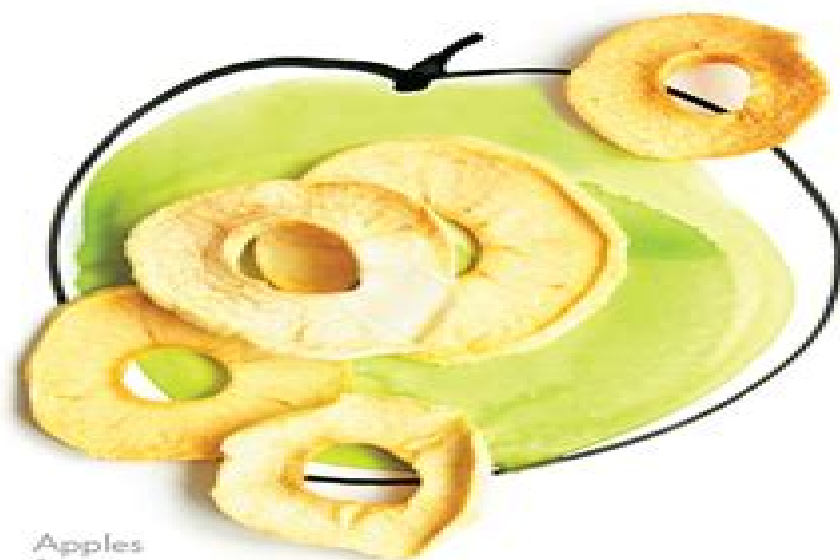




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tomatoes

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and Meat with a Dehydrator,
a Kitchen Oven, or the Sun



Apples
from a
dehydrator



Oven-dried
strawberries

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Making And Using Dried Foods

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The Fun with Food Programme Arlene McCurtin, 2017-07-05 Contributors Arlene McCurtin Damhnait Ni Mhurchu Petro van deventer Marie Kennedy Ger McGuirk Trish Morrison Jeni Malone **Food**

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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.

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