

## **Chronological Bibliography of Indigenous American Cookbooks<sup>1</sup>**

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### **1930s**

The Indian Women's Club of Tulsa, Oklahoma. *Indian Cook Book*. Tulsa, Oklahoma: 1933.

### **1940s**

### **1950s**

Mary Ulmer Chiltoskey and Goingback Chiltoskey. *Cherokee Cooklore: Preparing Cherokee Foods*. Cherokee, North Carolina: Museum of the Cherokee Indian, 1951.

Students of Shishmaref Day School, Shishmaref, Alaska. *Eskimo Cook Book*. Anchorage, Alaska: Alaska Crippled Children's Association, ca. 1952.

### **1960s**

Ojibway Enterprises. *Indian Recipes: A Heap of Good Eating for the Modern Pale Face and His Little Wild Indians*. St. Ignace, Michigan: Ojibway Enterprises, 1964.

Blackfeet Indian Vista Associates Program. *Blackfeet Indian Cook Book*. Browning, Montana: Associates Program with the cooperation of the University of Colorado, ca. 1968.

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**1970s**

Native American Women's Association. *The NAWA Cookbook: Traditional and Contemporary Recipes*. Colorado Springs, Colorado: Native American Women's Association, ca. 1970s.

St. Augustine's Indian Center. *Favorite Indian Recipes*. Chicago, Illinois: St. Augustine's Indian Center, 1970s.

American Indian Center of Chicago. *Chicago American Indian Center Cookbook*. Chicago, Illinois: Chicago American Indian Center, 1970.

Choctaw Fair Association. *Food for Choctaw Families*. Philadelphia, Mississippi: Choctaw Fair Association, 1970.

Estelle Oozevaseuk, Edna Apatiki, Alaska Native Language Program, University of Alaska Fairbanks Center for Northern Educational Research. *Sivuqam Neghyugnaan Yataaghqellghan Igii / St. Lawrence Island Delicacy Recipe Book*. Fairbanks, Alaska: Alaska Native Language Program, Center for Northern Educational Research, University of Alaska, Fairbanks, 1973.

Earth Company. *American Indian Cook Book*. Portage, Michigan: Earth Publication, 1974.

Ardmore Indian Bicentennial Committee. *The Indian Cook Book*. Ardmore, Oklahoma: The Committee, 1975.

Five Civilized Tribes Foundation. *Cookbook of the Five Civilized Tribes of Oklahoma*. Oklahoma City, Oklahoma: Alco Printing and Publishing Co., 1976.

Kansas City Indian Club. *Indian Cookbook*. Kansas City, Missouri: Kansas City Indian Club, 1977.

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Native American Cultural Awareness Program, Robert A. Mogor. *Nutrition: Indian Cookbook*. St. Ignatius, Montana: Native American Cultural Awareness Program, St. Ignatius School District 28, ca. 1976-1977.

### **1980s**

Community Nutrition Education Program, Navajo Tribe of Arizona, New Mexico & Utah Department of Food and Nutrition Services. *The Navajo Homemaker Cook Book*. United States: Department of Food and Nutrition Services of the Navajo Tribe, 1982.

Five Civilized Tribes Museum. *Pow Wow Chow: A Collection of Recipes from Families of the Five Civilized Tribes*. Muskogee, Oklahoma: Five Civilized Tribes Museum, 1984.

Bertha W. Jennings, American Indian Society of Washington, D.C. *American Indian Society, Washington, D.C., Cookbook*. Washington, D.C.: American Indian Society, 1984.

Cahuilla Native American Indian School P.T.O. *Cahuilla School Cookbook*. No place: no publisher, 1985.

Navajo Curriculum Center, Rough Rock Demonstration School. *Cookbook = Ch'iyáán 'íil'íni binaaltsoos*. Rough Rock Demonstration School: Rough Rock, 1986.

