

Cherokee Historical Foodways: Annotated Bibliography

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Primary Sources

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

Survey piece from the Cherokee Museum that is predominantly the cooking of Aggie Ross, who records a traditional method for production of bean bread and corn meal in the old fashion. Also contains recipes from four other chefs, including preparation of fruits, vegetables, meats, preservation techniques and a small reference for medicines. Two newspaper articles contained therein also detail the serving and culinary practices of 20th century Eastern Cherokee practice.

Timberlake, Henry. Edited by Samuel E. Beck. *The Memoirs of Lt. Henry Timberlake: The Story of a Soldier, Adventurer and Emissary to the Cherokees, 1756-1765*. Cherokee, North Carolina. Museum of the Cherokee Indian Press. 2007.

Contains descriptions of meals, hunting and fishing practices, culinary serving and feast methodology from the 18th century. Also contains information on food sourcing and production in the Cherokee Nation following the Cherokee-Anglo War. Timberlake also details his personal opinions on Cherokee foods and offers colonial insights into the flavors and styles of cooking, including a unique form of loaf bread made by the fire.

Butrick, Daniel. *The Journal of Rev. Daniel S. Butrick, Monograph One. May 19, 1838- April 1, 1839*. Park Hill, Oklahoma. Trail of Tears Association Oklahoma Chapter. 1998.

Journal of Indian Removal, although scant in foodways, details the ways in which Cherokee lived in the 19th century and details the damages to quality of life as a result of removal.

Cantrell, Mark. *The Fishes Gathered in Cherokee Country*. Cherokee, North Carolina. Eastern Band of Cherokee Indians & U.S. Fish & Wildlife Service of Asheville, North Carolina. 2005.

Banks, William. *Plants of the Cherokee*.

Secondary Sources

Eden, Trudy. *The Early American Table: Food and Society in the New World*. DeKalb, Illinois. Northern Illinois Press, DeKalb. 2008, 2010 paperback reprint.

Monograph detailing the foodways of colonial English and British food sources and biases. Commercial networks and colonial mentalities on food along with serving methods are discussed. Though preeminently concerned with British and American foodways, contrasts them with native food production and details what native foodways emerged and percolated into colonial society as a result of contact and culinary necessity.

Howell, Patricia Kyritsi. *Medicinal Plants of the Southern Appalachians*. Mountain City, Georgia. Botanologos Books. 2006.

Reference material for wild plants of edible and medicinal natures in Appalachia. Useful for identifying the Latin and vernacular English names of greens.

Ginns, Patsy Moore.. *Snowbird Gravy and Dishpan Pie: Mountain People Recall*. Chapel Hill, North Carolina. University of North Carolina Press.

Kenneth Pomeranz and Steven Topik. *The World That Trade Created: Society, Culture and the World Economy, 1400 to the Present*. Second Edition. Armonk, New York. M.E. Sharpe Press. 2006.

Tortora, Daniel. *Carolina in Crisis: Carolina in Crisis: Cherokees, Colonists, and Slaves in the American Southeast, 1756-1763*. Chapel Hill, North Carolina. University of North Carolina Press. 2015.

Dunaway, Wilma. *The Southern Fur Trade and the Incorporation of Southern Appalachia into the World-Economy, 1690-1763*.

Archaeological Sources

Keel, Bennie. *Cherokee Archaeology: A Study of the Appalachian Summit*. Knoxville Tennessee. University of Tennessee Press. 1976.