

NATIVE AMERICAN FOOD PLANTS

AN ETHNOBOTANICAL DICTIONARY



The food uses of more than 1500 plants
by 221 Native American groups

DANIEL E. MOERMAN

Native American Food Plants An Ethnobotanical Dictionary

Jeffrey Wall



Native American Food Plants An Ethnobotanical Dictionary:

Native American Food Plants Daniel E. Moerman, 2010-10-27 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

North American Cornucopia Ernest Small, 2013-09-23 Many North American plants have characteristics that are especially promising for creating varieties needed to expand food production and there are excellent prospects of generating new economically competitive crops from these natives The inadequacy of current crops to meet the food demands of the world's huge growing population makes the potential of indigenous North American food plants even more significant These plants can also generate crops that are more compatible with the ecology of the world and many also have inherent health benefits Presenting detailed scholarship a thoroughly accessible style and numerous entertaining anecdotes *North American Cornucopia Top 100 Indigenous Food Plants* is a full color book dedicated to the most important 100 native food plants of North America north of Mexico that have achieved commercial success or have substantial market potential The introductory chapter reviews the historical development of North American indigenous crops and factors bearing on their future economic success The rest of the book consists of 100 chapters each dedicated to a particular crop The book employs a user friendly chapter format that presents the material in sections offering in depth coverage of each plant The first section of each chapter provides information on the scientific and English names of the plants followed by a section on the geography and ecology of the wild forms accompanied by a map showing the North American distribution A section entitled *Plant Portrait* comprises a basic description of the plant its history and its economic and social importance This is followed by *Culinary Portrait* concerned with food uses and culinary vocabulary The chapters then provide an analysis of the economic future of each crop discuss notable and interesting scientific or technological observations and accomplishments and present extensive references

The Sacred Plants of Indigenous America: Wisdom and Renewal Pasquale De Marco, 2025-07-26 From the heart of Native American traditions *The Sacred Plants of Indigenous America Wisdom and Renewal* unveils the

profound relationship between Native American peoples and the plant kingdom This comprehensive guide delves into the traditional uses cultural significance and contemporary applications of hundreds of plants indigenous to North America Drawing upon extensive anthropological research and collaborations with Native American healers and elders this book presents a rich tapestry of ethnobotanical knowledge Discover the myriad ways plants have been utilized for sustenance medicine shelter clothing ceremonies and spiritual practices Learn about the deep reverence and gratitude that Native Americans hold for the plant world recognizing plants as sentient beings with inherent value and wisdom The Sacred Plants of Indigenous America highlights the importance of preserving and revitalizing traditional ethnobotanical knowledge in the face of cultural assimilation and environmental change It explores the challenges and opportunities in integrating Indigenous wisdom into modern healthcare systems and the growing recognition of the value of plant based medicine in contemporary society This book is not merely an academic treatise but an invitation to reconnect with the wisdom of the natural world and the rich cultural heritage of Native American peoples It is a celebration of the enduring bond between humanity and plants a testament to the healing power of nature and a call to action for the preservation and appreciation of our precious botanical legacy Within these pages readers will find A comprehensive exploration of the traditional uses of hundreds of plants indigenous to North America Detailed accounts of the cultural significance and spiritual practices associated with each plant Insights into the healing properties of plants and their applications in modern medicine A discussion of the importance of preserving and revitalizing traditional ethnobotanical knowledge A call to action for the protection and appreciation of our botanical heritage Whether you are a student of ethnobotany a healthcare professional seeking to integrate Indigenous wisdom into your practice or simply someone fascinated by the power of nature The Sacred Plants of Indigenous America Wisdom and Renewal offers a wealth of knowledge and inspiration If you like this book write a review