American Indian Women's Service League, Seattle Indian Services Commission. *Going Native: American Indian Cookery*. Seattle, Washington: American Indian Women's Service League, Seattle Indian Services Commission, 1989.

Pittsburg County Council of Choctaws. *Cooking with Choctaws and Friends*. Waseca, Minnesota: Walter's Cookbooks, 1989.

Rural Alaska Native Vocational Arts Workshop, Melvin and Karen Olanna. *Shishmaref Eskimo Cookbook*. Seattle, Washington: The Franklin Press, 1989.

### **1990s**

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Native Seeds/SEARCH. *Healthy Traditions: A Cookbook for Native Americans*. Tucson, Arizona: Diabetes Prevention Program, Native Seeds/SEARCH, 1990s.

Wewoka Chamber of Commerce, Seminole Nation Museum. *Barking Water: Indian Territory Cookbook*. Wewoka, Indian Territory: Wewoka Chamber of Commerce, Seminole Nation Museum, 1990s.

West Texas Native American Association. *Native American Recipes and More*. No place: No publisher, 1990.

Mii Gii Zii Sug Indian Club (Virginia, Minnesota). *Native American Cultural Cookbook*. Audubon, Iowa: Jumbo Jack's Cookbooks, ca. 1991.

Seldovia Village Tribe. *Sharing Recipes: A Book of Favorite Recipes*. Lenexa, Kansas: Cookbook Publishers, 1991.

Subsistence Class of Hooper Bay High School, Hooper Bay, Alaska. *Hooper Bay Yupik Subsistence Cookbook*. Hooper Bay, Alaska: HPB Pub., 1991.

American Cancer Society. *Cherokee Indian Reservation Cookbook: American Cancer Society*. No place: American Cancer Society, 1992.

Seattle Indian Services Commission. *Going Native: American Indian Cookery*. Seattle, Washington: Seattle Indian Services Commission, 1992.

Unalakleet Headstart Parent Committee, 1991-92 Unalakleet Headstart Committee. *Kids Are Special People*. Unalakleet, Alaska: Fundcraft Publishing, Inc., ca. 1992.

United Tribes Employment Training Center. *Indian Recipes*. Bismarck, North Dakota: United Tribes Employment Training Center, 1992.

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Holbrook Seventh-day Adventist Indian School. *Fixin' Food! (ch'iyaan ali') the Native American Way: Recipes for Native American Foods*. Holbrook, Arizona: Holbrook Seventh-day Adventist Indian School, 1993.

Lenni Lenape Historical Society. *Native American Cookbook*. Collierville, Tennessee: Fundcraft Publishing, ca. 1995.

Huna Heritage Foundation, Audubon Media Corporation. *Huna Heritage Cookbook*. Audubon, Iowa: Audubon Media Corp., 1996.

Center for American Indian Research and Education. *Native Cookbook*. Berkeley, California: Center for American Indian Research & Education, 1997.

Foothill Indian Education Alliance Parent Advisory Committee. *Parent Advisory Committee's Indian Potluck Cookbook*. El Dorado, California: Foothill Indian Education Alliance, Inc., 1997.

Juneau/Douglas Native Community. *Rainforest Recipes*. Juneau, Alaska: SEARHC, 1997.  
1997.

Mohawk Nation at Akwesasne. *Kakhwakon (Good Food)*. Collierville, Tennessee: Fundcraft Publishing, ca. 1998.

Maniilaq Association Employees. *Arctic Home Cooking: Build Strong Families = Ikayaqlugich-payaniatiksranatigun-anayuqaagicc*. Kiktagruk (Kotzebue), Alaska: Maniilaq Association, ca. 1998.

Monacan Indian Nation Women's Circle. *The Monacan Indian Cookbook: A Collection of Contemporary Recipes*. Madison Heights, Virginia: Monacan Indian Nation Women's Circle, 1998.

