



# FIRST NATION COOKBOOK

**By Koasek Elder Sandra De Forge McGrath**

First Nation Cookbook is a compilation of recipes from

Appalachia, Outdoorsmen, Native American, and just plain folks.



The recipes all have ingredients that were available over 200 years ago. The recipes consist of Indian Fry Bread, Three Sisters Soup, wild game, fish, and of course desserts.

The book has many medicinal tea recipes such as: Nettle tea, and Dandelion tea. It also has tips about tanning a deer hide or rabbit skin. How to do basketry, build your own outdoor oven, and your own snowshoes.

It also has a couple of Indian legends that have been passed down through the centuries by word of mouth and a blurb about my tribe, Koasek (Cowasuck) Abenaki.

**Pre-Orders at Koasek Office, PayPal: Koasek@yahoo.com. Publication Approx. 3 weeks from 4<sup>th</sup> July.**

**194 pages**

**Size 8.5 X 8.5**

**Soft Cover**

**Cost \$30.95 S/H  
\$4**

**All proceeds go to  
the tribe for  
education**

**(Koasek Members  
Special Price with  
ID No.)**

## **PAGE PUBLISHING**

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