Wild Plant Culture
Jared Rosenbaum, 2022-11-22 Reconnect Restore Reciprocate Repairing landscapes and reconnecting us to the wild plant communities around us Integrating restoration practices foraging herbalism rewilding and permaculture Wild Plant Culture is a comprehensive guide to the ecological restoration of native edible and medicinal plant communities in Eastern North America Blending science practice and traditional knowledge it makes bold connections that are actionable innovative and ecologically imperative for repairing both degraded landscapes and our broken cultural relationship with nature Coverage includes Understanding and engaging in mutually beneficial human plant connections Techniques for observing the land s existing and potential plant communities Baseline monitoring site preparation seeding planting and maintaining restored areas Botanical fieldwork restoration stories and examples Detailed profiles of 209 native plants and their uses Both a practical guide and an evocative read that will transport you deep into the natural landscape Wild Plant Culture is an essential toolkit for gardeners farmers and ecological restoration practitioners highlighting the important role humans play in tending and mending native plant communities AWARDS SILVER 2023 Nautilus Book Awards Green Restorative Practices

Sustainability HONORABLE MENTION 2023 American Horticultural Society Book Awards Scorched Earth Emmanuel Kreike, 2022-10-25 A global history of environmental warfare and the case for why it should be a crime The environmental infrastructure that sustains human societies has been a target and instrument of war for centuries resulting in famine and disease displaced populations and the devastation of people's livelihoods and ways of life Scorched Earth traces the history of scorched earth military inundations and armies living off the land from the sixteenth to the twentieth century arguing that the resulting deliberate destruction of the environment environcide constitutes total war and is a crime against humanity and nature In this sweeping global history Emmanuel Kreike shows how religious war in Europe transformed Holland into a desolate swamp where hunger and the black death ruled He describes how Spanish conquistadores exploited the irrigation works and expansive agricultural terraces of the Aztecs and Incas triggering a humanitarian crisis of catastrophic proportions Kreike demonstrates how environmental warfare has continued unabated into the modern era His panoramic narrative takes readers from the Thirty Years War to the wars of France's Sun King and from the Dutch colonial wars in North America and Indonesia to the early twentieth century colonial conquest of southwestern Africa Shedding light on the premodern origins and the lasting consequences of total war Scorched Earth explains why ecocide and genocide are not separate phenomena and why international law must recognize environmental warfare as a violation of human rights **The Soils of Oregon** Thor Thorson, Chad McGrath, Dean Moberg, Matthew Fillmore, Steven Campbell, Duane Lammers, James G. Bockheim, 2022-04-06 This book is the only comprehensive summary of natural resources of Oregon and adds to World Soil Book Series state level collection Due to broad latitudinal and elevation differences Oregon has an exceptionally diverse climate which exerts a major influence on soil formation The mean annual temperature in Oregon ranges from 0 C in the Willamette and Blue Mountains of northeastern Oregon to 13 C in south central Oregon The mean annual precipitation ranges from 175 mm in southeastern Oregon to over 5 000 mm at higher elevations in the Coast Range The dominant vegetation type in Oregon is temperate shrublands followed by forests dominated by lodgepole pine Douglas fir and mixed conifers grasslands subalpine forests maritime Sitka spruce western hemlock forests and ponderosa pine dominated forests Oregon is divided into 17 Major Land Resource Areas the largest of which include the Malheur High Plateau the Cascade Mountains the Blue Mountain Foothills and Blue Mountains The single most important geologic event in Oregon was the deposition of Mazama ash 7 700 years by the explosion of Mt Mazama Oregon has soil series representative of 10 orders 40 suborders 114 great groups 389 subgroups over 1 000 families and over 1 700 soil series Mollisols are the dominant order in Oregon followed by Aridisols Inceptisols Andisols Ultisols and Alfisols Soils in Oregon are used primarily for forest products livestock grazing agricultural crops and wildlife management Key land use issues in Oregon are climate change wetland loss flooding landslides volcanoes earthquakes and tsunamis coastal erosion and wildfires *Handbook of 200 Medicinal Plants* Shahid Akbar, 2020-04-21 This book is designed to provide pharmacologists and researchers of natural products a comprehensive

review of 200 medicinal plants their vernacular names in various languages and their medicinal uses around the world and in some cases a historical perspective Chemical constituents of each plant with the putative active constituent and available up to date pharmacological studies until 2017 on PubMed with each medical activity explored and its relationship with traditional uses are described for each plant Any variations in chemical constituents and their effects on pharmacological studies outcome have been highlighted All clinical trials conducted with sufficient details have been included Nationalities and racial identities of participants of clinical trials are identified to impress upon the social cultural and dietary influences on the clinical outcomes Toxicity studies and potential interactions with prescribed drugs and full spectrum of references are included