## **Barth, Chronological Bibliography of Indigenous American Cookbooks**

Navajo Nation, Arizona, New Mexico & Utah. *Navajo Nation Healthy Food Cookbook*. Window Rock, Arizona: Navajo Nation, ca.1999 to 2009.

### **2000s**

All Tribes Community Church. *Feasting with All Tribes & Friends: A Collection of Recipes*. Kearney, Nebraska: Morris Press, 2000.

Evangeline Wilson, Anella L. Garcia, Choctaw Code Talkers Association. *Choctaw Code Talkers Association First Annual Cookbook*. Chickasha, Oklahoma: Choctaw Code Talkers Association, 2001.

Janice Goodwin, Judy Hall, Department of Nutrition and Dietetics, University of North Dakota. *Healthy Traditions: Recipes of Our Ancestors*. Grand Forks, North Dakota: National Center for Native Aging at the Centre for Rural Health, University of North Dakota, 2002.  
<https://www.nrcnaa.org/pdf/cookbook.pdf>.

From the preface: “An essential part of any group’s culture is the foods they eat. The preparation of foods and how they are eaten say much about a people’s society and the environment in which they lived. This cookbook is a documentation of some of the foods traditionally prepared and eaten by some of the tribes of Native Americans. It is hoped that it will serve as another way of preserving traditional cultures of Native people.”

Marla Eades; Great Lakes Inter-Tribal Council, Minwanjigewin Nutrition Project. *Tribal Cooking: Traditional Stories and Favorite Recipes*. Wisconsin: Minwanjigewin Nutrition Project, Great Lakes Inter-Tribal Council, 2002.

Unga Tribal Council. *A Taste of Tradition to Treasures of Tomorrow: A Collection of Recipes*. Kearney, Nebraska: Morris Press Cookbooks, 2002.

Barbara Drake, Kat High, Valena Dismukes, Leslie Fraijo, Haramokngna American Indian Cultural Center. *Haramokngna Potluck Cookbook Volume 1*. Topanga, California: Ne'ayuh, 2004.

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Native American Women's Association. *The NAWA Cookbook*. Kearney, Nebraska: Morris Press, 2004.

West Texas Native American Association. *West Texas Native American Association: A Collection of Recipes*. Kearney, Nebraska: Morris Press Cookbooks, 2004.

Students of Marshall High School, Marshall Homemaking Class. *Yupik Gourmet: A Book of Recipes*. Fairbanks, Alaska: Marshall Cultural Atlas, ca. 2006.

<http://www.ankn.uaf.edu/NPE/CulturalAtlases/Yupiaq/Marshall/gourmet/>.

Fond du Lac Band of Chippewa Indians. *Fond du Lac Favorite Recipes: [Minopogwad (it tastes good)]: A Collection of Recipes*. Cloquet, Minnesota: Fond du Lac Reservation, 2007.

“To help keep these food traditions alive, a committee of elders, including Savage, has gathered recipes from other tribal elders to create their first cookbook. The result, "Favorite Fond du Lac Reservation Recipes," contains nearly 200 recipes. While many are not particularly American Indian, the cookbook includes old family recipes for cooking rabbit, moose, wild rice and dishes that call for fruits and vegetables indigenous to northern Minnesota. [...] The cookbooks sell for \$10, and the money raised will help send Fond du Lac elders to the National Indian Conference on Aging, to be held Sept. 5-9 in Nokomis, Wash., according to Sharon Shuck, who was part of the cookbook committee. The national organization works to improve the health and welfare of American Indian elders.”<sup>2</sup>

Students of Red Lake High School, General Mills' American Indian Council. *A Taste of Red Lake Cookbook*. Red Lake, Minnesota: Red Lake High School, 2008.

