

UNIVERSITY OF NEW MEXICO
PREVENTION RESEARCH CENTER

PATHWAYS TO HEALTH

**NATIVE AMERICAN FOODS,
GAMES, & CUSTOMS**

AN ANNOTATED BIBLIOGRAPHY

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February 1994

ANTHOLOGIES

Curtis, Natalie (editor). **The Indians' Book. Authentic Native American Legends, Lore & Music**, Bonanza Books, Crown Publishers, New York, NY, 1987.

Contents: 200 song-poems, and tales, legends, myths, and art, covering all aspects of Indian life — love and war, victory and hunting, rejoicing and thanksgiving. Illustrated with Native American drawings and turn-of-the-century photographs.

Erdoes, Richard and Ortiz, Alfonso. **American Indian Myths and Legends**, Pantheon Books, New York, NY, 1984.

Contents: 160 tales from 80 tribal groups covering the Native American mythic heritage. From all across the continent, these are tales of creation and love, of heroes and war, of animals, tricksters, and the end of the world.

Feldman, Susan (editor). **The Story-telling Stone. Traditional Native American Myths and Tales**, Bantam Doubleday Dell Publishing Group, New York, NY, 1965.

Contents: These stories trace the oral traditions of the North American Indians. Their myths and tales describe the origins of the earth and mankind, the theft of fire, the great flood, and the establishment of human institutions, as well as the adventures of heroes.

Grinnell, George Bird. **Pawnee Hero Stories and Folk-tales, with Notes of the Origin, Customs and Character of the Pawnee People**, University of Nebraska Press, Lincoln, NE, 1961.

Contents: Notes on the Pawnees cover the subjects of relationships, migrations, summer hunts, enemies and methods of warfare, customs, beliefs, religion, and later history.

Hodge, Gene Meany. **Four Winds**, Sunstone Press, Santa Fe, NM, 1977.

Contents: Poems from Indian rituals, including Zuni, Navajo, Tewa, and San Juan ceremonial chants, prayers, blessings, and rituals.

Lopez, Barry Holstun. **Giving Birth to Thunder. Sleeping With His Daughter Builds North America.** Avon Books, New York, NY, 1977.

Contents: 68 tales from 42 tribes about the erotic adventures and rueful wisdom of Coyote. He is a teacher and a trickster who instructed mankind in the ways of right and wrong.

Norman, Howard (editor). **Northern Tales. Traditional Stories of Eskimo and Indian Peoples.** Pantheon Books, New York, NY, 1990.

Contents: A collection of folk tales from the far North (from the tribal peoples of Greenland, Canada, Russia, Alaska, and the polar region) which were told and retold through months of long winter nights.

Rock Point Community School. **Between Sacred Mountains, Navajo Stories and Lessons from the Land.** Shandling Lithographing Co., Chinle, AZ, 1982.

Contents: Many sources contributed to this book — medicine men, sheep herders, university professors, hunters, teachers, and scientists. Each explains the life and history of the Navajo land in their own way. The land is the teacher.

Turner, Frederick W. III. **The Portable North American Indian Reader.** Penguin Books, New York, NY, 1973.

Contents: Myths, tales, poetry, and oratory by North American Indians of the Iroquois, Cherokee, Winnebago, Sioux, Blackfeet, Hopi, and other tribes. Accounts of Indian life by white observers and reassessments by contemporary writers.

ARTICLES

Berlinguer, Giovanni MD. “**The Interchange of Disease and Health between the Old and New Worlds,**” *American Journal of Public Health*, Oct. 1992, Vol. 82, No. 10, pp. 1407-1413.

Contents: This article discusses the causes of the rapid decline of the original American populations; the diffusion of communicable diseases between the two civilizations, the health consequences of nutritional changes on both sides of the Atlantic, drug addictions, etc.

Cowen, Ron. **“Seeds of Protection, ancestral menus may hold a message for diabetes-prone descendants,”** *Science News*, Vol. 137, June 2, 1990, pp. 350-351.