10 Years of Ethnopharmacology Michael Heinrich,2020-07-08 The contributions selected for this ebook span the entire ten year period and we have selected examples which have had a particular impact on the debates in the field Broadly speaking they fall into four main areas Overarching reviews within ethnopharmacology Reviews of specific species or other taxa regarding their pharmacology phytochemistry and local traditional use Assessments of the pharmacological evidence for specific active compounds or classes of compounds Assessments of the safety and potential risks of herbal substances With these themes this eBook contributes to the debate about the evidence base of such practices incorporating both the scientific evidence available and the local traditional concepts associated with their use

Sprouting Valley James R. Welch,2013-05-10 In the mid nineteenth century the indigenous Potter Valley Pomo resided in large sedentary villages in Potter Valley California and travelled seasonally throughout an extensive territory in what are now Mendocino and Lake Counties Beginning in 1890 what would become nearly a half century of ethnographic research among members of this community homeopathic doctor and amateur anthropologist John W Hudson witnessed the aftermath of their dislocation and dispersal from the valley following the arrival of non indigenous settlers Although never published his fieldnotes contained an unparalleled dataset on plant use by a single local indigenous community in California In this richly illustrated monograph the author presents and interprets this historical ethnobotanical information in order to provide new insights into Potter Valley Pomo society and its relationship to the Northern California landscape

The Cultural Value of Trees Jeffrey Wall,2022-06-01 This volume focuses on the tree as a cultural and biological form and examines the concept of folk value and its implications for biocultural conservation Folk value refers to the value of the more than human living world to cultural cohesion and survival as opposed to individual well being This field of value comprising cosmological aesthetic eco erotic sentimental mnemonic value and much more serves as powerful motivation for the local performance of environmental care The motivation to maintain and conserve ecology for the purpose of cultural survival will be the central focus of this book as the conditions of the Anthropocene urgently require the identification understanding and support of enduring self perpetuating biocultural associations The geographical scope is broad with chapters discussing different tree species from the Americas and the Caribbean East Asia Eurasia and Australia and Africa By focusing on the tree one of the most reliably

cross culturally valued and cross culturally recognized biological forms and one which invariably defines expansive landscapes this work illuminates how folk value binds the survival of more than human life forms with the survival of specific peoples in the era of biocultural loss the Anthropocene As such this collection of cross cultural cases of tree folk value represents a low hanging fruit for the larger project of exploring the power of cultural value of the more than human living world This book will be of great interest to students and scholars of conservation biodiversity biocultural studies and environmental anthropology

Indigenous Peoples of North America Robert J. Muckle, 2012-02-16 Most books dealing with North American Indigenous peoples are exhaustive in coverage They provide in depth discussion of various culture areas which while valuable sometimes means that the big picture context is lost This book offers a corrective to that trend by providing a concise thematic overview of the key issues facing Indigenous peoples in North America from prehistory to the present It integrates a culture area analysis within a thematic approach covering archaeology traditional lifeways the colonial era and contemporary Indigenous culture Muckle also explores the history of the relationship between Indigenous peoples and anthropologists with rigor and honesty The result is a remarkably comprehensive book that provides a strong grounding for understanding Indigenous cultures in North America

A Literary Field Guide to Northern Appalachia Todd Davis, Noah Davis, Carolyn Mahan, 2024-09-15 Northern Appalachia is one of the most biodiverse regions on Earth and home to a broad range of ecological and human cultures With A Literary Field Guide to Northern Appalachia editors Todd Davis and Noah Davis recognize and celebrate this diversity and the fact that humans are storytelling creatures who develop relationships with their landscapes at the intersection of art and science A companion volume to A Literary Field Guide to Southern Appalachia this guide introduces the reader to seventy indigenous species found in Northern Appalachia a region comprising parts of Ohio Pennsylvania New York Connecticut New Jersey Massachusetts Vermont New Hampshire and Maine As a hybrid literary and natural history anthology the book consists of descriptions and notes on habitat range and ecology provided by six scientists with expertise in the region s flora and fauna In addition eleven artists and seventy poets have provided original artwork and poetry that illuminate the lives of the greater than human world Defying easy stereotypes the guide presents trees shrubs wildflowers and mammals birds and fish reptiles and amphibians and invertebrates and fungi Love and wonder for these ancient mountains and their ever evolving residents flood the pages of this book inviting the reader into a deeper way of knowing a place and the lives dependent on it

