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

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maps, illustrations, notes, bibliography, index. \$35.00 cloth, \$24.95 paper.

This volume is an intriguing combination of narrative and reference material. A first section sets the historical context for the famous voyage of discovery by discussing such topics as contemporary food preservation, outdoor cooking, and knowledge about nutrition and food safety. Then a longer second section chronologically details the food events of the journey, beginning with shopping in Philadelphia. Here the author gives attention not only to obvious topics such as food and beverage provisioning, indigenous flora and fauna food sources, and the diplomatic aspects of eating together with Native Americans, but also much about illness, starvation, and shortage of wood. An encyclopedic-like reference section concludes the volume, repeating much of the material presented in previous pages, but in a different order.

Holland's source materials begin with Gary E. Moulton's definitive edition of the *Journals of the Lewis and Clark Expedition* (1983-2001) and Donald Jackson's edition of *Letters for the Lewis and Clark Expedition with Related Documents* (1962). She also draws upon other published materials about Lewis and Clark and her own food research. Because the text is not written in a conventional academic style, it is difficult for a reader to separate fact from the author's speculation, and she has tendencies to insert off-the-cuff comments at ends of paragraphs. Setting the materials into a larger context would have helped readers not already familiar with the details of the expedition.

One of the book's most compelling parts is the relationship expedition members established with the Mandan in North Dakota. Here the contexts for communal eating and the trading of goods for food are nicely set, and the author makes the contact between unlike cultural groups magnetic and real. Details about the Mandan underground food caches and their cultivation practices and division of agricultural labor are also well done.

Leandra Zim Holland, a food historian who prepared authentic Lewis and Clark historic

*Feasting and Fasting with Lewis & Clark: A Food and Social History of the Early 1800s.* By Leandra Zim Holland. Emigrant, MT: Old Yellowstone Publishing, 2003. vii + 279 pp. Photographs,

dinners along the trail, gave public presentations on her expedition research, summered north of Yellowstone Park, and was known for authoritative research, died of injuries from a car accident just as this book was going to press. Her ambitious legacy volume is sure to be consulted by scholars and read with pleasure by armchair enthusiasts of the Lewis and Clark Expedition's "Magnificent Dream."

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