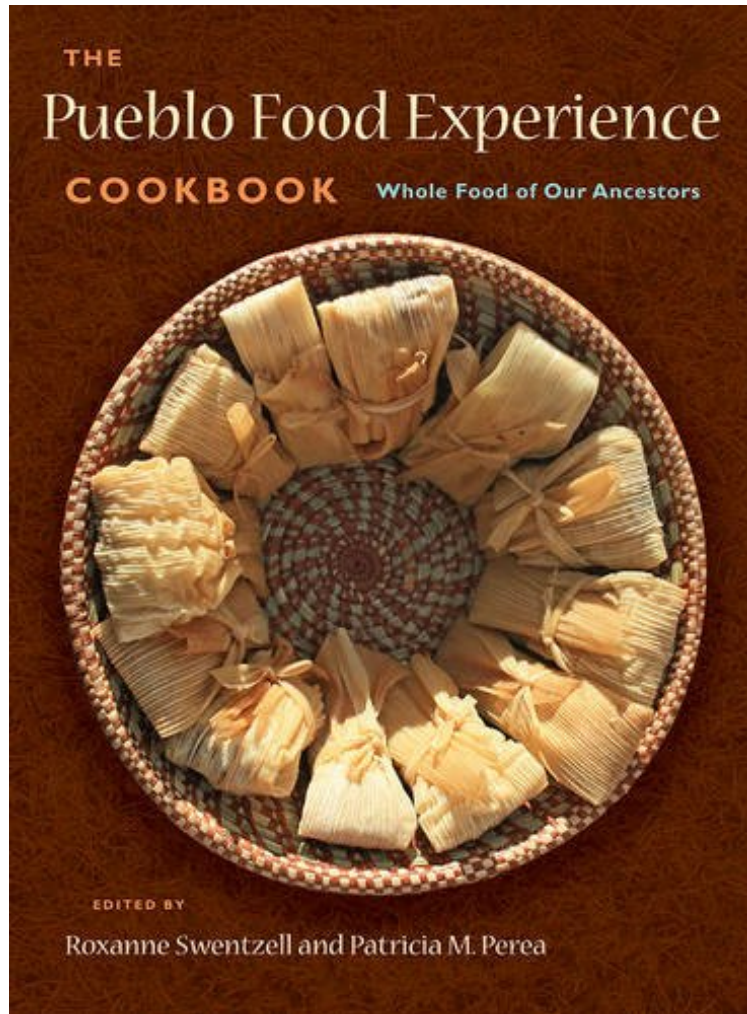


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The Pueblo Food Experience Cookbook: Whole Food of Our Ancestors

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ReadBy Paul StockfordInteresting read, but the recipes aren't really practical for anyone not out hunting game for their next meal. I did put their trail mix/snack recipe to use though. Found the ingredients I needed on eBay and it's a great alternative to the typical junk snack at the grocery checkout line.0 of 0 people found the following review helpful. Pueblo Experience Cookbook is a must-readBy eubeaniaThis book is much more than just a "cookbook"! Roxanne Swentzell is an inspiration. This book describes how she and others learned to live in closer balance with the earth, by eating only locally harvested foods that had been available to their ancestors. If you are interested in food, health, and sustainability, this is a must-read. It's just plain a must-read, no matter what!

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.

About the AuthorRoxanne Swentzell (Santa Clara Pueblo) is an award-winning sculptor and artist from a family of renowned potters. During high school she studied at the Institute of American Indian Arts in Santa Fe for two years, then after graduation, at the Portland Museum Art School. Swentzells large size clay figures represent the complete spectrum of the human spirit. She is the founder and president of the Flowering Tree Permaculture Institute, a non-profit organization creating healthier communities through native culture and permaculture practices.Patricia M. Perea received her PhD in American studies from the University of New Mexico in 2010. She is a native of the Texas Panhandle, by way of Dilia, New Mexico and Del Rio, Texas. Perea is part-time faculty in the UNM Chicana and Chicano Studies program and chair of the Chicana/o Studies Lecture Series. She is a published poet and reads her work at local venues around New Mexico.