



Mino Ayaa-Being Well

Milwaukee Native American Elders
 Celebrate Traditional Foods for Well-Being through
 Stories & Recipes



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Foods for Well-Being through Stories & Recipes
1st Edition – 2011

The Mino Ayaa Project as a whole, and this book specifically, was born of a long-time collaboration between the Gerald L. Ignace Indian Health Center, Inc. and the Indian Council of the Elderly through the WOLFE group, which supports the wellness of Native American Elders around Milwaukee. The project grew with the help of Southeastern Oneida Tribal Services, Native Punx, Milwaukee Public Theatre, and with funding from the Forest County Potawatomi Foundation. The Mino Ayaa Project is meant to celebrate and support traditional foodways and knowledge sharing that promotes wellness in the Milwaukee area Native community.

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This book is dedicated to the generations of people who have walked before us and have been wisdom keepers so that future generations may thrive. A special thank you goes to the elders who contributed their time, recipes, and stories to make this project a reality.



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Introduction

This book is meant to celebrate traditional foods and stories that nourish our bodies, minds, and hearts. Milwaukee area American Indian elders, from many Wisconsin tribes, contributed to this book in two primary ways: by sharing their food knowledge and memories in oral interviews and by contributing some of the recipes. Recipes were shared by community members or created especially for the WOLFE Group*. Each recipe features one or more traditional ingredient, but most also include non-traditional ingredients that pair deliciously with this region's foods. It is organized seasonally, highlighting a few cherished and important foods from each season. This book does not have room for the vast array of traditional American Indian foods and cooking traditions from the Great Lakes region, but its purpose is to celebrate all these traditions and to inspire people to learn more and to get involved in keeping these food traditions alive and well.

Mino Ayaa means Being Well

A healthy life is a life in balance. In today's world, the signs of imbalance are all around us—declining health, environmental degradation, poverty, and hunger. High rates of chronic diseases such as diabetes, heart disease, and obesity affect all communities, but none more so than Native American communities. However, American Indians also have a strong history of traditional ways of living that keep people well. Traditional foods are part of the healthy traditions that promote and restore the wellness of individuals, families, and communities.

Healthy foods like wild game and fish, nuts and seeds, berries, grains, beans, vegetables, water and tea along with regular exercise

are habits that have been keeping Native people strong for generations. With these time tested techniques, we can all prevent and control chronic diseases like Type 2 Diabetes and heart disease today. The good news about diabetes is that even though Type 2 Diabetes is now an epidemic in American Indian communities, it can be prevented and controlled. The Diabetes Prevention Program study found that when American Indians and other people with pre-diabetes made small lifestyle changes—improving eating and increasing physical activity, along with a small amount of weight loss—their risk of developing diabetes was cut by over half. The healthy lifestyle choices that help those with diabetes to stay healthy are the same choices that can help to prevent diabetes. We all benefit from being active, making healthy food and drink choices, and staying engaged in taking care of ourselves to stay healthy. For more information on diabetes and what American Indians are doing about it, please see the Resource section of the Appendix.

The “WOLVES”

*The WOLFE (Work Out, Low Fat, for Elders) Group is a weekly fitness, nutrition, and cooking class for Native American elders that has been running strong since 2005. A joint project between the Gerald L. Ignace Indian Health Center (GLIHC) and the Indian Council of the Elderly (ICE), WOLFE’s mission is to promote health and wellness and to prevent and control Type 2 Diabetes and heart disease through fitness, food, and fun. Participants exercise with the support of GLIHC’s Fitness Expert and then cook healthy food with the support of GLIHC’s Registered Dietitian. GLIHC’s garden program supplies the group with fresh produce throughout the growing season. Weekly recipes explore both local and global cuisine. The most celebrated recipes have been those that highlight traditional American Indian foods of the Great Lakes region; and so this book was born. The recipes and stories were either created by and for the WOLFE group or shared by members of the multi-tribal Milwaukee Indian community.

A Note about Traditional Foodways of the Great Lakes Region

American Indian cuisine is a living cuisine—its roots go back over 10,000 years. It differs widely between regions and tribes and has changed throughout history and continues to change with each generation. The variety of wild foods (those that are hunted and gathered) and cultivated foods (those grown in gardens or as crops) enjoyed by Native people across the Americas is tremendous. In an eco system blessed with abundant fresh water, wide-ranging forests, and tallgrass prairies, the traditional foods of the Great Lakes region are, in and of themselves, truly diverse. This project highlights some of the most celebrated foods such as wild rice, berries, nuts, game, mushrooms, and maple syrup from the forest, fish from the rivers, lakes and streams, the Three Sisters (corn, beans, squash) and other vegetables from the garden, and foods like bison and milkweed of the prairie.

Forward: Seasonal Life of the Aaniishnaabe Hunter-gatherers

-By Sarah Gordon (Red Cliff Band of Lake Superior Chippewa)

The Aaniishnaabe—the Ojibwe, Potawatomi, Ottawa, and the Menominee people who share a language and culture, are among the original inhabitants of the Great Lakes region. Aaniishnaabe people cover the majority of the 11 nations located in Wisconsin. In this forward, Sarah, a young cultural advocate, talks about the connection between her people, food, land, and the seasons that she has learned about from her elders.

I truly believe that the intricate connection between our people and the cyclical food seasons are important to understanding the lives and outlook of the Aaniishnaabe people. The patterns of food collection describe, literally, an interwoven existence with the available foods coming into season which are represented in the 13 moon cycles that make up the Aaniishnaabe calendar year.

The Spring breaks in April with the Maple-Sugar Making Moon, beginning a period of intense work with the collection of sap to produce this delicious food. The sap is boiled and becomes zinzibaakwad (sugar.) My elders can tell you about the work and process that goes into the sugar-making. Summer rises and June is known as the Strawberry moon, when the collection of this revered berry is top on the “to do” list. The berries would be collected en masse, eaten fresh, but also dried and stored for winter use. In July we have the Mid-Summer Moon which is also described as the Blueberry or Raspberry Moon in many places. In August, our focus shifts to the water with the Manoonmin Giizhis or Wild Rice Moon (those Anniishnaabe off of the wild rice grid would call it the Blackberry Moon.) Rice collection is imperative to surviving the long, harsh winters and begins the season of fall. In the month of November, we have the Whitefish Moon, harvesting these white fish to add to the stores that will help get the people through the winter.