“The book includes traditional and contemporary recipes with an eye toward showing the reservation in a positive light as it recovers from a school shooting in 2005. The book costs \$10 (plus \$4 handling)[.]”<sup>3</sup>

Max Taylor, Hopi Tribe of Arizona Office of Community Health Services, Hopi Pu'tavi Project. *Healthy Hopi Recipes and Native Edible Plants*. Second Mesa, Arizona: Hopi Tribe of Arizona, Office of Community Health Services, 2008.

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St. Labre, St. Charles and Pretty Eagle Schools. *A Taste of Tradition: A Collection of Favorite Recipes from St. Labre, St. Charles and Pretty Eagle Schools*. Kearney, Nebraska: Morris Press, 2009.

**2010s**

Shawnee Nation Ohio Blue Creek Band (Lynx, Ohio). *From Our Wikiwa to Yours: A Collection of Recipes by Shawnee Nation Ohio Blue Creek Band*. Kearney, Nebraska: Morris Press, 2010.

Cooking Tlingit Class, Many Voices, One Community Project. *Cooking Tlingit Cookbook*. Petersburg, Alaska: Many Voices, One Community Project, Petersburg Indian Association (PIA) and the Petersburg Public Library (PPL), ca. 2013.

Appalachian American Indians of West Virginia. *Native American Recipes from the Appalachian Mountains: AAIWV Tribal Cookbook*. 6th revised edition. No place: Appalachian American Indians of West Virginia, 2014.

Notes: “As a bonus, our cookbook contains: essays on the history of the Native American Peoples who lived in the Appalachian Mountains; poetry by AAIWV members and educational 'how to do's' on everything from preserving wild game, to old-style-traditional cooking techniques, to native genealogy research tips.”

Louva Montour, The STAR School Wellness Program. *Nizhónígo Iná: Cooking with Navajo Traditional Foods*. Flagstaff, Arizona: The STAR School Wellness Program, ca. 2014.

Great Lakes Indian Fish & Wildlife Commission. *Mino wiisinidaa! = Let's Eat Good: Traditional Foods for Healthy Living*. Odanah, Wisconsin: Great Lakes Indian Fish & Wildlife Commission, 2014.

On page 4: “Accompanied with an instructional DVD, this cookbook explores how to prepare harvested traditional Anishinaabe foods in a good healthy way. Using original recipes from tribal elders, this cookbook features many traditional Anishinaabe foods from fiddlehead ferns to venison, which include alternatives to help maintain a healthy diet.”



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Monacan Indian Nation, St Paul's Episcopal Mission. *The Three Sisters Cookbook: Food for the Body, Mind, and Spirit*. Amherst, Virginia: Monacan Indian Nation and St. Paul's Episcopal Mission, 2015.

North Slope Borough, Department of Wildlife Management. *Traditional Foods Recipes*. Barrow, Alaska: North Slope Borough, Department of Wildlife Management, ca. 2019. [www.north-slope.org/assets/images/uploads/Traditional Foods Recipes.pdf](http://www.north-slope.org/assets/images/uploads/Traditional_Foods_Recipes.pdf).

**2020s**

**No Date**

Blackfeet Nutrition Project. *E-toe-to-sup-a-u-soup: (cookbook)*. Browning, Montana: The Program, no date.

Museum of Indian culture. *Native American Cookbook*. Allentown, Pennsylvania: Museum of Indian culture/ Collierville, Tennessee: Fundcraft, no date.

Ohoyohoma Club. [*Ohoyohoma Club Cookbook*]. Ardmore, Oklahoma: Ohoyohoma Club, no date.

On Clayburn Straughn, Chickasaw Hall of Fame: “Later in life, he drew sports cartoons for the Oklahoma Journal and illustrated an Indian cookbook, which was published by a local Ohoyohoma Club (Indian Women).”<sup>4</sup>

Indian Women's Pocahontas Club (Claremore, Oklahoma). *Favorite Recipes of Indian Women's Pocahontas Club*. Chicago, Illinois: Women’s Clubs Pub., no date.