Contents: This article discusses the possibility that the traditional diet of starchy staple foods may once have protected indigenous people from developing diabetes.

Deagan, Kathleen A. **“La Isabela, Foothold in the New World,”** *National Geographic*, Vol. 181, No. 1, Jan. 1992, National Geographic Society, Washington, DC, pp. 40-54.

Contents: Columbus’s first major settlement in the New World brought disease, rebellion, and sparse riches to his explorers. Columbus tried to convert the local Indians to the Catholic faith but instead caused distrust, subjugation, and bloodshed.

DeWitt, Dave. **“The Columbus Exchange, Part I: The New World,”** *Chile Pepper*, Jan./Feb. 1992, pp. 14-20, 35-36.

Contents: This article examines European influences on foods of the Americas by providing recipes for spicy Cuban cuisine and by visiting a Madagascan restaurant. Pre-Columbian cuisine continues deep inside Mexico.

DeWitt, Dave. **“The Columbus Exchange, Part II: The Old World,”** *Chile Pepper*, Mar./Apr. 1992, pp. 7, 14-19, 37.

Contents: This article traces the history of transoceanic migration of foodstuffs and how the food exchange altered the way the people of the world eat. The impact of the Americas on the foods of the rest of the world is examined.

DeWitt, Dave & Gerlach, Nancy. **“New Mexico’s Unique Cuisine,”** *Chile Pepper*, Sept. 1991, pp. 27.

Contents: This article explores the history of New Mexico’s cuisine.

Frank, Lois Ellen. **“The Essence of Life,”** *Native American Cooking: Foods of the Southwest Indian Nations*, 1991, Clarkson Potter Publishers, NY, pp. 18-19.

Contents: This article discusses many different types of corn and its uses.

Grivetti, Louis E., PhD. **“Clash of Cuisines, Notes on Christoforo Colombo 1492-1503,”** *Nutrition Today*, March/April 1992, pp. 13-15.

Contents: This article discusses the exchange of food and other items between the Americas and Europe.

Hughes, Meredith S. **“Potayto, potahto — either way you say it, they a’peel,”** *The Smithsonian*, Vol. 22, No. 7, Oct. 1991, pp. 138-149.

Contents: This article discusses the history of potatoes.

Kavena, Juanita Tiger. **“A Gift From Mother Earth,”** *Hopi Cookery*, 1987, University of Arizona Press, Tucson, AZ, pp. 13-15.

Contents: This article is about corn and its many uses. It also discusses how Hopi people grind corn.

Kopp, April. **“Coyote: Howl of the Wild,”** *New Mexico Magazine*, Aug. 1991, pp. 96-101.

Contents: This article describes the life history of coyote, an important character in Indian stories.

Lewandowski, Stephen. **“Three Sisters — An Iroquoian Cultural Complex,”** *Northeast Indian Quarterly*, Spring/Summer 1989, pp. 41-45.

Contents: The Three Sisters (corn, beans, and squash) are described and cultural meanings are explained.

Lyon, Eugene. **“Search for Columbus,”** *National Geographic*, Vol. 181, No. 1, Jan. 1992, National Geographic Society, Washington, DC, pp. 2-39.

Contents: Old manuscripts are examined to find the key to the mystery of what forces shaped Columbus and spurred him to brave treacherous seas to seek the Indies. This article asks who was this stubborn, single-minded enigma of a man.

MacLeish, William H. and Breeden, Paul M. (illustrator). **“1492 America: the land Columbus never saw,”** *Smithsonian*, Nov. 1991, Vol. 22, No. 8, Smithsonian Associates, Washington, DC, pp. 34-49.

Contents: In 1492, at the time of Columbus, America held two-million people, highly skilled and living in widely varied societies. This article explores the living landscape 500 years ago.

McCoy, Ronald. **“The Fine Young Chief, Native America’s Coyote on the Colorado Plateau,”** *Plateau*, 1990, Vol. 61, No. 1, Museum of Northern Arizona, Flagstaff, AZ, pp. 1-32.

