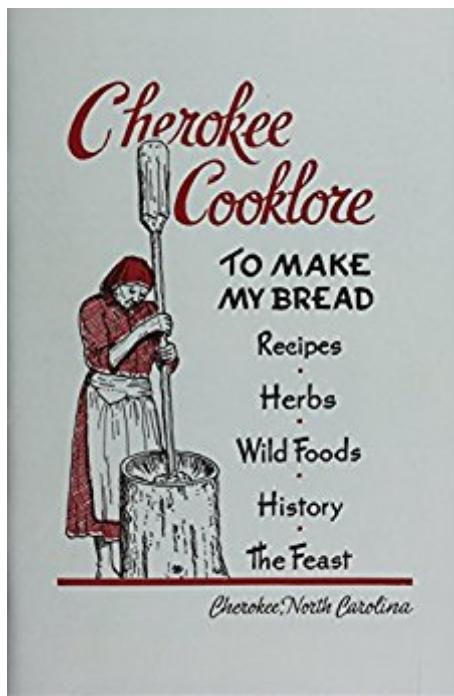


The book was found

# Cherokee Cooklore: Preparing Cherokee Foods



## **Synopsis**

The American Indian's greatest contribution to our civilization is, in the eyes of many experts, is the patient cultivation from their original wild state of the food plants which are now more than half our agricultural wealth. The Museum wanted to preserve these recipes as a permanent tribute to the Cherokees; also the many guests at our Annual Feasts have asked for them. We were fortunate in persuading Miss Mary Ulmer, teacher at the Reservation School and a loved, respected and welcome guest in Reservation homes, to undertake the considerable research. Her task has been admirably accomplished. These recipes are rich in folklore, retaining the quaint mystery with which the forbears of the present-day Cherokees endowed them. These men and women found the fullness of life in quiet woodlands, giving gratitude and adoration to the Great Spirit for sustenance.

## **Book Information**

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## **Customer Reviews**

Loved getting in touch with my heritage! Although the recipes are very simple and not incredibly descriptive, I love that it points me in the direction of my ancestors! Still want to make uwaga and

grape dumplings!

Anyone looking for insights into native American food customs is likely to find this booklet extremely repetitive, but otherwise interesting. On the other hand, anyone looking for recipes is likely to be very disappointed.

It's in such great shape, and the recipes are so interesting! I haven't used any yet, but I am looking forward to it, especially in the colder months when we need heartier meals!

great Product

A delight to read. Love Mary Ulmer.

Loved the book.

My new favorite book!

Reviewed this cookbook when I was in Salem.OR. and thought it was so interesting, me being from Oklahoma where we have lots of indians, that I should have one so my friends could see and read it. I also bought one for my sister-in-law since she is indian. Love the book!!!!

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