**“Playing Indian”<sup>5</sup> Cookbooks**

Camp Fire Girls Keewano Council (Grand Rapids, Mich). *Camp Fire Girls Cook Book: Favorite Recipes of Camp Fire Girls and Parents*. Grand Rapids, Michigan: Kent Publishing, ca. 1966.

“Founded by Luther and Charlotte Gulick in 1912, the Camp Fire Girls program used ‘Indian play’ to teach girls to become proper women.”<sup>6</sup>

Cherokee Club Members. *Cherokee Club Cookbook*. Longview, Texas: Cherokee Club, 1968.

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Corona-Norco Y.M.C.A. Indian Maidens. *Athapascan Nation Cookbook*. Kansas City, Kansas: Bev-Ron Pub. Co, 1973.

Mahnah Club (Mesa, Arizona). *Recipes from Mahnah Club*. Mesa Arizona: Mahnah Club, 1973.

“The nonprofit club comprises women who took the name from the Hopi word ‘*mahnah*,’ which they interpret as “leading women of the community.”<sup>7</sup>

Menominee County Woman’s Club. *Indian Cook Book*. Keshena, Wisconsin; Neopit, Wisconsin: Menominee County Woman’s Club, ca. 1970 to 1979.

Mahnah Club (Mesa, Arizona). *Mahnah Club Cookbook: A Collection of Favorite Recipes from Mahnah Club Members*. Mesa, Arizona: The Club, 1982.

Indian Princess Organization. *Native & American Inspirational Cookbook*. No place: Indian Princess Organization, 2005.

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<sup>1</sup> There were many sources consulted during the making of this list, but special note goes to Harvard University’s Schlesinger Library and Michigan State University Special Collections.

<sup>2</sup> Candace Renalls, “Fond du Lac Reservation elders compile recipes in fundraising cookbook,” *Duluth News Tribune*, February 19, 2008, <https://web.archive.org/web/20230205004438/https://www.duluthnewstribune.com/news/fond-du-lac-reservation-elders-compile-recipes-in-fundraising-cookbook>.

<sup>3</sup> Kim Ode, “What’s Cooking: Taste of Red Lake,” *Star Tribune*, April 23, 2008, <https://web.archive.org/web/20210411004536/https://www.startribune.com/what-s-cooking-taste-of-red-lake/18044449/>

<sup>4</sup> “Clayburn Straughn: 1923 - 1985,” *Chickasaw Hall of Fame*, <https://hof.chickasaw.net/Inductees/1989/Clayburn-Straughn.aspx>.

<sup>5</sup> This references Philip J. Deloria’s 1998 book of the same name. In this case, cookbooks that “play Indian” are cookbooks made by non-Indigenous groups and that appropriate aspects of Indigeneity, often through their paratextual elements; or these are books which were created by groups like the Camp Fire Girls and the Y.M.C.A. Indian Maidens, non-Indigenous groups that engaged in ‘Indian play.’ See: Philip J. Deloria, *Playing Indian*, New Haven: Yale University Press, 1998; Lisa Tetzloff, “Elizabeth Bender Cloud: ‘Working for and with Our Indian People’,” *Frontiers: A Journal of Women’s Studies* vol. 30, no. 3 (2009): 77-115, 86.

<sup>6</sup> Tetzloff, “Elizabeth Bender Cloud,” 86.

<sup>7</sup> Coty Dolores Miranda, “Mahnah Club marks 65 years of service | Our Community,” *East Valley Tribune*, 20 April, 2019, [https://web.archive.org/web/20240711154349/https://www.eastvalleytribune.com/our\\_community/mahnah-club-marks-65-years-of-service/article\\_c0972342-6079-11e9-a17f-33df320e1c0e.html](https://web.archive.org/web/20240711154349/https://www.eastvalleytribune.com/our_community/mahnah-club-marks-65-years-of-service/article_c0972342-6079-11e9-a17f-33df320e1c0e.html)