The two Winter months of December and January (The Little Spirit and Great Spirit Moons) are learning months, through stories told by elders in lodges, learning crafts and working on things that are to be used the following season (nets, shoes, hunting weapons, tools, and clothing.) At the start of February the bear cubs are born and the Sucker Fish Moon is upon us. This is a time to head back out for the next year of 13 moons worth of collection, learning, preparing and following the food from place to place. Now, these moons vary from place to place depending on how far north the people live.

Strawberries might not be ready until July in Canada and sap might not run until April in some places but they are integral parts of life for all. I can see the strong physical attachment to food seasons and of the life-ways of the Aaniishnaabe woodland tribes in the 13 moons. This way of being helps me to keep a cultural outlook of time as circular, instead of linear, and I enjoy living in those yearly cycles.



Spring – Yellow – East





A Prayer for this Season

*“There is but one Great Spirit.
The Creator and ruler of all things,
to whom we are responsible to.
He is eternal, invisible, and un-portray-able,
In & through him, all beings live and breathe,
to him all worship and alliance is due.
From him all good things come.
So let us pray together so that the seed that will be
handled and sown be blessed.
We ask the Great Spirit’s blessing upon Mother Earth
for it is the surface of Mother Earth
we will be planting our seed.”*

-Huston Wheelock, 2010 Seed Planting Ceremony

Spring – Yellow – East

Spring in Wisconsin is an exciting time when the earth seems to wake up out of a long hibernation. Sap starts flowing and syrup can be made. The first green foods of the season are wild things—watercress, wild onions, fiddlehead ferns, wild leeks, dandelions, asparagus. Spring also begins to yield foods from the garden—radishes, onions, tender greens, rhubarb, early peas. It's a time for planting, walking, fishing, listening to water running, birds singing, discovering...

Huston Wheelock, an Oneida Tribal member, is an avid and knowledgeable forager and can be found outside throughout the year. He explains: *These days, when I want to go looking for stuff to eat I just go somewhere around here in town, that, or if I feel like a long ride then I'll go up to the Menomonee reservation. A lot of them know me so they don't bother me, because I'm just out there picking stuff to eat. Mostly I'll get berries, some flowers like dandelions, cow slips, red root and yellow dock or just wild leeks and onions. I get those every spring. I go to Whitnall Park and pick them. The leeks and onions are mostly spring and summer but some of the flowers you can find in the fall. Now yellow dock is a long leaf and in the fall it's got a long stem with a flower on top. Well those leaves are six inches long and you peel the outside of it; you just take the stem out of the middle because that's the bitter part. When you want to cook the rest of the leaf, you boil it, put a little bit of vinegar salt and pepper on it, and that's it. It has a lot of iron in it.*





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Wild Spring Salad

Watercress, dandelion, lamb's quarters, spinach, or any other tender edible greens from forest or garden
Violet and dandelion flower petals
Hickory nuts, hazelnuts or pecans, toasted
Olive oil or pumpkin seed oil
Apple Cider Vinegar
Honey

Pick the greens and flowers from clean areas. Carefully rinse them and dry. Mix a small amount of oil, vinegar, and honey together in a large bowl. Add greens and toss gently. Sprinkle petals and nuts over the salad greens and enjoy.

Fiddleheads

Fiddleheads, the delicate, coiled tops of certain forest ferns in the springtime, are a wild food that can be eaten steamed, boiled, in salad, or in stews. You can find them briefly at farmer's markets or by foraging yourself. This is a simple recipe that allows their flavor to shine—add herbs if you like or chill and serve in a salad.

1 pound fiddlehead ferns, well rinsed and trimmed
1 teaspoon salt
2 teaspoons vegetable oil

In a large pot, bring 2 quarts water to a boil. Add salt and fiddleheads. Cook 1 minute. Drain and rinse with cold water. Then in a large frying pan, heat oil over medium-high heat. Add fiddleheads. Cook, stirring, until they start to brown, about 5 minutes. Serve immediately.

Broiled Asparagus

Wild asparagus hunting is commonplace in fields and roadsides during the springtime. Wild or market bought asparagus is wonderful whether steamed, grilled, braised, or marinated... this recipe takes just a few minutes. Just make sure not to overcook the stalks, or they will be wilted.

Asparagus

Oil & vinegar

Salt and pepper, to taste

Preheat the oven to broil. Toss the asparagus with a splash of oil, vinegar and sprinkle with salt. Arrange on a cookie sheet and place under the hot broiler. Cook for about 8 minutes; you may need to turn them once so they evenly brown.

Herbed Sugar Snap Peas

Sugar snap peas aren't ready until late in the spring, and when they do ripen they are delicious right off their vines. This recipe is so easy, yet it transforms them into something warm and inspiring.

1 pound sugar snap peas, trimmed

Sprig of mint leaves, torn or chopped

1 tablespoon butter

Salt and pepper, to taste

Place the peas in a steamer basket and cook in a large, lidded pot with half an inch of water until bright green. This should only take 1-2 minutes; don't overcook.

Morel Mushrooms

Wild morels are a delightfully earthy, meaty tasting delicacy of spring. For those who are not experienced wild mushroom foragers, they can usually be found fleetingly at farmers markets. Huston Wheelock picks his own mushrooms. He explains: *There are a couple different kinds of mushrooms you can get in the woods. There's the buttons and morels you can get in the late spring. You find the morels in damp wooded areas near dead trees. You can always tell when it's time to go out and look for them because it's about the same time that the mandrakes come up. The morels are the best mushrooms you can get; they sort of look like Christmas trees with a brown spongy top. There are two kinds: the ones with a long white stem and one with the short stem where the brown part goes all the way down to the ground. They're both really good. When they used to come up when we were younger, that's the only time when we really got a treat for dinner. My mother would go get steaks for all of us and smother it in mushrooms. I still go out and get them in the spring and now I guess they run for eight dollars a pound!*

For simple sautéed morels: sauté clean mushrooms in a pat of butter or oil for several minutes (more than five to be certain they are cooked through, but not so much that they wither up) over medium heat in skillet. Serve as a side dish, alongside meat, rice, pasta, or simply, yet splendidly, alone.

