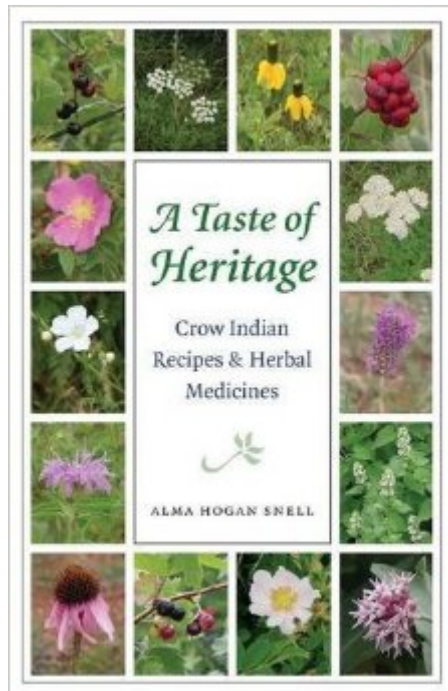


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# A Taste Of Heritage: Crow Indian Recipes And Herbal Medicines (At Table)



## Synopsis

Drawing on the knowledge and wisdom of countless generations of Crow Indian women, the 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 such ailments and injuries as snakebite, headache, 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. A partial list of recipes: Wild Bitterroot Sauce, Wild Carrot Pudding, Cattail Biscuits, Dandelion Soup, Salsify Oyster Stew, Balapia (Berry Pudding), Juneberry Pie, Chokecherry Cake, Wild Mint Tea, Bitterberry Lemonade, Wheel Bread, Boiled Hooves, Bill's Mother's Antelope Roast, Stuffed Trout, Elk Roast, Stuffed Eggs, Old-Time Moose Roast, Wild Turnip Porridge, Wild Turnip Bread, Fresh Wild Salad, Buffalo Cattail Stew, Ground Tomato Salad, Gooseberry Pudding, Bearberry Butter, Spicy Dried Plum Cake, Buffaloberry Jelly.

## Book Information

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## Customer Reviews

This is not only a very lovely book on the botany of Mrs. Snell's people, it's a very homey book and becomes somewhat of a biography. Just a beautiful, sitting-in-her kitchen book. A very enjoyable read.

Excellent book. This book is useful to people interested in eating wild plants (weeds) and it is also a snapshot of the life of this particular Crow family growing up in the 1920s and 1930s with lots of references to her present life as well.

Kind ok lot of filler.

Great book.

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