



## Native American Cooking an Indian Cookbook with Legends, and Folklore (Paperback)

By G W Mullins

Createspace, United States, 2015. Paperback. Condition: New. C L Hause (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. For many hundreds of years, people wandered into the great northwest. They came from all directions across Canada and the United States. These early people were clever builders, engineers, and weavers. They loved games of skill. They created stories, songs and poetry. Although they spoke many different languages, and had many different customs, they had at least one thing in common - they were the first immigrants. Native Americans were not only experts at hunting wild game, but they also were excellent farmers. They were known to cultivate crops in high, arid desert regions that required elaborate irrigation systems. Wild plants were also used abundantly to supplement the diet. Nothing was wasted, even the roots were often ground into powders to be used breads and other foods. Native American food consisted of three staples which were corn, squash, and beans. Other foods that were widely used include greens, Deer meat, berries, pumpkin, squash, and wild rice. Along with the staples and animal sources, herbs also played a vital role in early Native American food. Many of the earliest...



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