medicinal plants commonly found in North America, along with directions for a range of uses, remedies for common ailments, and notes on the herbal traditions of other lands. Entries include staples of folk medicine such as Echinacea and slippery elm as well as common kitchen herbs - such as parsley, thyme, and pepper - whose tonic and healing properties are less widely known. Includes a section with definitions and an index.



## Books on Health, Traditional Healing and Spirituality

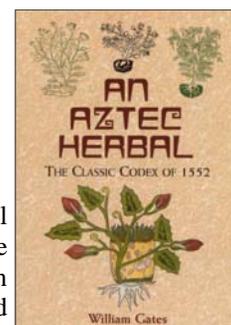


**AMERICAN INDIAN HEALING ARTS**  
- Herbs, Rituals & Remedies for Every Season of Life  
By Barrie Kavasch & Karen Barr  
Order number 0553378818-BK  
336 pages paperback \$21.00

*American Indian Healing Arts* is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies - many of which are now being confirmed by modern research. Each chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than 60 easy-to-use herbal remedies - including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest.

**AN AZTEC HERBAL**  
- The Classic Codex of 1552  
By William Gates  
Order number 0486411303-BK  
144 pages paperback \$10.95

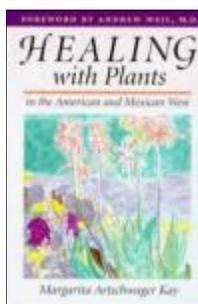
Originally written in the Aztec language, Nahuatl, in 1552, this classic codex was the first herbal and medical text compiled in the New World. The author of this extraordinarily rare and valuable document was Martin de la Cruz, an Aztec physician, whose work was subsequently translated into Latin by an Aztec nobleman, Juan Badiano. The book was translated into English in 1939 by William Gates. In these pages are centuries-old Aztec remedies for boils, hair loss, cataracts, insomnia, sore throats, hiccups, gout, lesions, wounds, joint diseases, tumors, and scores of other ailments. Over 180 black-and-white figures of the plants augment the text, along with 38 full-color illustrations made specially for the Gates edition. Additional supplements include an introduction to the Mexican botanical system, an analytical index of the plants, and a new introduction by anthropologist Bruce Byland. Remarkable for its scope, detail, careful observation, and accurate description, *An Aztec Herbal* stands as a magnificent example of the impressive medical knowledge of indigenous peoples. This handsome and inexpensive edition of a long-unavailable work promises to engender a new appreciation of the skill and inventiveness of Aztec medical practices in particular and of Native American science in general.



## Books on Traditional Healing and Spirituality

**HEALING WITH PLANTS IN THE AMERICAN AND MEXICAN WEST**

By Margarita Artschwager Kay  
Order number 0816516464-BK  
315 pages paperback \$19.95



Disenchanted with biomedicine and dismayed by its cost, increasing numbers of people are seeking alternative therapies such as the healing plants discussed in this book. The heart of this volume is a complete description of 100 plants including botanical and common plant names, history, contemporary uses, a description of how the plant is prepared and administered, and brief phytochemical data. Are any of these plants dangerous, and do any of them really work? Where did they come from, and where are they available now? Answers to these questions will pique the interest of general readers and will be an invaluable resource for health-care providers. For all readers, the book opens a window into many ethnic cultures of the region as it describes a unique pharmacopoeia available today here and in other parts of the world.

**HERBAL MEDICINE OF THE AMERICAN SOUTHWEST**  
By Charles W. Kane  
Order number 0977133314-BK  
346 pages paperback \$24.95



For anyone interested in botanical medicine, *Herbal Medicine of the American Southwest* is a valuable resource. This comprehensive field guide to plants from Acacia to Yucca instructs on collection, preparation and use of the Southwest's bountiful botanical species. Inside the definitive guide you will find: complete medicinal and edible uses for over 210 western plants; modern and traditional applications; preparations, dosage, and cautions; common and scientific names; extensive plant description and geographic range; identification and collection techniques; over 200 color photos with whole plant and flower detail; original botanical paintings. Includes worksheets, bibliography, glossary, and index.

