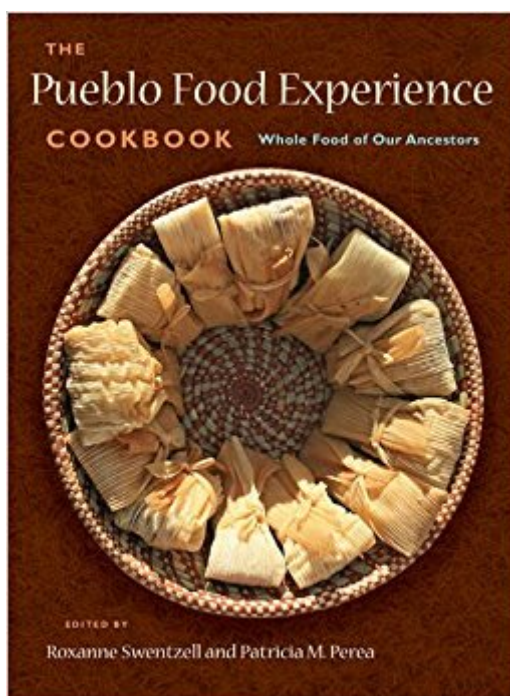


The book was found

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 15, 2016)

Language: English

ISBN-10: 089013619X

ISBN-13: 978-0890136195

Product Dimensions: 7.5 x 0.6 x 10.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #224,989 in Books (See Top 100 in Books) #15 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#) #366 in [Books > Travel > United States > West > Mountain](#) #513 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies](#)

Customer Reviews

Roxanne 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. Swentzell's 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.

So appealing on so many levels: if you are a cook, exciting new directions to go here; if you are a fan of NA or SW US cultures, so much to learn here; if you enjoy a really aesthetic presentation in a book, you will be happy. If you are considering getting it, go ahead. This is a treasure.

Interesting 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.

This is a must-have for anyone interested in Native American culture, traditional and modern, and food.

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

Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The Pueblo Food Experience Cookbook: Whole Food of Our Ancestors Whole Food: The 30 Day Whole Food Challenge ã ã Whole Foods Diet ã ã Whole Foods Cookbook ã ã Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook ã ã Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook ã ã Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker ã ã Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home ã ã Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Rand McNally Colorado Springs, Pueblo: Street Guide (Rand McNally Colorado Springs

Street Guide: Including Pueblo) 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker – Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet Whole: The 30 Day Whole Food Diet Cookbook – (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) 30 Day Whole Food Cookbook: Healthy and Delicious Whole Food Recipes 30 Day Whole Food Cookbook Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)