Radish Sandwich, for One

At a WOLFE garden side picnic, Pat Defoe was seen enjoying the tender radishes plucked straight from their bed and dusted of soil. She said, *“I love them fresh just like this—right out of the garden.”* This simple recipe celebrates this spirit—that simple, fresh food is beautiful.

2 radishes, sliced thin and greens chopped

1 sprig fresh dill

2 oz mild, creamy cheese (such as cream cheese or goat chevre)

2 slices whole grain bread

Toast the whole grain bread slices and spread the cheese on each side. Lay the sliced radishes, dill, and chopped greens on top of one slice of bread and close with the other.

Wild Rice Spring Pilaf

Wild rice is harvested in the late summer or early fall, but it is stored and eaten all year round. True wild rice, is delicious on its own; however, this dish pairs the woody flavor of the rice with nutty hazelnuts, earthy mushrooms, and crisp watercress.

- 1 cup wild rice
- 3 cups water or broth
- ½ cup hazelnuts, toasted, skins removed* and chopped
- 3 wild ramps/leeks (may use green onions), sliced thin
- 4 ounces watercress (may use chopped young dandelion, spinach, or arugula greens)
- 8 oz wild morel mushrooms if you can find them, white button, or crimini will do fine, sliced thin
- 1 teaspoon herb blend, such as WOLFE seasoning Mix (below)
- 1 tablespoon pumpkin seed, walnut or olive oil
- Salt and pepper, to taste

Rinse the wild rice. Then bring rice and water or broth to a boil in a medium sauce pan. Reduce heat and simmer for 15-20 minutes, with a lid on, until the rice has absorbed the water.

Sauté the mushrooms until they have released their liquid and remove from heat. Mix rice, mushrooms, leeks, hazelnuts, oil, salt & pepper. Carefully mix in the greens (so as not to bruise them) and serve.

WOLFE Seasoning Mix

This mix is made for WOLFE members to use in soups, side dishes, marinades, in salad dressings, or sprinkled over popcorn. It is a blend of: Sage, Rosemary, Thyme, Oregano, Basil, Garlic powder, Onion Powder, Parsley, Paprika & Love...

Freshwater Fish

In the bounty of woodland streams, lakes, and rivers is found an important food supply: trout, perch, bass, whitefish, musky, walleye, sturgeon to start. *Huston Wheelock on fishing: The Oneida reservation ... just had a river that ran through there. Wouldn't say a river, a creek that was maybe only two feet deep at the most. So sometimes we would catch, well, catfish and bull heads and smelt in the spring and suckers. Everybody did that. We would all go hunting and fishing and then, if they got a lot, then they would just divide it. Some of them (would) go home and start drying it and cooking it. Then the next week they would all go out again and everybody shared.*

Parmesan Baked Fish, shared by Patsy Delgado

May use trout, whitefish, or really any fish, in place of the perch.

1 pound perch filets (fresh or thawed frozen)

1 egg

¼ cup milk

1 cup cracker crumbs

1/3 cup parmesan cheese, grated

½ teaspoon pepper

1 tablespoon lemon juice

¼ cup butter

1 teaspoon lemon rind, grated

½ teaspoon salt

Preheat oven to 425 ° F. Beat eggs and milk together in a bowl. In a separate large bowl, blend cracker crumbs, cheese and pepper. Coat fillets with this crumb mixture, then dip in egg mixture, then in crumbs again before placing in a greased baking dish. Bake for 10 minutes, turn and bake for another 10 minutes or until golden brown. Make the sauce by melting ¼ cup butter, stirring constantly. Remove from heat add lemon juice, rind and salt. Keep sauce warm and serve over fish.

Fish Chowder

Trout is part of the beginning of Wisconsin's fishing season each spring, and so it is featured in this recipe, although any fish (including smoked fish) can be used to make a delicious chowder.

3 cups vegetable stock
1 cup clam juice or fish stock
2 ½ cups red potatoes, diced
1 cup carrots, diced
1 tablespoon extra virgin olive oil
1 medium red onion, diced
2 cloves garlic, minced
2 stalks celery, diced
1 cup corn
1 bay leaf
1 tablespoon dried herbs (such as dill, thyme, fennel)
8 oz trout or any mild fish, cut into small pieces
3 tablespoon flour
2 tablespoon butter
¾ cup skim milk
½ cup fresh parsley, chopped
Salt and pepper, to taste

In a large pot, boil potatoes and carrots in vegetable stock and clam juice until tender.

In a fry pan, sauté garlic, onion, celery, corn, and herbs in olive oil until tender. Add to stock. Add fish to pot and simmer until cooked through (about 5 minutes). Stir gently.

Make a roux by melting butter in the fry pan. Whisk in flour over medium heat. Continue to whisk until slightly browned (about 5 minutes). Remove from heat and whisk in milk until smooth.

Carefully add this mixture to soup pot. Stir gently and let simmer until soup begins to thicken. Adjust seasonings to taste and garnish with parsley.

Spring Egg Bake with Herbs

Free range, pastured hens produce eggs with brilliant orange yolks (due to the extra beta carotene from the free ranging diet.) Elders who remember raising hens on the reservation or farm when they were kids often note the difference in color between those jewel-like yolks and the pale yellow centers of store bought eggs. True free-range eggs with bright yolks can be found from some local farmers, backyard hen enthusiasts or even, increasingly, in your local market. This recipe is great for a crowd, or to save for leftovers; this dish can be made year round using any herbs or spices you have on hand.

1 cup shredded cheese such as cheddar, swiss, gruyere, or even crumbled goat or feta

5 ounces baby spinach, chopped

6 wild green onions, sliced

2 teaspoons canola oil

¼ cup flour, preferably whole wheat pastry flour

8 eggs

1 ¾ cups milk

¼ cup chopped fresh herbs like dill, tarragon, or thyme

1 teaspoon salt and sprinkle of pepper

Sprinkle the cheese into a sprayed 13-inch x 9-inch baking dish.

In a large skillet, sauté the onions and spinach in oil; let cool a bit.

Spoon veggies over the cheese.

In a bowl, combine the flour, eggs, milk, herbs, salt and pepper.

Pour over veggie and cheese mixture.

