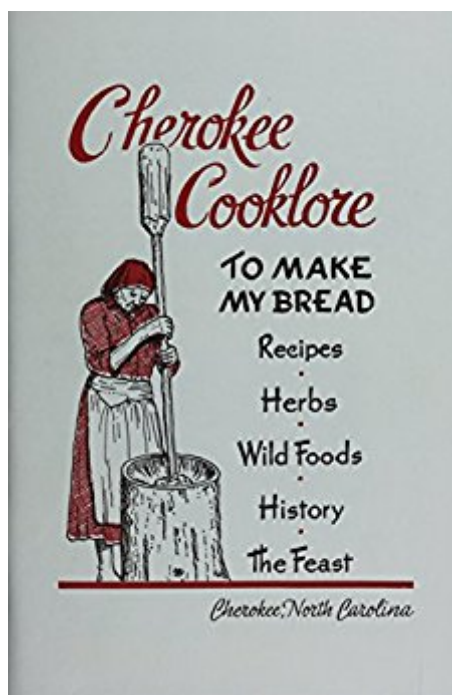


The book was found

Cherokee Cooklore: Preparing Cherokee Foods



Synopsis

The American Indian's greatest contribution to our civilization is, in the eyes of many experts, is the patient cultivation from their original wild state of the food plants which are now more than half our agricultural wealth. The Museum wanted to preserve these recipes as a permanent tribute to the Cherokees; also the many guests at our Annual Feasts have asked for them. We were fortunate in persuading Miss Mary Ulmer, teacher at the Reservation School and a loved, respected and welcome guest in Reservation homes, to undertake the considerable research. Her task has been admirably accomplished. These recipes are rich in folklore, retaining the quaint mystery with which the forbears of the present-day Cherokees endowed them. These men and women found the fullness of life in quiet woodlands, giving gratitude and adoration to the Great Spirit for sustenance.

Book Information

File Size: 180 KB

Print Length: 45 pages

Simultaneous Device Usage: Unlimited

Publisher: Cherokee Publications Inc. (June 11, 2014)

Publication Date: June 11, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00KXZBWA0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #514,824 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Native

American #46 in Books > Cookbooks, Food & Wine > Regional & International > Native

American #891 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) >

Cookbooks, Food & Wine

Customer Reviews

Loved getting in touch with my heritage! Although the recipes are very simple and not incredibly descriptive, I love that it points me in the direction of my ancestors! Still want to make uwaga and

grape dumplings!

Anyone looking for insights into native American food customs is likely to find this booklet extremely repetitive, but otherwise interesting. On the other hand, anyone looking for recipes is likely to be very disappointed.

It's in such great shape, and the recipes are so interesting! I haven't used any yet, but I am looking forward to it, especially in the colder months when we need heartier meals!

great Product







A delight to read. Love Mary Ulmer.

Loved the book.

My new favorite book!

Reviewed this cookbook when I was in Salem, OR. and thought it was so interesting, me being from Oklahoma where we have lots of Indians, that I should have one so my friends could see and read it. I also bought one for my sister-in-law since she is Indian. Love the book!!!!

[Download to continue reading...](#)

Cherokee Cooklore: Preparing Cherokee Foods Cherokee Cooklore: Preparing Cherokee Foods (Reprint Edition) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge   Whole Foods Diet   Whole Foods Cookbook   Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Jeep Cherokee: 1984 thru 2001 - Cherokee - Wagoneer - Comanche (Haynes Repair Manual) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) Preparing the Prophets of God: Preparing

the Way of Jesus (Volume 1) Foraging New York: Finding, Identifying, and Preparing Edible Wild Foods (Foraging Series) The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases Foods to Fight Cancer: Essential foods to help prevent cancer Genetically Modified Foods, Gmo Foods Genetically Modified Foods : Banned By Other Countries but is a main staple of our diet! (Genetically modified organisms, Gmo, Food that ruin your life, ... Foods, organic food, Food addiction Book 1) Williams-Sonoma Foods of the World: Barcelona: Authentic Recipes Celebrating the Foods of the World Williams-Sonoma Foods of the World: New Orleans: Authentic Recipes Celebrating the Foods of the World Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook [Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss](#)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)