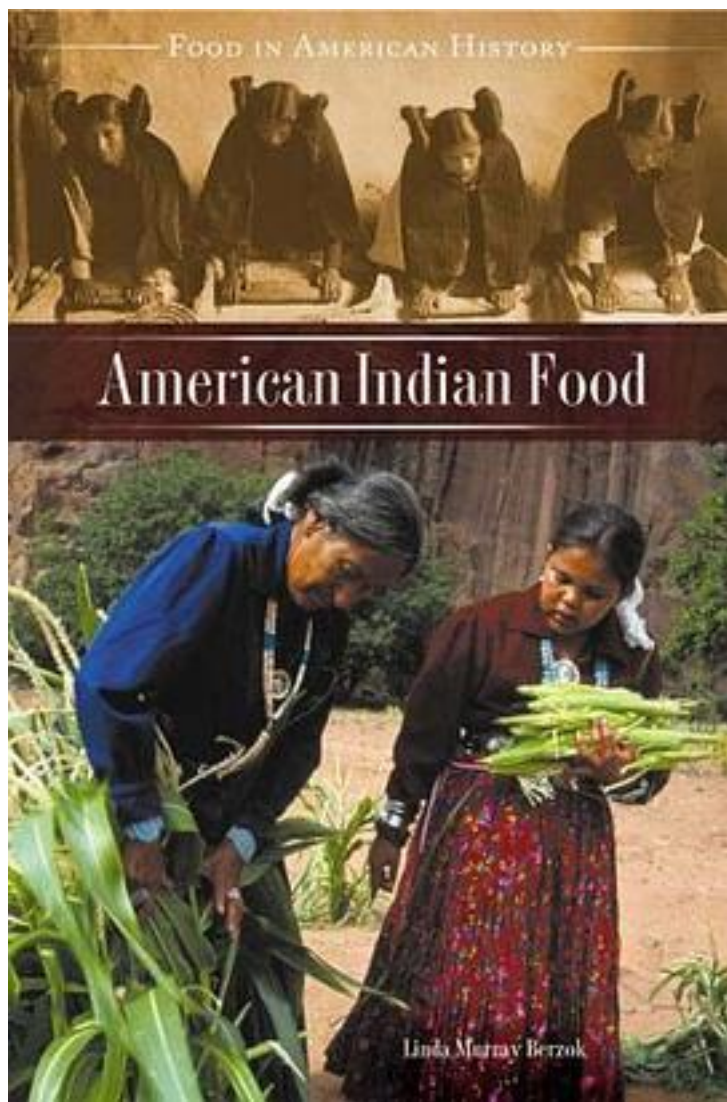


American Indian Food



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An in-depth survey of the food culture of Native Americans The story of Native American food culture presented here is an amazing chronicle of human development over thousands of years. Through cultural evolution, the First Peoples of North America worked out what was edible or could be made edible and what foods could be combined with others, developed unique processing and preparation methods, and learned how to preserve and store foods. An intimate relationship existed between them and their food sources. Dependence on nature for subsistence gave rise to a rich spiritual tradition with rituals and feasts marking planting and harvesting seasons. The European invasion forced a radical transformation of the indigenous food habits. Indians were removed from their homelands, and forced to cultivate European crops, new animals were introduced, and the bison, a major staple in the Great Plains and West, was wiped out. Today, American Indians are trying to reclaim many of their food traditions. Other traditions have become part of the broader American cookbook, as many dishes eaten today were derived from Native American cooking, including cornbread, clam chowder, succotash, grits, and barbeque. The scope of this work is comprehensive, covering all the regions of the USA from prehistory until today. Chapters on food history, foodstuffs, food preparation, preservation, and storage, food customs, food and religion, and diet and nutrition reveal the American Indians' heritage as no history can do alone. Examples from many individual tribes are used, and quotations from American Indians and white observers provide perspective. Recipes are provided as well, making this a truly indispensable source for student research and general readers. First title in the Food in American History series First such comprehensive survey Will appeal both to 'foodies' and to people interested in Native American history and culture

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