Bake, uncovered, at 350 ° F for 35-45 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before slicing and serving.

Rhubarb “Shortcake” with Wholesome Biscuits

Everybody seems to have a favorite way to eat rhubarb. Many of the WOLFE elders talk of eating the ruby red stalks raw with a bit of sugar sprinkled on top. In this recipe, warm whole grain biscuits are enjoyed with an easy to make rhubarb sauce or rhubarb strawberry jelly. Assemble by placing one sliced biscuit in a dish, with ¼ cup of the rhubarb sauce, and a dollop of vanilla yogurt... enjoy for breakfast or dessert.

Whole Wheat Biscuits makes ~ 12 biscuits

1 cup whole wheat flour

1 cup unbleached white flour

½ teaspoon salt

1 tablespoon baking powder

2 tablespoons margarine (zero trans fat) or unsalted butter, chilled and diced

1 cup milk

Preheat the oven to 425 ° F. Prepare a baking sheet with cooking spray. Combine the flours, salt, and baking powder in a large bowl. Cut the fat into the flour, until it resembles coarse crumbs. Add milk and mix lightly.

Turn the dough out onto a floured surface and knead 5 or 6 times. Roll out to 1/4-1/2 -inch thickness and cut into 2-inch rounds, wedges or squares. Place the biscuits on the prepared baking sheet and bake for about 12 minutes, or until the biscuits are brown on top and a toothpick or knife comes out clean. Cool on a rack before serving.

Easy Rhubarb Sauce

Take 2 cups of chopped rhubarb, fresh or frozen, add about a half cup of water, a few dashes of spices like cinnamon and nutmeg, and bring to a simmer. Add a bit (1/4 cup) of the sweetener of your choice (maple syrup, sugar, stevia or Splenda) to taste and cook down for a few minutes until desired consistency. Stays fresh in the fridge for several days.

Rhubarb Strawberry Gelly, shared by Alberta Terrazas

4 large rhubarb stalks, chopped

2 cups fresh strawberries, cleaned and trimmed

3-4 packs of Gelatine

Sugar, stevia, or sweet n low, to taste

Cook rhubarb until soft. Add fresh strawberry and mash together. Add sweetener to taste. Mix gelatin into the fruit mixture and chill in the refrigerator for about 3-4 hours. Good for pouring on ice cream, breads, cakes, etc...

Sugar on Snow

Maple sugaring is a big deal in the very early spring in the north woods. And it has been for centuries, as long as Ojibwe people have been tapping trees for a source of sweetness. Maple tree sap is gathered, then boiled down over a large fire until it becomes maple syrup or sugar. To make a special treat called Sugar on Snow, you literally just pour warm maple syrup over fresh, clean snow!

Francis Webster shares some of his memories of maple sugaring: *My grandmother made maple sugar. You know, you take a pail and hang it on a tree... and then all that sap, it'll drip—a certain time of the year it'll come out real good, and then we called it the sugar bush. Every person on the reservation had their own little area, so that's where we'd have our pails, hanging from the trees when they start drippin'...and then you'd have to put it in a big barrel and cook it...and that was that.... We used to help her out with everything.*

Robin Carufel on his Family's Sugar Bush: *My grandfather William Henry Carufel Sr, born in 1868, died in 1959, was a Lac Courte Oreilles (LCO) Ojibwe, spoke fluent French, Ojibwe, English, lost [his] right arm as an early teen. So growing up in the late 1800s and having a family was a tremendous challenge with all four appendages, let alone losing one. He lost his arm while hunting with his uncle... they were waiting along a railroad track when my grandfather was struck by a rung or a piece of the car that was sticking out and mangled his arm. So for him to survive and reach the ripe old age of 87 was quite an accomplishment! My grandfather met my paternal grandmother: Alice Elizabeth Bamaasinokwe McAlister who was from Lac du Flambeau... together they had 12 kids. And my dad was one of the 6 sons, alongside 6 sisters. They lived in a two story house which was part trading post/store... They possessed one of the earliest Indian owned businesses. In fact, I possess two ledger books circa 1887-1905, which was an example of the era of the old barter system in lieu of*

cash. The barter system entailed goods and services being exchanged—therefore my grandparents provided raw supplies to individuals and families such as flour, salt, and other staples while receiving hard labor like stacking wood, tanned deer hides, and other forms of labor. They had cattle and a milk cow, chickens, and I believe they had a pig.

During the late 1800s when government programs provided implements and supplies such as cooking pots and kettles (we still have 2 cast iron large “treaty kettles” as we call them) when it was promised to give each individual or family staples like flour and sugar and scythes, and other tools like that.... Naturally a big kettle like that was used for many things. One of the uses of the Treaty kettles was to make boiled down, gathered, maple sap at the sugar bush/camp. [We’d] boil the sap until [it was] the consistency for making maple sugar cakes and maple taffy. (We even found some of my grandfathers old maple sugar [container], made out of birch bark.) Keep boiling it down, goes to sap, syrup, then thickens along with the evaporation of the water. Grandma used to take a cake pan and fill it with clean white snow and pour the thickened syrup into the snow. She would ask us to wash our hands and then coat our hands with butter and give us each a cake pan and ask us to grab the cooled maple syrup and by pulling, air is added into the thickened syrup, it lightens in color, and we ended up with maple flavored taffy, very similar to salt water taffy. That’s a lot better natural sugar than the processed sugar we have now.

When you know the work that it takes to go into maple syrup/sugar making, you don’t waste syrup. You don’t pour it all over pancakes... You have to split wood for the fire used to boil the sap, check the pails that the sap was collected in on the trees in the morning... in the afternoon... sometimes 3 times a day. When I was a kid we had cans from grade school—we’d ask the cook to save the gallon containers—my dad was good friends with the cook. So the results were treasured based on all that hard work. You had to go where the maple trees

were...you had to locate on the reservation where the stands of sugar maple were located—about six miles from where my parents lived. And because he lived six miles away, having one arm, they carved a big yoke (like for an oxen) so that my grandfather could carry two pails of sap.

