



# **A Culinary History of the Nebraska Sand Hills: Recipes & Recollections from Prairie Kitchens (American Palate)**

*Christianna Reinhardt*

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Spanning nineteen thousand square miles of central Nebraska, the Sand Hills--North America's largest sand dune--is held in place by only a thin, sturdy layer of native prairie grasses and continuing faith that the land can be made prosperous by its residents. Settlers in the area had to be hardy and resourceful, making use of what the land provided and holding fast when their hard work blew away with the prairie winds. From foraging to ranching, food meant survival, but it also meant community. Staples like fried chicken, biscuits, fruit pies, preserves and cakes all play a role in the fascinating story of the region. Join food writer Christianna Reinhardt as she dishes up the unique and tasty history of this exceptional part of the world.

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