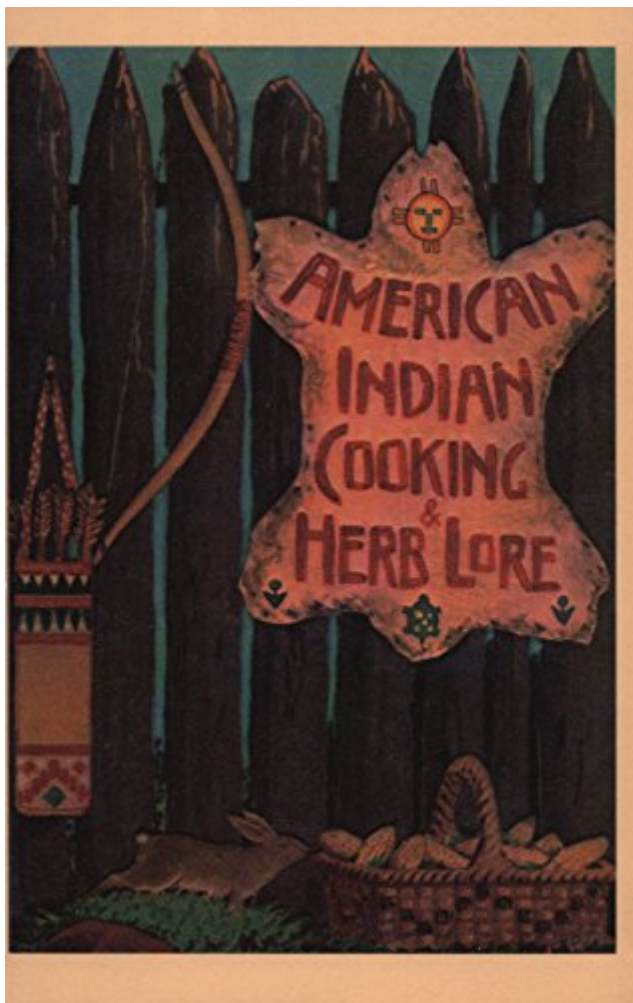


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# American Indian Cooking & Herb Lore



## Synopsis

This book has its source in people like Molly Sequoyah who is pictured on page 2 of this book. She lived in the Big Cove section of the Qualla Boundary in Western North Carolina, and belongs to the Eastern Band of the Cherokee Nation. She represents many of the older Native American women in this country who have a rich and interesting background of food and herb gathering, preparation and use. This work was Published by Cherokee Publication Inc. a Native American owned and operated business that has been preserving Cherokee Culture since 1956.

## Book Information

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Herbs

## Customer Reviews

I had no trouble getting this book. It is full of great recipes for anyone looking to get back to nature. I would recommend this book to friends.

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