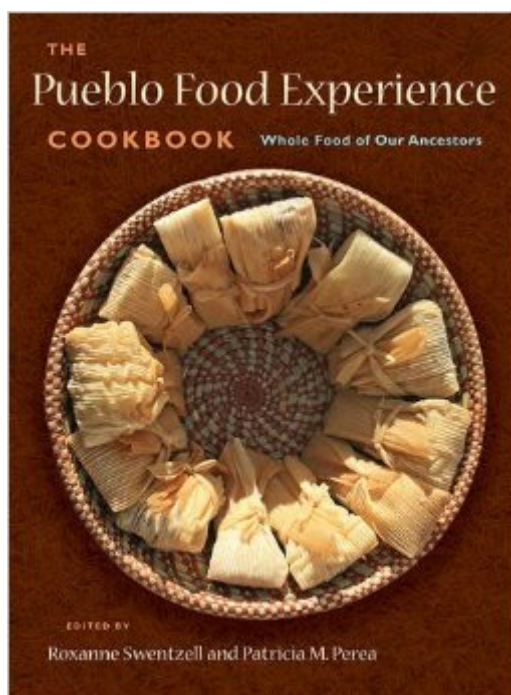


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# The Pueblo Food Experience Cookbook: Whole Food Of Our Ancestors



## 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

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