I know this because he took me to sugar camp. [When] I was four I used to go the woods with my grandpa. He couldn't get out of the house without me looking out the window. I can close my eyes to this day and smell his, hat... his jacket. And I can remember going inside with my grandmother making fish-head soup, baking something like oatmeal bread... man that was the best bread there was. Most of the sap went into making sugar, but they would keep a jug of syrup. So if you can imagine all the tremendous effort that went into that. You walked to the camp in the morning... you could have a foot of snow, two feet of snow, and you'd make trails between the trees in the woods. And light the fire to get the sap boiling in the treaty kettles and they'd boil down all day. And then we'd walk back in the dark.

How are you going to eat at the camp? Because I got to go to grandpa's campsites, grandpa would set a snare in early spring for the snowshoe hare/rabbit. And then he'd proceed to clean it and get a fire going and then we'd roast rabbit. He had a knapsack... inside he had his fixings: he had tea...[and the makings of] bread. He called it lug bread because of its thick heavy consistency. Flour, salt, baking powder, and then he would boil water and make a dough. He had a flat rock and he'd place it near the coals. The flat rock would serve as a baking pan for the bread. And he would turn it now and then so it got steady heat and wouldn't burn. And he'd then have his roast rabbit, heavy bread, and tea flavored with maple sap.

Spring Teas

There is a long history in the Great Lakes region of people gathering wild leaves, flowers, roots, stems, barks and buds for nourishing and medicinal teas. In the spring, wintergreen leaves, strawberry leaves, red pine leaves, swamp tea leaves, raspberry stems, black cherry bark and wild mint are some of the wild edibles used for tea.

Elderberry Flower Tea

In late spring, when the blue elderberry bushes are in bloom, harvest the flower heads.

Place several elder flowers in a pot of just boiled water, Let steep for 5-10 minutes. Strain and enjoy plain or with honey.



Summer – Red – South





A Prayer for this Season

*Let us pray together as one and ask the Great Spirit for his blessing
and his forgiveness for he has given us this time to meditate.
We must give thanks to our magnificent Lord, which is all that he asks
of us and these things are free.*

*The morning sun raises the golden curtains of the setting sun.
A devoted life and a close walk with the Great Spirit are all free.
We ask a special blessing on food this day because it is bringing people
together as Sisters and Brothers.*

*We may be a little different in our looks and color, but we are one.
And we will continue to worship you, Great Spirit,
as you have always been,
and before you nothing has been.*

*- A blessing shared by Huston Wheelock
at the WOLFE 2010 Harvest Picnic*

Summer – Red – South

Summertime is all about abundance & activity. Growing, harvesting, and preserving foods from the garden—the Three Sisters (corn, beans & squash,) greens, tomatoes, peppers, herbs. Gathering, hunting for, and preserving wild foods—nuts, berries, wild vegetables, fish, game. These traditions have kept people healthy for thousands of years and, though much less common nowadays, remain an important part of the web of life that we can draw on to create paths to a healthier future.

Nita Tourtillott, a member of the Stockbridge-Munsee tribe, remembers: *My mom canned venison, pickles, a lot of blackberries, raspberries. Our basement would be filled with canned vegetables and fruit!*





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Milkweed

The common milkweed, a plant loved most by Monarch butterflies, is enjoyed by humans too. It can be eaten as a tiny shoot, similar to asparagus, in the spring, but they are rumored by some to be bitter and toxic. It is in summer, when the flower buds first appear in clusters, that folks seem to enjoy them most: boiled up for a few minutes in hot water, drained, and eaten like peas.

Easy Broiled Zucchini

1 large zucchini, sliced into 1/3 inch rounds

Parmesan cheese

Cooking spray

Heat oven broiler to high and place oven rack directly below the heat. Coat a large baking sheet with cooking spray. Lay zucchini on sheet and sprinkle parmesan over the top of each one. Place under broiler for a few minutes (watch carefully!) until the tops have browned a bit, but not burned. Serve warm or cold. Great on sandwiches!

Sautéed Carrots with Honey & Herbs

1 tablespoons extra-virgin olive oil

1 pound carrots, peeled, cut into uniform slices on an angle

1 tablespoon chopped fresh herbs like rosemary or thyme or basil

1 tablespoons honey

Salt and pepper, to taste

Heat oil in large skillet over medium-high heat and add carrots.

Sprinkle with salt and pepper.

Sauté until carrots are beginning to brown at edges, about 12 minutes. Add rosemary and honey and toss over medium heat until heated through and vegetables are glazed.

Tomato Tasting Platter

The GLIHC Wellness Garden has grown several varieties of tomatoes over the years: Cherokee Purple, Sungold, Amish Paste, Gold Medal, Valencia, Evergreen, Green Zebra, Sheboygan... They are delicious when picked at the peak of their flavor, still warm from the sun. To make a platter to share: take a variety of freshly picked tomatoes (the more color and variety, the better), slice them and arrange them nicely on a platter. Drizzle them with a bit of olive oil and your favorite vinegar. Toss in some fresh herbs like basil if you like, and a sprinkle of salt. Enjoy!

Roasted Tomato Soup

3 pounds plum tomatoes, halved lengthwise
8 tablespoons olive oil
3 tablespoons minced garlic
1 1/2 tablespoons chopped fresh rosemary or 1 1/4 teaspoons dried
1 1/2 tablespoons chopped fresh thyme or 1 1/4 teaspoons dried
1/4 teaspoon (or more) dried crushed red pepper
6 cups chicken stock or canned low-salt broth
6 tablespoons chopped fresh basil
Salt and pepper, to taste

Preheat oven to 400°F. Place tomatoes, cut side up, on large baking sheet. Sprinkle with salt and pepper. Drizzle tomatoes with 3 tablespoons olive oil. Roast until tomatoes are brown and tender, about 1 hour. Cool slightly.

Transfer tomatoes and any accumulated juices to food processor (or blender or food mill) process until slightly chunky.

Heat 3 tablespoons oil in large pot over medium-high heat. Add garlic and sauté until fragrant, about 2 minutes. Stir in tomatoes, rosemary, thyme and dried crushed red pepper. Add chicken stock; bring to boil. Reduce heat and simmer uncovered until soup thickens slightly, about 25 minutes. Remove from heat. Stir in basil.

Roasted Green Beans

1 pound green beans, fresh or frozen
2 tablespoons extra-virgin olive oil
Salt and pepper, to taste

Preheat the oven to 425 ° F.