## Books on Traditional Healing and Spirituality

### MEDICINAL PLANTS OF THE DESERT AND CANYON WEST

By Michael Moore

Order number 0890131824-BK

200 pages paperback \$16.95



This highly regarded and successful reference book is an indispensable companion to Michael Moore's *Medicinal Plants of the Mountain West*, the preeminent guide to the preparation of herbal remedies. In this volume, the noted herbalist offers more of the clear and reliable information about the medicinal uses of herbs found in this unique Southwest region. Michael Moore draws on his own extensive background in botanical medicines, and on pharmacological sources, as well as Indian and Spanish herbal traditions of the region, to present a learned, practical, highly readable, and always fascinating guide to the use and preparation of medicinal plants.



### MEDICINAL PLANTS OF THE MOUNTAIN WEST

By Michael Moore

Order number 0890134542-BK

368 pages paperback \$24.95

Herbalist Michael Moore updates in expanded form his classic work *Medicinal Plants of the Mountain West*, the indispensable field guide to identifying southwestern medicinal plants and their preparation and use. Drawing on a 35 year career as a teacher, merchant, and alternative-medicine practitioner, Moore has produced the most accessible herbal guide for professionals and nonprofessionals alike. Practical and user-friendly, this guide to 129 medicinal plants, with its extensive therapeutic index covering hundreds of common ailments and conditions, provides essential herbal remedies for the panoply of non-acute diseases left unaddressed by standard-practice medicine.

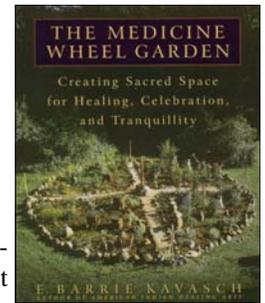
### THE MEDICINE WHEEL GARDEN

- Creating Sacred Space for Healing, Celebration and Tranquility

By E. Barrie Kavasch

Order number 0553380893-BK

348 pages paperback \$20.00



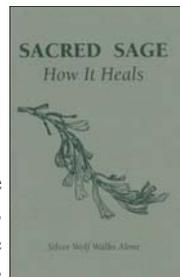
The American Indian medicine wheel was an ancient way of creating sacred space and calling forth the healing energies of nature. Now, drawing on a lifetime of study with native healers, herbalists and ethnobotanist E. Barrie Kavasch offers a step-by-step guide to bringing this beautiful tradition into your own life - from vibrantly colorful outdoor circle designs to miniature dish, windowsill, or home altar adaptations. Inside you will find: planting guides for every zone, from desert Southwest to northern woodlands; a beautifully illustrated encyclopedia of 50 key healing herbs, including propagation needs, traditional and modern uses, and cautions; easy-to-follow herbal recipes, from teas and tonics to skin creams and soaps - plus delicious healing foods; ideas for herbal crafts and ceremonial object, including smudge sticks, wind horses, prayer ties, and spirit shields; seasonal rituals to bless your garden and your friends; and much more. Practical, beautiful, and inspiring, *The Medicine Wheel Garden* lead us on a powerful journey to rediscovering the sacred in everyday life as we cultivate our gardens...and our souls.

### SACRED SAGE - HOW IT HEALS

By Silver Wolf Walks Alone

Order number 0964022907-BK

26 pages paperback \$6.00



*Sacred Sage* was written to honor the spirit of the sagebrush. The book was written in two parts. In the first, the author shares experiences with the physical uses of the sagebrush and its healing abilities. In the second, the author shares the spiritual messages received during meditations with the sagebrush and through using it personally. The book includes information the smudging ceremony, ceremonial gathering of sage, medicinal uses of sage, and spiritual healing of sage.

