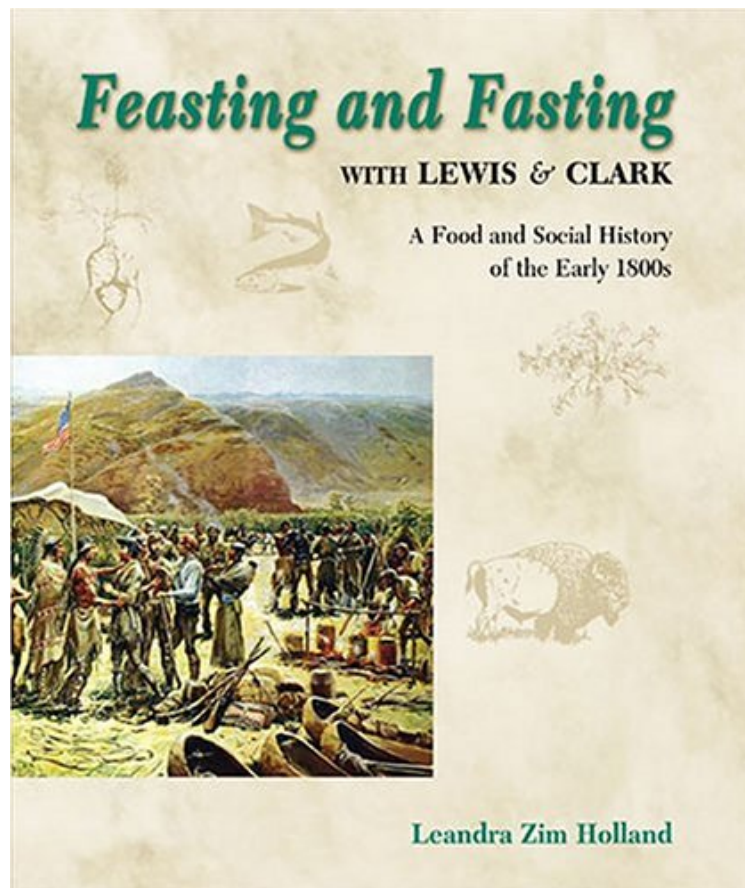


Feasting and Fasting with Lewis Clark: A Food and Social History of the Early 1800s

Leandra Zim Holland

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Leandra Zim Holland : Feasting and Fasting with Lewis Clark: A Food and Social History of the Early 1800s before purchasing it in order to gage whether or not it would be worth my time, and all praised Feasting and Fasting with Lewis Clark: A Food and Social History of the Early 1800s:

What did the Lewis and Clark Expedition live on? Fresh bison on the High Plains, dried salmon in Columbia River country, dog and horse when necessary, vegetables offered by Indian hosts, portable soup, and salt pork carried from Philadelphia. Leandra Hollands narrative about what the expedition members ate on their journey makes this book a rich treat as well as a solid reference for historians, researchers, and re-enactors. Extensive illustrations and a sprinkling of authentic recipes help to trace the expeditions daily life, their food preparation, and their preservation and storage methods. A detailed index, separate recipe and menu index, and item-by-item appendices of food groups

further assist food lovers and Lewis and Clark buffs.