If fresh, trim the ends of the green beans and add to a large bowl. If frozen, just empty into bowl.

Toss with the olive oil, salt and pepper and spread out evenly on a baking sheet.

Roast, stirring once halfway, until lightly caramelized and crisp tender, 12 to 15 minutes.

Rainbow Coleslaw

6 cups shredded cabbage; red and green mixed
1 red bell pepper, sliced into matchsticks
1 green bell pepper, sliced into matchsticks
1/2 cup canola mayonnaise
2 tablespoons vinegar
1 tablespoons honey
½ cup fresh cilantro, minced
Salt and pepper, to taste

Toss cabbage in a large bowl with the peppers. In a bowl, whisk together the remaining ingredients. Pour the mixture over the cabbage and toss to coat thoroughly. Refrigerate until serving time.

Grandma Millette's Potato Salad, shared by Kay Beverly

This is Kay's favorite recipe from her Grandmother and she makes it often, to everyone's delight.

5 pounds red salad potatoes

1 large onion

1 large cucumber

2 stalks celery

1 small bag radishes

A few cherry tomatoes (optional)

1 jar of salad dressing

6-8 eggs

For garnish: lettuce, black olives

Boil potatoes, unpeeled, for an hour. Chop vegetables finely.

Boiled eggs, take shell off and chop. Cut potatoes into bite size pieces. Fold ingredients gently and thoroughly. Use lettuce to line a big bowl to hold the salad. Sprinkle with paprika, also may garnish with black olives.

Garden Tomato Pie

- 1 frozen pie crust, preferably whole wheat
- 2 ripe tomatoes
- 1 bunch fresh basil
- 2 tablespoons fresh oregano (or 2 teaspoons dried)
- 8 ounces mushrooms
- 1 small onion
- 1 small zucchini
- 1 small pepper
- 1 cup grated cheddar cheese
- ¼ cup mayo
- 1 egg

Bake crust for 10 minutes at 400° F. Use a fork to poke some holes in crust. Mix mayo, cheese, and egg together in a bowl. Slice tomatoes, onions, zucchini, and pepper and layer in pie crust as follows: tomatoes, onion, zucchini, pepper, mushrooms, seasonings then layer the cheese mixture to cover pie. Place pie in hot oven and bake for 30-45 minutes. Slice when it cools a bit.

The Three Sisters

The Three Sisters—corn, beans, and squash have played an important role in sustaining many people across the Americas for centuries. Not only do they grow so well together—the beans (which provide nitrogen to the soil) trail up the corn stalks, and the squash leaves planted at the base of the corn and beans provide protection and moisture retention—they are a very healthy source of nourishment. A Three Sister’s plot grows in the GLIIHC’s Wellness Garden and, throughout the year, one or more of the Three Sisters usually finds their way into weekly WOLFE cooking classes.



Three Sisters Stew, shared by Judy Delgado

This recipe came to the WOLFE group, by founder Patsy Delgado's daughter Judy, combining all Three Sisters in a very tasty manner.

2-1/2 lbs butternut squash*
1 tablespoon olive oil
1 large onion, diced
2-3 cloves garlic, minced
1 red pepper, thinly sliced
3 cups canned diced tomatoes
1 (14 oz. can) pinto beans, drained & rinsed
1 (11 oz. can) corn
2-3 cups vegetable stock
1/2 can chipotle chile (or a dash of cayenne pepper)
2 teaspoon cumin powder
2 teaspoon oregano
3/4 teaspoon salt
3/4 teaspoon black pepper
1/4 cup chopped cilantro

Cut squash in half length-wise and remove seeds. Cover with aluminum foil and bake cut side up for 40-50 minutes or until easily pierced with a knife, but still firm. When cool enough to handle, scoop out the pulp and cut into large dice. Set aside.

Heat the olive oil in pot. Add onions and sauté until translucent. Add the garlic and continue to sauté until the onions are golden.

Add the squash and all the remaining ingredients except the cilantro. Bring to a simmer and cover, until the vegetables are done. Add the cilantro and season to taste with salt and pepper.

*May use summer squash like zucchini- if so, omit first step and sauté once the onions have begun to soften.

Basic Pot of Beans

A cooked pot of beans is a wonderful thing to have around the kitchen because they are so versatile and an affordable source of good nutrition. Beans can be eaten with toast, rice, potatoes, eggs, and added to soups, stir-fries, casseroles, salads, and so on. The key to a great pot of beans is cooking the beans for a long time at a slow simmer and seasoning well with herbs and spices of your choosing and adding bit of salt at the end. This recipe is basic; consider adding chopped garlic and onion and dried herbs like cumin, oregano, and paprika at the beginning of the cooking process. Add chopped fresh herbs like cilantro, basil, or parsley when the beans are finished cooking.

1 pound dried beans, (such as Black, Kidney, Pinto, Hidatsa Shield Figure, Cherokee Trail of Tears) washed and picked over for stones
2 quarts water
Salt and pepper, to taste

Soak the beans in the water for at least 6 hours. If they will be soaking overnight, put them in the refrigerator.

Drain and rinse the beans and add place in a large, heavy soup pot or Dutch oven, and add new water to the beans to cover by at least an inch of water. Bring to a boil then reduce the heat to low. Skim off any foam that rises. Cover, add any garlic, onion, and dried herbs and simmer one hour.

Add the salt after the beans have had a chance to cook for a while. Continue to simmer another hour, until the beans are quite soft and the broth is thick and fragrant. Taste and adjust seasonings. Beans can be kept in the fridge for a few days and if you don't eat them all up in a few days, they can be frozen.

Buffalo Burgers

Bison (or buffalo) is raised by many tribal people as part of an effort to restore this healthy, delicious, and culturally important food source to people's diets. Because it is raised on grasses, bison is a lean meat, and so it cooks and can dry out more quickly than corn fed beef if overcooked. It is great on the grill and a favorite when enjoyed at the annual WOLFE picnic.

2 pounds ground bison (1/4 pound per patty)

1 teaspoon sea salt and pepper to taste

8 whole wheat burger buns

Optional fixings: sliced onions, lettuce, tomato, sliced avocado, mustard, catsup, pickles

Shape meat into 8 flat patties and place on medium hot grill, flipping once, for several minutes, until done to your liking (160° is FDA's recommendation.) Serve with whole wheat buns that have been toasted on the grill and your favorite fixings.