Contents: The coyote urged Native Americans to hunt when the small portions of corn grown could not feed all of them. Gullible coyote frequently appears in folktales, especially Hopi stories designed by elders to instruct the younger generation on how not to behave.

Nabhan, Gary Paul. **“Native American Cornucopia,”** *Native Peoples Magazine*, Spring 1992, Vol. 5, No. 3, Media Concepts Group, Phoenix, AZ, pp. 10-16.

Contents: This article explores and praises Native American crops that have been cultivated in the Americas since Pre-Columbian times.

Newsweek, Fall/Winter 1991, Newsweek, Inc. The Washington Post Company, 1991.

Contents: This issue explores the story of Columbus and how two old worlds were linked and made one. Columbus’s voyages changed the ethnic composition of two continents, revolutionized the world’s diet and altered the global environment. Articles are entitled:

When Worlds Collide

The First Americans

Who Was Columbus?

My Turn: I Won’t Be Celebrating Columbus Day

Columbus’s Four Fateful Voyages

Were the Spaniards That Cruel?

The Great Disease Migration

The Great Food Migration

Slavery: How It Built The New World

Slavery: The High Price of Sugar

When The Horse Came

Quincentennial Fever

My Turn: Stop Knocking Columbus

Norrell, Brenda. **“Navajo Family Farms,”** *Native Peoples*, Vol. 4, No. 3, Spring 1991.

Contents: This article describes a farm cooperative including 24 extended Navajo families in four communities in north-central Arizona.

Ortiz, Alfonso. **"1491 America Before Columbus,"** *National Geographic*, Vol. 180, No. 4, Oct. 1991, National Geographic Society, Washington, DC, pp. 4-99.

Contents: *Origins (Tewa origin myth)*
The Land
Ozette (Whaler chiefs)
Etowah (Southwest nobles, towns and mounds)
Ostungo (Mohawk longhouses, women's key roles)
Pueblo (Southwest culture)

Ortiz, Alfonso. **"Some Cultural Meanings of Corn in Aboriginal North America,"** *Northeast Indian Quarterly*, Spring/Summer 1989, pp. 64-73.

Contents: *Ortiz gives the following examples of the importance of corn—"... corn made the higher cultures possible by permitting concentrations of population to remain in one place." "The Pueblos see corn as an analogy for life itself."*

Perry, Charles. **"Goodbye, Columbus — Explorer's Send-Off Differed Greatly from Today's Menu,"** *Albuquerque Journal*, July 23, 1992, pp. 1 & 6, Section C.

Contents: *Discussion of the question, "If Columbus' Italian friends had thrown him a farewell party on the eve of his voyage, what would they have served?"*

Robbins, Jim. **"Care for a little Hellish Relish? Or try a Hotsicle,"** *Smithsonian*, Jan. 1992, pp. 42-51.

Contents: *This article discusses the chile and why so many people like chiles, not only for eating, but also for decoration.*

Smith, Scott. **"Wild Rice of Minnesota,"** *Bon Appetit*, March 1992, p. 30.

Contents: *This article is about how the Chippewas of northern Minnesota collect wild rice.*

Sokolov, Raymond. **"Before the Conquest,"** *Natural History*, Aug. 1989, pp. 76-84.

Contents: *This article talks about how "Mexican" dishes changed after the arrival of Cortez. It also has recipes and short stories.*

Stern, Jane and Michael. **"Annals of Gastronomy — Chilies,"** *The New Yorker*, May 25, 1992, pp. 68-79.

Contents: This essay is full of interviews and anecdotes about New Mexico chilies and Chile cuisine.

“The Story of Corn,” *Food Digest*, Article #24, Social Issues Resources Series (no date on our copy).

Contents: This article discusses how domesticated crops rely on people to spread the seeds.

“Superfoods — The World’s Staples,” *Food Digest*, Article #23, Social Issues Resources Series (no date on our copy).

