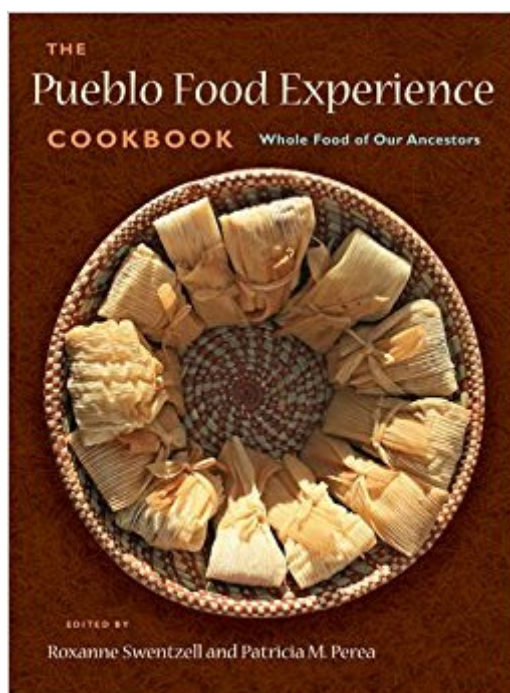


The book was found

# The Pueblo Food Experience Cookbook: Whole Food Of Our Ancestors



## Synopsis

The Pueblo Food Experience Cookbook is an original cookbook by, for, and about the Pueblo peoples of New Mexico. This cookbook is a product of the Flowering Tree Permaculture Institute, founded by Roxanne Swentzell at Santa Clara Pueblo. Its goal is to promote healing and balance by returning to the original foodways of the Pueblo peoples. The precontact, indigenous diet emphasizes chemical-free meat, fowl, fish and a wide variety of whole grains, nuts, seeds, fruits, and vegetables. Buffalo Tamales, Blue Corn Cakes, and Rabbit Stew are just a few of the unique and delicious Pueblo recipes. Five thought-provoking essays contribute to the understanding of Pueblo history and culture. Though written in the Tewa Pueblo of Santa Clara, indigenous peoples everywhere and anyone interested in learning about Pueblo culture and food will delight in this book.

## Book Information

Hardcover: 120 pages

Publisher: Museum of New Mexico Press (September 1, 2016)

Language: English

ISBN-10: 089013619X

ISBN-13: 978-0890136195

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Best Sellers Rank: #141,730 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Regional & International > Native American #207 in Books > Travel > United States > West > Mountain #257 in Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies

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

The Pueblo Food Experience Cookbook: Whole Food of Our Ancestors 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 Whole Foods Diet Challenge: 30 Day Whole Food Cookbook 2016 Native American Rights Fund: Remembering our Ancestors The Yellow Jar (Songs of Our Ancestors;) Tears of the Cheetah: The Genetic Secrets of Our Animal Ancestors The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health, Second Edition The Plantpower Way: Whole Food Plant-Based Recipes and Guidance for The Whole Family Whole:

100 Whole Food Recipes for Health and Weight Loss The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (The New Harbinger Whole-Body Healing Series) The Healthy Homemade Pet Food Cookbook: 75 Whole-Food Recipes and Tasty Treats for Dogs and Cats of All Ages Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health Southwest Textiles: Weavings of the Pueblo and Navajo When Rain Gods Reign: From Curios to Art at Tesuque Pueblo Chihuly Taos Pueblo Beauty From the Earth: Pueblo Indian Pottery from the University Museum of Archaeology and Anthropology La Historia NVI, audio CD ÆfÂ- ntegro: La Biblia en un relato ininterrumpido acerca de Dios y su pueblo (The Story) (Spanish Edition) Æ ÆjDeja ir a mi pueblo!: El Exodo (Superbook) (Spanish Edition)

[Dmca](#)