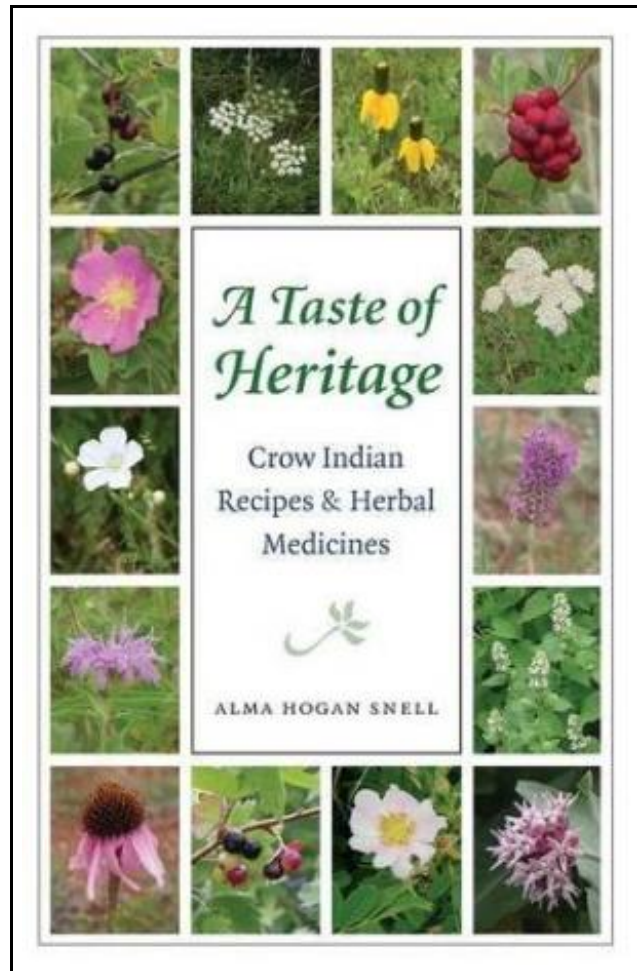


A Taste of Heritage: Crow Indian Recipes and Herbal Medicines



Filesize: 9.72 MB

Reviews

An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.
(Rachelle O'Connell)

A TASTE OF HERITAGE: CROW INDIAN RECIPES AND HERBAL MEDICINES



To read **A Taste of Heritage: Crow Indian Recipes and Herbal Medicines** PDF, you should click the link below and download the ebook or have access to other information that are in conjunction with A TASTE OF HERITAGE: CROW INDIAN RECIPES AND HERBAL MEDICINES ebook.

University of Nebraska Press. Paperback. Book Condition: new. BRAND NEW, A Taste of Heritage: Crow Indian Recipes and Herbal Medicines, Alma Hogan Snell, Lisa Castle, Kelly Kindscher, 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 practice of turning wildflowers and garden plants into balms and remedies for ailments and injuries from snakebite and headache to leg cramps, swollen joints, asthma, and sores. She brings to bear not only her lifetime of experience but also the invaluable lessons of her grandmother, the legendary medicine woman Pretty Shield. 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. Alma Hogan Snell is the granddaughter of the famed Crow medicine woman Pretty Shield, on whose life the classic Pretty-shield is based. She is the author of "Grandmother's Grandchild: My Crow Indian Life", available in a Bison Books edition. Lisa Castle is a graduate student in biology at the University of Kansas. Kelly Kindscher is an associate scientist at the Kansas Biological Survey and the author of "Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide".



[Read A Taste of Heritage: Crow Indian Recipes and Herbal Medicines Online](#)



[Download PDF A Taste of Heritage: Crow Indian Recipes and Herbal Medicines](#)



[Download ePUB A Taste of Heritage: Crow Indian Recipes and Herbal Medicines](#)

You May Also Like



[PDF] A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)

Follow the link below to get "A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)" file.

[Save eBook »](#)



[PDF] Tax Practice (2nd edition five-year higher vocational education and the accounting profession teaching the book)(Chinese Edition)

Follow the link below to get "Tax Practice (2nd edition five-year higher vocational education and the accounting profession teaching the book)(Chinese Edition)" file.

[Save eBook »](#)



[PDF] Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Follow the link below to get "Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)" file.

[Save eBook »](#)



[PDF] Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2

Follow the link below to get "Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2" file.

[Save eBook »](#)



[PDF] Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

Follow the link below to get "Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)" file.

[Save eBook »](#)



[PDF] The Official eBay Guide: To Buying, Selling and Collecting Just About Everything

Follow the link below to get "The Official eBay Guide: To Buying, Selling and Collecting Just About Everything" file.

[Save eBook »](#)



[PDF] Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat (Paperback)

Click the link listed below to download and read "Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat (Paperback)" document.

[Download PDF »](#)



[PDF] The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Click the link listed below to download and read "The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds" document.

[Download PDF »](#)



[PDF] A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Click the link listed below to download and read "A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)" document.

[Download PDF »](#)



[PDF] Readers Clubhouse Set B Time to Open (Paperback)

Click the link listed below to download and read "Readers Clubhouse Set B Time to Open (Paperback)" document.

[Download PDF »](#)



[PDF] A Parent s Guide to STEM (Paperback)

Click the link listed below to download and read "A Parent s Guide to STEM (Paperback)" document.

[Download PDF »](#)



[PDF] Electronic Dreams: How 1980s Britain Learned to Love the Computer

Click the link listed below to download and read "Electronic Dreams: How 1980s Britain Learned to Love the Computer" document.

[Download PDF »](#)