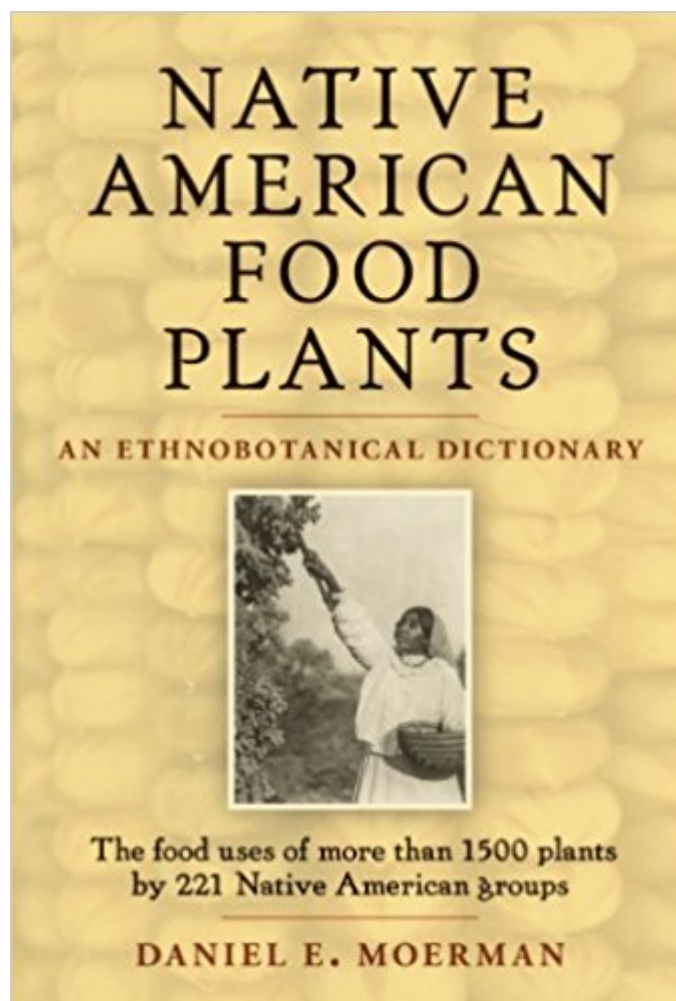


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# Native American Food Plants: An Ethnobotanical Dictionary



## Synopsis

Based on 25 years of research that combed every historical and anthropological record of Native American ways, this unprecedented culinary dictionary documents the food uses of 1500 plants by 220 Native American tribes from early times to the present. Like anthropologist Daniel E. Moerman's previous volume, *Native American Medicinal Plants*, this extensive compilation draws on the same research as his monumental *Native American Ethnobotany*, this time culling 32 categories of food uses from an extraordinary range of species. Hundreds of plants, both native and introduced, are described. The usage categories include beverages, breads, fruits, spices, desserts, snacks, dried foods, and condiments, as well as curdling agents, dietary aids, preservatives, and even foods specifically for emergencies. Each example of tribal use includes a brief description of how the food was prepared. In addition, multiple indexes are arranged by tribe, type of food, and common names to make it easy to pursue specific research. An essential reference for anthropologists, ethnobotanists, and food scientists, this will also make fascinating reading for anyone interested in the history of wild and cultivated local foods and the remarkable practical botanical knowledge of Native American forbears.

## Book Information

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## Customer Reviews

"An extremely detailed, comprehensive, and authoritative listing." • "Booklist" • A vital sourcebook for cultural and botanical anthropologists. • "Library Journal" • Will appeal [to] anthropologists, scholars of Native American history, and culinary history experts. • "American Reference Books Annual" • Essential for Native American reference libraries and culinary

collections alike! • "Bookwatch • Useful as a reference for anthropologists, ethnobotanists, and food scientists. • "SciTech Book News

Daniel E. Moerman teaches anthropology at the University of Michigan-Dearborn. He is widely known as a leading expert in the field of ethnobotany. Dr. Moerman received the Annual Literature Award from the Council on Botanical and Horticultural Libraries and the Distinguished Economic Botanist Award from the Society for Economic Botany.

**Native American Food Plants: An Ethnobotanical Dictionary** This book lists around 1500 various plants of North America used by Native Americans for food. This useful dictionary of native plants used for food before Columbus landed, and is cross-referenced by the common and Latin names and which of the tribes who used them. This book even details which tribe and how the plant was used. As a historical and anthropological record of Native American ways, this documents the food used by over 1000 Native American tribes that existed at the time of Columbus to around 200 tribes still existing today. Categories in this will include the following such as beverage, bread, fruit, spices, dessert, snack, then it proceeds to dried foods, as well as plants used to curdle, also are dietary aids, even foods used to create preservatives, and then there are foods specifically for emergencies. Each entry will describe which tribe used each food and how it was prepared. Multiple indexes by tribe, food type, and common names so as to help research the specific food and use. Makes a great addition to your herbal or cultural library. This book will get a 5 star rating for being a great reference book.

When we bought our homestead I decided that everything we planted needed to either be edible or otherwise useful. This book is so much more comprehensive than any website in these matters, because the author has accumulated excellent details of use from so many Native American cultures. Who would know better how to use North American plants than our Native Americans? Highly recommended for those with a streak of Euell Gibbons in them, or for those who simply love natural and native folklore.

The book does what the title says, it covers IN DETAIL food plants the natives of the states used, it is not about medicinals, it is not about how to prep the food, it covers how ate what plant, for what and when and it is cross referenced at least three times, a good buy

Strongly recommended for people who would like to know how plants were prepared, etc..

I like this book as an addition to the Native American Ethnobotany tome because it is easier to find specifics about food plants. then if I want to know more about a plants other uses, I can refer to Moerman's big book. thanks for condensing this info for easy access to the depth of information assembled on Native American Food plants.

Fantastic resource if you are interested in indigenous edible plants that have been forgotten. An excellent starting-point for more research.

I was hoping that this book would offer more lore and/or background on origin of the food plants, however, it simply lists in more of a useful, index type format. Not necessarily what I was looking for, but very thorough indeed.

I just purchased these to brush up on what my Father had taught my as a boy. we some times forget things with age and I wanted something I could pass down to my Grand Children.Thank you .com...

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