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## A Taste of Heritage: Crow Indian Recipes and Herbal Medicines

By Alma Hogan Snell, Lisa Castle, Kelly Kindscher

University of Nebraska Press. Paperback. Book Condition: new. BRAND NEW, A Taste of Heritage: Crow Indian Recipes and Herbal Medicines, Alma Hogan Snell, Lisa Castle, Kelly Kindscher, Drawing on the knowledge and wisdom of countless generations of Crow Indian women, well-known speaker and teacher Alma Hogan Snell presents an indispensable guide to the traditional lore, culinary uses, and healing properties of native foods. "A Taste of Heritage" imparts the lore of ages along with the traditional Crow philosophy of healing and detailed practical advice for finding and harvesting plants: from the key to creating irresistible dishes of cattails and dandelions, salsify and Juneberries, antelope meat and buffalo hooves to the secret of using plants to enhance beauty and incite love. Snell describes the age-old practice of turning wildflowers and garden plants into balms and remedies for ailments and injuries from snakebite and headache to leg cramps, swollen joints, asthma, and sores. She brings to bear not only her lifetime of experience but also the invaluable lessons of her grandmother, the legendary medicine woman Pretty Shield. With life-enhancing recipes for everything from soups, teas, and breads to poultices, aphrodisiacs, and fertility aids, "A Taste of Heritage" is above all a fascinating...



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