Contents: This article discusses the need for a wider food base in order to prevent famine in times of drought and climatic changes.

“A Tradition of Good Nutrition,” IHS Nutrition & Dietetics Training Program, Santa Fe, NM.

Contents: This is a 3-page article, including a resource list and a chart of common Native American foods (including sodium, iron, fat, protein, and calcium contents listed in grams and milligrams).

Walsh, Robb (Recipes by Nancy Gerlach). **“Armadillo Tamales and Other Delights: The Pre-Hispanic Foods of Mexico,”** *Chile Pepper*, Feb. 1992, pp. 16-20, 35-36.

Contents: This article discusses the type of cuisine in existence in Mexico before Columbus.

Wolfe, Thomas H. **“How the lowly ‘love apple’ rose in the world,”** *Smithsonian*, pp. 110-117.

Contents: This article gives the origin (American) and history of tomatoes and discusses the many different types and colors.

CHILDREN’S BOOKS

Bourgeois, Paulette and Hendry, Linda (illustrator). **The Amazing Potato Book**, Addison-Wesley Publishing Company, Inc., Reading, MA, 1991.

*Contents: Potatoes: a positively perfect passion
Potatoes from the Andes to you
What’s in a potato
Have some potato fun*

Caduto, Michael J. and Bruchac, Joseph. **Keepers of the Animals, Native American Stories and Wildlife Activities for Children**, Fulcrum Publishing, Golden, CO, 1991.

Contents: Environmental lessons interwoven with the cultural heritage of Native Americans. This is a gathering of 24 Native American animal stories and related activities for children, ages five through twelve.

Caduto, Michael J. and Bruchac, Joseph. **Keepers of the Earth Native American Stories and Environmental Activities for Children**, Fulcrum Publishing, Golden, CO, 1988.

Contents: A collection of North American Indian stories and related hands-on activities designed to inspire children, ages five through twelve. Intended to provoke curiosity, each activity facilitates a discovery of the environment and helps children understand the influence they have on their surroundings.

Caduto, Michael J. and Bruchac, Joseph. **Keepers of the Earth, Native American Stories Environmental Activities for Children**, Teachers Guide, Fulcrum Publishing, Golden, CO, 1988.

Contents: Provides supplementary text and reading lists by chapter to complement and "flesh out" the information provided in Keepers of the Earth.

Clark, Ann Nolan and Sandy, Percy Tsisete (illustrator). **Sun Journey, A Story of Zuni Pueblo**, Ancient City Press, Santa Fe, NM, 1988.

Contents: Story of daily life of 10-year old Zuni boy and his grandfather, Sun Priest of Zuni Pueblo. Originally published in 1945 by the Haskell Institute in Lawrence, KS, then reissued by the Bureau of Indian Affairs.

Cricket, the magazine for children, November 1991, Vol. 19 No. 3, Carus Publishing Company, Peru, IL.

Contents: This special issue explores the world of Native Americans in a child's format. Legends, history, riddles, and stories told to Native children are included in this issue.

McNickle, D'Arcy and Houser, Allan C, (illustrator). **Runner in the Sun**, University of New Mexico Press, Albuquerque, NM, 1954.

Contents: This is a novel about pre-Hispanic Indian life in the American Southwest, combining the authenticity of an anthropological report with the suspense of a mystery.

Kellogg, Cynthia and Huffman, Tom (illustrator). **Corn What It Is, What It Does**, Greenwillow Books, New York, NY, 1989.

*Contents: What is Corn? How We Use Corn
Farming Corn From Field to Market
The Supermarket*

Roessel, Robert A. Jr. and Platero, Dillon (editors). **Coyote Stories of the Navajo People**, Navaho Curriculum Center Press, Phoenix, AZ, 1974.

Contents: This book was prepared for Navajo and non-Navajo students and is one in a series depicting Navajo life and culture. It is intended to help Navajo children achieve a positive self-image.