The Complete Folk Herbal Rebecca Beyer, 2025-10-07 A definitive beautifully illustrated guide to the rich folklore history and utility of wild herbs that are readily available across North America The Complete Folk Herbal is a comprehensive guide to Western folk herbalism designed to help you harness the natural medicinal and healing powers of wild plants Experienced forager and ethnobotanist Rebecca Beyer offers an in depth exploration of how plants can be used for medicine ethical considerations in foraging and the unique histories of these herbs With easy to implement practices that are grounded in sustainability she demonstrates how to work

with plants to soothe everyday pains including headaches burns backaches menstrual pain itching insomnia fatigue and dozens of other minor ailments and maladies The Complete Folk Herbal provides an encyclopedic deep dive into nearly 100 North American herbs flowers and fruits from agrimony to yellowroot Each entry includes ORIGINS Where does the plant originate from PHYSICAL APPEARANCE What does the plant look like in the wild TRADITIONAL USES How was this plant used historically MODERN USES How can you work with this plant today MEDICINAL PREPARATIONS Recipes to make with the plant including teas decoctions tinctures balms salves and more While it's true no single book will ever offer a complete picture of the herbal arts The Complete Folk Herbal will help you refine your skills and begin a lifelong journey of herbal healing whether you're a beginner or an experienced herbalist

First Foods: Indigenous Nutrition for Modern Inflammatory Conditions Dr. Nouridin Melo, 2025-05-21 Chronic inflammation drives today's health epidemics from autoimmunity to heart disease yet the solution isn't in trendy diets but ancient wisdom In First Foods Dr Nouridin Melo masterfully unites indigenous knowledge with modern science revealing how pre colonial eating patterns prevented inflammatory conditions through sacred food relationships Explore the Indigenous Nutritional Philosophy where food represents life rather than mere fuel understand why Western diets fail while ancestral patterns heal and discover science backed traditional superfoods including wild game and elderberries Dr Melo shares forgotten fermentation techniques and herbal remedies for gut health plus a practical 3 Week Indigenous Reset Protocol to transform your well being Praised as a groundbreaking synthesis of ancestral knowledge and modern science a lifeline for true healing by leading integrative health experts this book offers your path back to vibrant health through timeless nutritional wisdom Begin your healing journey today

The Fern Pharmacy Robert Dale Rogers, 2025-09-09 Explores more than 500 species of ferns alongside full color photos Examines the Indigenous and folk uses of ferns for food and medicine throughout history Explains in detail the scientific research behind the potency of fern chemicals to heal many human conditions Used for millennia by Indigenous people for food and medicine ferns are now being recognized scientifically for their unique medicinal potential against antibiotic resistant bacteria cancer diabetes cardiovascular disease and liver kidney and respiratory conditions In The Fern Pharmacy Robert Dale Rogers explores more than 500 species of ferns and includes full color photographic examples He presents observations from naturalists from the 18th century until today as he details the traditional Indigenous and folk uses of ferns in North America Europe and Asia as well as their mythology chemistry pharmacology and important healing applications Rogers examines the unique botany of ferns as nonflowering seedless plants including their relationship with mycorrhizal fungi their propagation via spores and their ancient past as colossal trees Interpreting modern research on the chemistry of ferns including in vitro and in vivo studies of their compounds and secondary metabolites he explores their chemical constituents healing properties from easing congestion and anxiety to treating infertility to fighting bacterial infections He also gives examples of how pharmacological researchers are now frequently rediscovering ancient Indigenous

