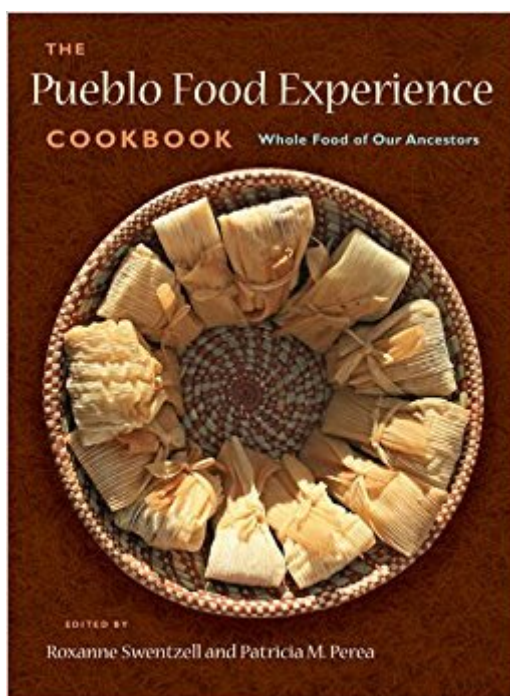


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# The Pueblo Food Experience Cookbook: Whole Food Of Our Ancestors



## 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

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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.

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