Vallo, Lawrence Jonathan. **Tales of a Pueblo Boy**, Sunstone Press, Santa Fe, NM, 1987.

Contents: Stories of what it was like to grow up in an Indian Pueblo during the first part of this century. The main character learns from his grandfather and other adults the things he needs to know so that he can become a responsible adult in the Pueblo.

COOKBOOKS

Anderson, Beth and Anderson, Jan (illustrator). **Wild Rice for All Seasons Cookbook**, MN, 1977.

Contents: 14 pages of introduction touch on the Indian diet of wild rice which made them larger and healthier than their neighbors who did not have this nutritious carbohydrate. A chart shows the composition, minerals, and vitamins in wild rice and other cereal products.

Hesse, Zora. **Southwestern Indian Recipe Book**, The Filter Press, Palmer Lake, CO, 1973.

Contents: Recipes from the Apache, Pima, Papago, Pueblo, and Navajo Indians.

Jack, Timberline. **Original Recipes of Acoma Pueblo, New Mexico**, Albuquerque, NM, 1991.

Contents: Stews, meat, breads, vegetables, pastries and dessert recipes from Sky City. The author's preface gives an account of a legend of the people of the White Rock and a description of the traditional pottery makers of Acoma.

Kavena, Juanita Tiger. **Hopi Cookery**, The University of Arizona Press, Arizona, NM, 1990.

*Contents: Beans Corn Wheat Chiles
Meat Gourds Beverages
Between Meals Fruit Native Greens*

Keegan, Marcia. **Southwest Indian Cookbook**, Clear Light Publishers, Santa Fe, NM, 1987.

Contents: The prologue contains an informative discussion between Agnes Dill of Isleta Pueblo, a prominent Indian leader, and Paul Enciso, Taos Pueblo (and Apache), an artist and craftsman, about native foods. Included are sections on Pueblo and Navajo images, quotes, and recipes; soups and appetizers; vegetable dishes; meat dishes, breads and desserts.

Rozin, Elisabeth and Balch, Barbara (Paper cut-out illustrations), **Blue Corn and Chocolate**, Alfred A. Knopf, New York, NY, 1992.

Contents: Each food has a story about how it was discovered and integrated into American cooking. 175 recipes are interlaced with intriguing sidebars and historical photographs. Chapter headings include corn, the potato, capsicum peppers, tomatoes, peanuts, turkey, beans, pumpkins, and squashes, and chocolate and vanilla.

Ulmer, Mary and Beck, Samuel E., **Cherokee Cooklore: Preparing Cherokee Foods**, Mary and Goingback Chiltoskey, Museum of the Cherokee Indian, Cherokee, NC, 1951.

*Contents: Recipes
History
Herbs
The Feast
Wild Foods*

POSTERS & MAPS

“Contributions of Native Americans — Edibles,” (Poster) William M. Rieske, Historic Indian Publishers, Salt Lake City, UT, 1983.

Contents: Food contributed by Native Americans

“Contributions of Native Americans — Edibles, The Conquest of Indian America,” (2 Posters) William M. Rieske, Historic Indian Publishers, Salt Lake City, UT, 1981.

Contents: Some important fruits, nuts, vegetables, and other food sources; a partial list of drinks, flour, fruit, gum, meal, nuts, salad, and vegetable sources

“Contributions of Native Americans — Navajo: Dyes and Weaving,” (Poster) William M. Rieske, Historic Indian Publishers, Salt Lake City, UT, 1983.

Contents: Natural dyes used by Native Americans

“The Grand Exchange” (Food Exchange Map), *National Geographic*, Vol. 182, No. 2, February 1992, National Geographic Society, Washington, D.C.

Contents: When Columbus and his 17 ships arrived in America in 1493, an international food exchange began that started a world-wide food exchange. This map illustrates the different foods and the routes of their exchange.

“Indian Games and Sports, The Conquest of Indian America,” (Poster) William M. Rieske, Historic Indian Publishers, Salt Lake City, UT, 1983.