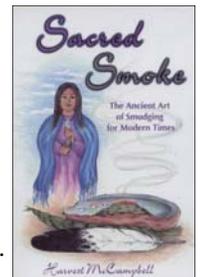
### SACRED SMOKE

- The Ancient Art of Smudging for Modern Times

By Harvest McCampbell

Order number 1570671173-BK

96 pages paperback \$9.95

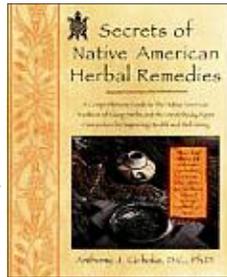


Smudging is the burning of herbs as a spiritual practice. In this new edition of her classic book on smudging, Harvest McCampbell explains and illustrates this integral part of traditional Native American life. She also offers valuable advice on how to reclaim your own traditions and find your personal healing rituals. Learn how to make smudge sticks and identify, collect, and grow a wide range of sacred plants for smudging: balsam fir, bayberry, cedar, desert sage, hemlock, mugwort, sweetgrass, yerba santa, and more. Include information on buying herb for smudging, sources of smudge herbs, and internet sources for more information on smudging.

## Books on Traditional Healing and Spirituality

### SECRETS OF NATIVE AMERICAN HERBAL REMEDIES - A Comprehensive Guide to the Native American Tradition of Using Herbs and the Mind/Body/Spirit Connection

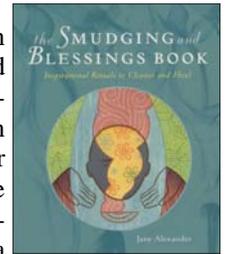
By Anthony Cichoke  
Order number 1583331002-BK  
336 pages paperback \$22.00



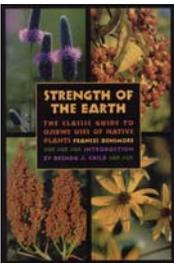
For centuries, Native American healers have used the gifts of nature to bestow health and healing on those in need. They have experimented with the fruits of the earth - berries, flowers, plants, and roots - taking note of their effects and benefits on the body as well as the spirit. And the knowledge of this ancient healing practice has been passed from one generation to the next. Now, in *Secrets of Native American Herbal Remedies*, Anthony J. Cichoke imparts his knowledge. He explores the history of the uses of more than 100 American herbs, including such newly popular ones as Echinacea, ginko biloba, ginseng, and goldenseal. In an accessible yet authoritative style, his book provides an overview of the herbs and details their healthful constituents, forms in the which they can be purchased and ways to prepare them. It then discusses each herb individually, giving information on uses and benefits. Part two recommends healing formulas for common conditions ranging from abscesses to wounds. A description of each condition is followed by recipes for therapeutic teas, ointments, washes, gargles, and more. The final part of the book offers guidelines for creating your own individual wellness program in the Native American tradition, complete with dietary modifications and spirit healing.

### SMUDGING AND BLESSINGS BOOK

By Jane Alexander  
Order number 1402766817-BK  
96 pages paperback \$12.95



Smudging is the common name given to the sacred smoke bowl blessing, a powerful Native North American cleansing technique. For thousands of years, Native Americans have burned sacred plants in a bowl or on a stick to drive away negative energies and restore balance. Now Jane Alexander provides you with all the information you need to start smudging and perform your own cleansings, rituals, and blessings. You will also learn how to: clear away stagnant energy in a home you've just moved in to; leave old relationships behind and move on to new ones; celebrate different times of year from May Day to Winter Solstice; wake up and greet the day full of confidence, energy, and hope; ease into the world of sweet dreams and deep, invigorating sleep, bathe away stress; look for love; feel more centered and protected from the world.



### STRENGTH OF THE EARTH - The Classic Guide to Ojibwe Uses of Native Plants

By Frances Densmore  
Order number 0873515625-BK  
136 pages paperback \$14.95

From techniques for tapping maple trees and harvesting wild rice to extracting dyes from bloodroot and making dishes from birch bark, *Strength of the Earth* details the many uses of more than 200 forest and prairie plants. In the early 20th century, Frances Densmore, in cooperation with the Smithsonian Institution, began to work as an anthropologist, focusing on the practices of the Native American people of the Midwest. Her work brought her to dozens of Ojibwe (Chippewa) women who taught her how they used wild plants in their everyday lives. Densmore methodically cataloged hundreds of forest and prairie plants, organizing the entries by the botanical, Ojibwe, and common names. She talked with members of various bands to understand and document how specific parts were used in cooking and healing, for clothing and shelter, and for practicing the religion and art. *Strength of the Earth* is an invaluable handbook perfect for readers interested in Native American art and culture, organic gardening, natural remedies, and living off the land.

