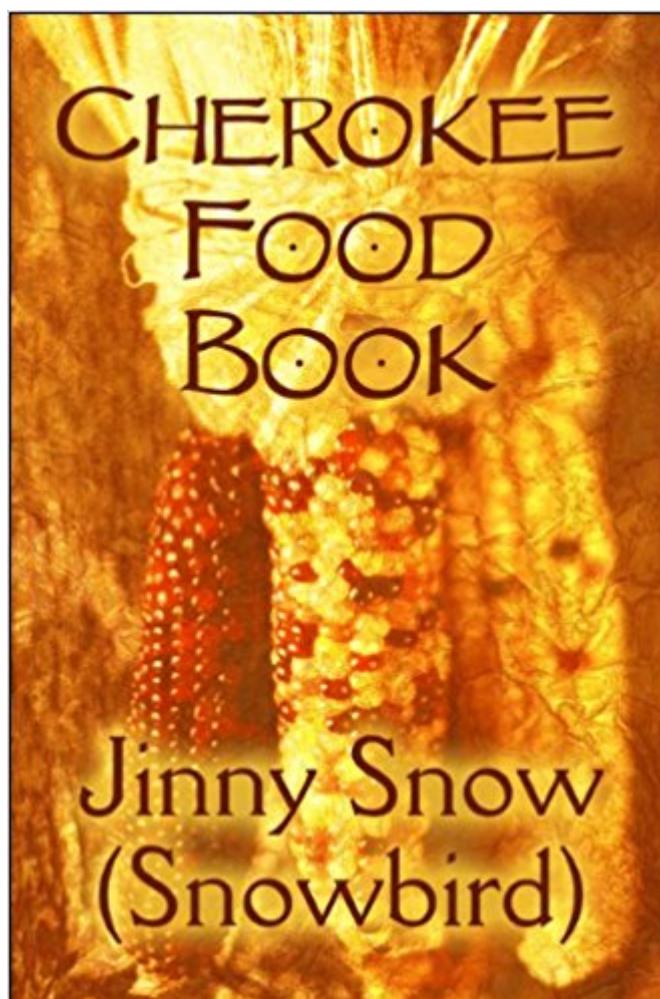


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# Cherokee Food Book



## Synopsis

The first thing I learned about food was that it was created by the Creator and meant to be shared. In this book you will find some of the old Cherokee recipes and some that have been adapted to the modern ways of cooking. Try to imagine yourself in an ancient Cherokee village where everything you see, smell and taste is pure and natural. It is the time of harvest. Corn and other vegetables are drying in the sun. Strips of meat are drying by the fire. Everyone is busy. Winter is coming. The aroma of food fills the air. You are hungry. Soon everyone is eating, laughing and talking. You have learned that food is not just for eating. Some of it will heal you when you have the 'Important Thing' (Disease).

## Book Information

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