*Contents: Guessing Games
Skill & Dexterity
Miscellaneous Amusements
210 Indian tribes represented, including Algonquin through Zuni*

“The Kitchen Garden, Legumes du Potager,” Arti Grafiche Ricordi, Italy, 1984.

Contents: Poster of vegetables with names listed in English, French, Spanish, and German

REFERENCE/RESOURCE BOOKS

American Dietetic Association and American Diabetes Association, Inc.
Ethnic and Regional Food Practices: Navajo Food Practices, Customs, and Holidays.

Contents: This article discusses the traditional concept of balance and harmony — avoiding excesses — in relation to motivating the Navajo people to eat moderately, lose weight, exercise, etc. Current nutrition recommendations including meal patterns, supplementary exchange lists for traditional Navajo foods, a nutrient data base for Navajo food practices, customs, and holidays, a glossary, and popular and traditional recipes with nutrient evaluations are included.

Culin, Stewart. **Games of the Northern American Indians.** Dover Publications Inc., New York, NY, 1975.

*Contents: Games of Chance
Games of Dexterity
Minor Amusements
Unclassified Games
Games Derived from Europeans*

Densmore, Frances. **How Indians Use Wild Plants for Food, Medicine, and Crafts,** Dover Publications, Inc., New York, NY, 1974.

*Originally published as an article in the *Forty-fourth Annual Report of the Bureau of American Ethnology to the Secretary of the Smithsonian Institution, 1926-1927.**

*Contents: Plants as Food Plants as Medicine
Plants used in Dyes Plants used as Charms
Plants used in Decorative Arts*

Hawke, Sharryl Davis and Davis, James E. **Seeds of Change: The Story of Cultural Exchange after 1492** Addison-Wesley Publishing Co., Menlo Park, CA, 1992.

*Contents: A Chance Meeting Two Old Worlds
Devastating Disease Amazing Maize
The Popular Potato The Legendary Horse
Bittersweet Sugar Choices for the Future*

McCalman, Raylene. **Comparison of Fiber and Selected Nutrient Content of Corn Meal and Beans/Peas** (1 page chart), University of New Mexico, Department of Pediatrics, Center for Indian Youth Program Development, July 1992.

McClelland, Dorothy Ann. **Good As Gold. Foods the Americas Gave the World.** National Museum of American History, Smithsonian Institute, Washington, DC, 1991.

*Contents: Foods of the Americas
Activities*

Murphy, Edith Van Allen. **Indian Uses of Native Plants.** Mendocino County Historical Society, Fort Bragg, CA, 1959.

*Contents: Basketry Seeds Indian Foods Nuts
Beverages Hair Greens Teepee
Tobacco Meats Medicinal Plants
Famine Foods Dye Plants*

Nabokov, Peter. **Indian Running.** Capra Press, Santa Barbara, CA, 1981.

Contents: Photographs and an eyewitness account of the six-day run commemorating the 300th anniversary of the Pueblo Indian revolt (1980), as well as revelations on the history and mysticism of Indian running traditions throughout the Americas.

National Museum of Natural History, Smithsonian Institute, and the National Council for the Social Studies. **Seeds of Change: Readings on Cultural Exchange after 1492.** Addison-Wesley Publishing Co., Menlo Park, CA, 1993.

*Contents: Scholars from around the world tell how Columbus started an international exchange of foods and culture that affected the health and diet of people worldwide.
Articles include:*

*The Encounter: A Meeting of Two Old Worlds
Disease: An Ally in Conquest
Corn: An American Indian Gift to the World
The Potato: Andean Food for Millions
The Horse: Return of a Native
Sugar: A Sweet Tooth Leads to Slavery
One World: Choosing a Positive Future*

1992 Seedlisting, Native Seeds/SEARCH (Southwestern Endangered Aridland Resource Clearing House), Tucson, AZ.

Contents: NS/S is a non-profit seed conservation organization working to preserve traditional crops and their wild relatives of the U.S. Southwest and Northwest Mexico. Catalog of seeds adapted to desert environments is available for \$1 from 2509 N. Campbell Ave. #325, Tucson, AZ 85719.

