

America Eats
Additional Regional
Montana Writers' Project
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Mushrooms, water cress, pig weeds and lambs quarters as well as dandelion leaves supplement the vegetable and salad dishes of Westerners who continue to take advantage of native foods, although to lesser extent today than did the pioneers.

Chokecherries and dandelion blossoms are made into wine, while wild berries form the base of sauces, pies, jellies and jams.