### LOS REMEDIOS - Traditional Herbal Remedies of the Southwest

By Michael Moore  
Order number 0890135143-BK  
Paperback \$14.95

## Books on Native American Gardening

### CANYON GARDENS

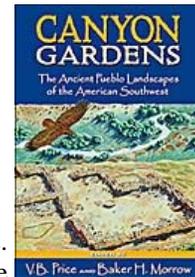
- **The Ancient Pueblo Landscapes of the American Southwest**

By **V. B. Price & Baker H. Morrow**

Order number **0826338594-BK**

Order #**0826338600-BK** ??? \$22.95

264 pages paperback \$34.95



*Canyon Gardens* takes a new look at ancient and modern Puebloan gardening and landscape design approaches. Part one examines early Puebloan landscapes in detail, including compact gardens and terraces, site planning, the integration of farming and landscape design into settlement complexes, and the unit-courtyard complexes of the Mesa Verde country. It also covers the first meeting of the Ancient Puebloan tradition with Spanish traditions in 17th century New Mexico and the Puebloan uses of plants. New field research is included - recent findings about the Zuni area, the upper Rio Grande country, and the Tompiro and Tiwa canyons and valleys in the Manzano Range. Part two looks at the Ancient Puebloan culture's influence today. Chapters here examine the uses of the historic landscape in today's agriculture and horticulture and the impact of governmental regulations on traditional habits of gardening and land use and perception. Modern architects, site planners, and landscape architects will find these new-found qualities of the Southwestern landscape fascinating and inspirational.

### NATIVE AMERICAN GARDENING

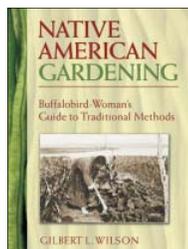
- **Buffalo Bird Woman's Guide to**

**Traditional Methods**

By **Gilbert L. Wilson**

Order number **0486440214-BK**

144 pages paperback \$8.95



Early 20th century study takes a look at techniques of subsistence-level farming used by the Hidatsa of North Dakota. Descriptions of how the tribe planted, harvested, and stored its food. Of value to modern organic gardeners and farmers, anthropologists, historians, and anyone fascinated by Native American culture. 40 figures, 10 illustrations. This is the unabridged republication of *Agriculture of the Hidatsa Indians* published in 1917.

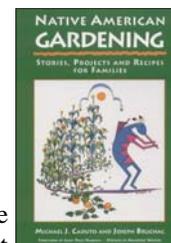
### NATIVE AMERICAN GARDENING

- **Stories, Projects and Recipes for Families**

By **Micheal J. Caduto and Joseph Bruchac**

Order number **1555911485-BK**

158 pages paperback \$16.95



In Native North America, a garden is not just a place to grow food. Tending a garden is one of the most important ways that people become a part of the Circle of Life. *Native American Gardening* brings the magical world of stories together with the nurturing experience of gardening. Native stories lay the groundwork for understanding, and hands-on projects show readers how to continue the work of generations of Native farmers. *Native American Gardening* gives you the tools to plant and prepare the garden site and celebrate the harvest, create traditional Native gardens, make Native garden crafts, and cook Native meals with recipes from corn, beans, squash, and pumpkin.

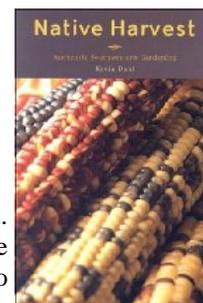
### NATIVE HARVEST

- **Authentic Southwest Gardening**

By **Kevin Dahl**

Order number **1583690604-BK**

64 pages paperback \$7.95



With this exciting book you can create a connection to traditional contemporary cultures in your own backyard. *Native Harvest* explains in a clear and straightforward way that anyone can grow foods and other plants that have traditionally grown in the American Southwest. Learn to grow Hopi Blue Corn or the evocatively named Tohono O'odham Yellow Meated Melon. *Native Harvest* highlights individual plants, exploring the plants' cultural history and traditional uses, as well as providing easy-to-follow planting instructions. It's the best first step to your own authentic southwestern garden.