Buffalo as Spirit Medicine

Dale Kindness, an Oneida Tribal member celebrating his 25th year clean from drinking and drugs, is an AODA group facilitator and long time Sundancer. Sundance is a multi-day ceremony in which the dancers have no food while praying for their family members and community. Dale uses the metaphor and imagery of the buffalo in his group therapy. Here he shares the spiritual importance of buffalo to native people and why it is the last food ingested before going into a Sundance ceremony:

What my elders taught me early on (because when I first started going to ceremony I was urbanized)...they explained to me when you ingest that food it's actually a medicine. It's going to keep you strong...when you go into ceremony you're going to be met with challenges...and when you eat the buffalo meat it helps you to meet those challenges. It helps you to be strong like the buffalo... give thanks....The Lakota people say that the buffalo is the giver of generosity... relative take care of me. While Sundancing, you are one with the buffalo.

Grilled or Broiled Chicken and Veggie Kebabs

Instead of chicken, you might use turkey thighs, venison or pork loin; sturdy fish like sturgeon or salmon. Serve over wild rice or brown rice pilaf.

1 pound boneless chicken thighs or legs or breasts, cut into chunks
1 zucchini or summer squash, cut into thick slices
8 oz mushrooms, halved if large
2 tablespoons extra virgin olive oil
Juice of 1 lemon
1 tablespoon mixed herbs blend (like WOLFE blend, page 16)
Salt and pepper, to taste

If you're using wooden skewers, soak them in warm water while you prepare the food. When you're ready to cook, heat a charcoal or gas grill or the broiler to moderate heat and put the rack about 4 inches from the heat source.

For the marinade, combine oil, lemon juice, & seasoning. Marinate the chicken in this mixture for at least several minutes.

Thread the chicken, onion, zucchini, mushroom, and tomatoes onto skewers. Broil or grill, turning once or twice, until the chicken is cooked through, 12 to 15 minutes (to check for doneness, cut into a piece with a thin-bladed knife; the center should be white.)

Fruit

Sweet being the first taste that humans seek, fruit is perhaps nature's most brilliant creation. The alluring sweetness of fruit, eaten right off the vines, bush or tree, calls us to savor these natural flavors. Strawberries, blueberries, cranberries, juneberries, elderberries, black raspberries, red raspberries, grapes, cherries, gooseberries, and choke cherries have all been gathered wild in the Great Lakes region. Fruit like apples, plums, peaches have also become part of the region's fruit traditions.

Chokecherries

Maseline Albring talks about picking fruit while she was growing up; she shared this memory about choke cherries: *We picked to survive. Choke cherries—they grew on trees and you ate them, but they made your mouth you know, puck up. But they made beautiful jam though... I haven't seen them around for years now...*

Cherries

Wild black cherries are native to the Great Lakes region, and have become an important crop economically in the past few generations, especially in Door County, with its climate ideal for cherry production. Gordon Gonzalez talks about picking cherries with his family as a kid: *I grew up in South Milwaukee in a family of ten kids. My mother was full blooded Oneida and so as soon as the youngest kid in our family was old enough, we started taking trips up to the reservation to visit my grandma and grandpa. We would go up every summer and visit the Rez, visit my brother in Green Bay and go cherry picking up in Door County. We would go all over. We would pick our own and then sell them to people on the way back.*

Strawberries

Wild strawberries can be found on the forest floor in June by those with a careful eye. Much smaller than their cultivated cousins, the intense flavor is an exciting treat during a walk through the woods. Strawberries, wild or cultivated, are an extremely delicious and healthy natural sweet. Ray Bressette talks about strawberry picking: *I used to pick strawberries up there in Bayfield, in northern Wisconsin. They've got big strawberry patches and you pick strawberries for the farmers. It's about a two week growing season, it takes a while for them to get ripe up there, once they're ripe, they're only good for about two weeks. My sister who is 74 years old: she'll make over \$1000 in two weeks for picking strawberries- does all the labor for the farmer.... Sometimes I'll go up there and pick with her. When her and I get together and pick, we're two of the fastest people out there in the patch. And they'll tell you- you know the farmer will say, "I wish I had one of you guys up here all the time" cause I'll stop up there just for an hour and pick with her. You know, shoot the breeze, laugh and talk and we'll get more pickin' done in an hour than some folks will get in half a day!*

Raspberries

Red and black raspberries are a great summer treat when hiking in the woods. They are commonly grown in yards and gardens too—providing fruit year after year. Ron & Nita Tourtillot have a rather large raspberry patch in their yard. Each summer, when they are at their peak, Nita brings in a beautiful platter of freshly picked and washed raspberries to share with the WOLFE group. Enjoyed by all, this plate of berries is quickly devoured but the smiles linger.

Berry Freezer Jam

5 cups berries, like chokecherries, raspberries, strawberries,
blackberries, blueberries
4 cups sugar
1 pouch (3 ounces) liquid fruit pectin
1 tablespoon lemon juice

In a large bowl, crush all of the berries. Stir in sugar; let stand for 10 minutes. Combine pectin and lemon juice; add to fruit, stirring constantly until sugar is dissolved, about 3 minutes. Pour into jars or freezer containers, leaving 1/2-in. headspace. Cover tightly. Let stand at room temperature until set, up to 24 hours. Freeze or store in the refrigerator up to 3 weeks. *Makes 6 half-pints.*

Honey Blueberry Pudding

1 pound blueberries, fresh or frozen
4 cups water
Pinch of cinnamon & nutmeg
1/2 cup honey
1 cup all purpose flour

Bring the berries, spices, and water together in a medium size pot to a boil. Drain the juice and set aside. Mash or puree the berries and mix with the flour. Combine the sugar or honey with the juice and add to the berry/flour mix. Stir well. If lumps are present, add a little more water and continue to stir. Bring to a simmer and stir constantly (so that it doesn't get lumpy) until thick. Check for sweetness. Cool before serving.