wisdom such as how Hammock Fern *Blechnum occidentale* was traditionally used in Brazil for pulmonary ailments inflammation and urinary tract and liver infections and how western maidenhair can be used for rheumatic pain insect stings and mental issues Featuring photographs by Alan Rockefeller and Drew Henderson this book reveals not just the beauty and variety of ferns but also their many modern healing benefits *Botany at the Bar* Selena Ahmed, Ashley Duval, Rachel Meyer, 2019-07-02 A guidebook to everything bitters the history science and plants behind them with 75 botanical recipes Not only are bitters the backbone to every great cocktail these plant packed elixirs have long been used to support health and well being add flavor and stimulate the senses Take a trip around the world with ingredients like saffron grapefruit hibiscus and lemongrass and then bring them home to your kitchen Be your own alchemist and mixologist with recipes for creating bitters syrups shrubs and cocktails With these unique flavor combinations of spices roots fruits and flowers your drinks will never be the same **The Sioux Chef's Indigenous Kitchen** Sean Sherman, 2017-10-10 2018 James Beard Award Winner Best American Cookbook Named one of the Best Cookbooks of 2017 by NPR The Village Voice Smithsonian Magazine UPROXX New York Magazine San Francisco Chronicle Mpls St Paul Magazine and others Here is real food our indigenous American fruits and vegetables the wild and foraged ingredients game and fish Locally sourced seasonal clean ingredients and nose to tail cooking are nothing new to Sean Sherman the Oglala Lakota chef and founder of The Sioux Chef In his breakout book *The Sioux Chef's Indigenous Kitchen* Sherman shares his approach to creating boldly seasoned foods that are vibrant healthful at once elegant and easy Sherman dispels outdated notions of Native American fare no fry bread or Indian tacos here and no European staples such as wheat flour dairy products sugar and domestic pork and beef The Sioux Chef's healthful plates embrace venison and rabbit river and lake trout duck and quail wild turkey blueberries sage sumac timsula or wild turnip plums purslane and abundant wildflowers Contemporary and authentic his dishes feature cedar braised bison griddled wild rice cakes amaranth crackers with smoked white bean paste three sisters salad deviled duck eggs smoked turkey soup dried meats roasted corn sorbet and hazelnut maple bites *The Sioux Chef's Indigenous Kitchen* is a rich education and a delectable introduction to modern indigenous cuisine of the Dakota and Minnesota territories with a vision and approach to food that travels well beyond those borders *Tomie dePaola's The Popcorn Book (40th Anniversary Edition)* Tomie dePaola, 2018-10-16 Everyone loves popcorn Newly updated with the latest research a delicious 40th anniversary edition of a POP ular classic Tony likes to cook Tiny likes to read And both twins like to eat POPCORN So while Tiny cooks it Tony reads about it what popcorn is how it's stored and prepared legends and stories about it and its history in Europe and North America A favorite since its original release in 1978 *The Popcorn Book* has sold nearly a million copies This fresh new edition features refreshed interiors with bolder colors and revised text updated with new information and vetted for accuracy by a Native American expert Colorful funny and informative this nonfiction classic from the best selling author illustrator of *Quiet Strega Nona* and many more will teach you everything you need to know about this favorite snack

food and leave you hungry for more And because the best thing about popcorn is eating it two great recipes for popping corn are included **Cherry** Constance L. Kirker,Mary Newman,2021-03-16 Ripe sensuous irresistible the cherry tree and its stunning blossoms conjure up many literal metaphorical and visceral sensations We enjoy cherry picking a cherry on top and even on occasion losing one s cherry Cherries have been consumed since prehistoric times reaching great popularity among the ancient Romans They have come to symbolize such divergent concepts as fertility innocence and seductiveness inspiring Dutch still life paintings Freudian theory contemporary pop artists and one of the first food emojis In Japan and other Asian cultures the short lived but beautiful cherry blossoms are important elements throughout art and literature In this intriguing natural and cultural history Constance L Kirker and Mary Newman recount the origins legends celebrations production and health benefits of this beloved tree Accused of Witchcraft in New York Scott Ferrara,2023-02-20 The history of infamous witch trials and witchcraft accusations is deeper than just those most often discussed at Salem The Empire State has had numerous moments of pandemonium over the potential existence of witches From Native Americans viewing European colonists as witches in the Mohawk Valley to witchcraft hysteria among early Long Island colonial settlements the history of New York state s witchcraft accusations encompasses all regions and communities in the state Join author Scott R Ferrara as he presents harrowing narratives of those who were accused of witchcraft the feverish community dramas that resulted and the lives of those who faced their community as an outsider

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