1993 Seedlisting, Native Seeds/SEARCH, Tucson, AZ.

Contents: 10th year anniversary seed catalog. Membership in NS/S includes subscription to quarterly newsletter, "The Seedhead News." Their demonstration garden is located on the grounds of the Tucson Botanical Gardens. The new Albuquerque, NM field office is located at 144 Harvard SE (phone 268-9233).

Powers, William K., and Powers, Marla N. **Sacred Foods of the Lakota**, Lakota Books, Kendall Park, NJ, 1990.

Contents: Oglala Sioux Food System, Pine Ridge Reservation, South Dakota
Food and Religion
Dog as Ritual Food
Buffalo as Ritual Food
Wasna (pemmican) as Ritual Food
Oglala Meals and Feasts
Meanings in the Oglala Food System
Food as a Code

Radin, Paul. **The Trickster, A Study in American Indian Mythology**, Schocken Books, New York, NY, 1972.

Contents: An anthropological/psychological study of the myth of the Trickster — an ambiguous creator and destroyer, cheater and cheated, subhuman and superhuman — one of the earliest and most universal expressions of mankind. A commentary by C. G. Jung is included.

Sharpe, J. Ed (editor), and Taylor, William (illustrator). **American Indian Prayers and Poetry**, Cherokee Publications, Cherokee, NC, 1985.

Contents: Prayers and poetry carry man's religious symbols in their purest and most beautiful form. American Indians use earth symbols as carriers for universal truths.

Viola, Herman J. and Margolis, Carolyn. **Seeds of Change. Quincentennial Commemoration**, Smithsonian Institution Press, Washington DC, 1991.

Contents: *Seeds of Change*
The Demise of the Fifth Sun
American Food Crops in the Old World
New World, Vineyard to the Old
Metamorphosis of the Americans
Ranching in the New World
Pleasure, Profit, and Satiation
Antigua Slaves and Their Struggle to Survive
Galways Plantation, Montserrat
Savoring Africa in the New World
Hispanic American Heritage
An American Indian Perspective
Health and Disease in the Pre-Columbian World
Three Faces of Eden
Nature's Future

Weatherford, Jack. **Indian Givers: How the Indians of the Americas Transformed the World**, Crown Publishers, Inc., New York, NY, 1988.

This book offers insights into Indian achievements in architecture and agriculture, their attitudes toward the natural world that anticipated modern ecology, religious concepts and spiritual insights that were enriching to all humanity, humane laws, and a collective wisdom almost ignored by Europeans.

Contents: *Silver and Money Capitalism*
Privacy, Slavery, and the Birth of Corporations
The American Indian Path to Industrialization
The Food Revolution
Indian Agricultural Technology
The Culinary Revolution
Liberty, Anarchism, and the Nobel Savage
The Founding Indian Fathers
Red Stick and Revolution
The Indian Healer
The Drug Connection
Architecture and Urban Planning
The Pathfinders
When Will America Be Discovered?

Weatherford, Jack. **Native Roots**, Crown Publishers, Inc., New York, NY, 1991.

This book explores the role American Indians have played in shaping our society, including our way of life, attitudes and values, types of food eaten, the clothes worn, and the institutions established.

Contents:

- The Road to Tukoyaktuk*
- Pyramids on the Mississippi*
- Women (and a Few Men) Who Led the Way*
- Firestorm*
- The Tree in American History*
- Hunting*
- How the Fur Trade Shaped the American Economy*
- Beads and Buildings*
- Corn, Cotton, and Tobacco*
- The Trade in Indian Slaves*
- Fishing for Food and Profit*
- Guerillas and Warriors*
- America's Patron Saint*
- Americanization of the English Language*
- The Naming of North America*
- North America's Inca Historian*
- Intellectual Mining*
- Mixed-Blood Nation*
- The White Roots of Peace*