Blueberry Wild Rice Muffins

1 cup cooked wild rice

2 eggs

4 tablespoons canola oil (may substitute walnut or flax seed oil)

1 cup low fat milk

3/4 cup whole wheat flour

1/2 cup all purpose flour

1 tablespoon baking soda

1/2 teaspoon salt

3 tablespoons maple sugar (or brown sugar)

Pinch of nutmeg, cinnamon, &/or ginger (optional)

1/4 cup chopped hickory nuts (or walnuts, pecans, almonds)

1 cup fresh or frozen blueberries (or cherries, strawberries, rhubarb, apples, pears, etc)

Preheat the oven to 425 °F. Beat the eggs, oil, and milk together. Stir in the wild rice. Sift the flour, baking powder, spices and maple sugar together. Stir the liquid ingredients into the dry until well blended, but do not overmix (overmixing can result in tough muffins.) Stir blueberries and nuts into the batter and spoon into 1 and ½ dozen prepared muffin cups. Bake for 15 to 18 minutes, until muffins are lightly browned on top.

Cherry Crumble

5 cups fresh or frozen pitted cherries or other fruit*

Crumble Topping:

1 1/2 cups rolled oats (preferably old-fashioned)

1/2 cup pecans, chopped

1/3 cup brown sugar

1/3 cup whole-wheat flour

3/4 teaspoon ground cinnamon

5 tablespoons canola oil

Preheat oven to 400°F.

Make crumble topping: Combine oats, nuts, brown sugar, flour and cinnamon in a medium bowl and stir until well blended. Drizzle oil over the dry ingredients and stir until evenly moistened.

Place the berries in a medium size baking pan (about 8 inch square).

Top with Crumble Topping.

Bake the crumble until the top is browned and the filling is bubbling, 20 to 25 minutes. Let stand for at least 10 minutes before serving.

*Any fresh or frozen fruit can be used. Leave small berries whole, but peel, pit, and chop larger fruits, such as peaches or plums.

Simple Strawberry Smoothie

Blend 1 cup fresh or frozen strawberries together with 1 cup yogurt (plain, vanilla, honey, etc) in a blender or food processor. If you'd like it colder, blend with or serve over ice.

Summer Berry Salad with Mint

The GLIHC Wellness Garden grows a variety of herbs for flavoring—the two that get used most for teas and desserts are mint and stevia. Stevia is a natural, non-caloric plant sweetener. It can be found dried in stores.

4 pints mixture of blackberries, raspberries, blueberries,
strawberries (hulled & quartered)

Juice of 1 lemon

1 tablespoons chopped fresh stevia (or ½ teaspoon dried)

2 tablespoons fresh mint, chopped

Place all the ingredients together in a bowl and allow to macerate (soften) for 15 minutes at room temperature. Toss gently and serve.

Sweet Green Tomato Pie

One year, the WOLFE group's share of the GLIHC garden yielded many, many pounds of unripe tomatoes...they were enjoyed dusted with cornmeal and pan fried, diced and sautéed, and then this recipe was discovered. All agreed it tasted, "just like apple pie."

Whole Wheat Pastry Crust (double a 9 inch recipe—see below)

3/4 cup granulated sugar

1 teaspoon ground cinnamon

1/4 teaspoon each of ground nutmeg, cloves, allspice

1/2 teaspoon salt

1/3 cup whole wheat pastry flour

2 1/2 pounds green tomatoes, seeded and cored

2 tablespoons cider vinegar

1/3 cup raisins or currants

Preheat oven to 350 °F. Prepare pie crust, according to next recipe. Mix together sugar, spices, salt and flour. Blend well and set aside. Slice tomatoes in 1/2 inch slices. Put tomatoes in large bowl and sprinkle with vinegar. Sprinkle raisins and dry mixture over tomatoes and mix gently to coat all pieces.

Divide dough into 2 pieces, one slightly larger than the other. Roll out large piece until it is one inch larger than pie plate. Line plate, pushing edges into corners gently. Roll second piece of dough and cut into strips large enough to cross pie plate. Pour tomato mixture into lined pie plate. Make a crisscross pattern with the cut dough strips. Bake in a 350°F oven for 30 to 35 minutes, or until crust is golden and pie filling is bubbly.

Whole Wheat Pastry Crust

This recipe makes enough for one pie shell; double it if you want a top to your pie.

1 1/4 cups whole wheat pastry flour (or 3/4 cup whole wheat flour, and 1/2 cup all purpose flour)

1/8 teaspoon salt

7 tablespoons very cold butter

Mix flour with salt in a medium bowl or food processor. Add cold butter and cut in using a pastry blender, or pulse in food processor. Add 2 to 3 tablespoons ice water, 1/2 tablespoon at a time, until dough forms into a ball. Gather up and pat into a disc. If possible, cover and refrigerate dough for 30 minutes before rolling out to line the bottom (or top) of a pie pan.

Summer Teas

There is a long history in the Great Lakes region of people gathering wild leaves, flowers, roots, stems, barks and buds for nourishing and medicinal teas. In the summertime, wild mints, bergamot, berry leaves, clover flowers, dandelions, chokecherries, swamp tea, and berries are just some of the wild edibles used for tea.

Wild Mint Tea

Harvest the leaves of wild mint at anytime. May bundle and hang to dry before storing for winter use.

Rub a handful of fresh mint leaves between your fingers or hands to release the flavor. Place mint in a pot of just boiled water, let steep for 5 to 10 minutes. Strain and enjoy plain or with honey.

Sumac-ade

The red berries of the Staghorn Sumac shrub have a distinctly lemon-like flavor that makes them a natural stand-in for lemonade. Harvest the berry clusters in the summer or fall from clean areas.

Using about a dozen berry clusters per gallon of water, rub and squeeze them in about a gallon of room temperature water with your hands for several minutes to release the flavor. Strain the liquid through cheesecloth. Then add maple syrup or honey to taste. Serve chilled or over ice.



Fall - Black – West





A Prayer for this Season

*Usually, when we eat meat,
We give thanks to the birds or animals that gave their lives.*

*Maybe that should go for vegetables too,
Those that are pulled from the vine and the Earth.*

And with all things we should give thanks to Mother Earth.

-Huston Wheelock

Fall – Black – West

Autumn brings with it a splendid array of food choices in Wisconsin—apple orchards and pumpkin farms line the country roads. The abundance of summer continues into fall in the farm fields as well as in the forests—now full of black walnuts, hickory nuts, hazelnuts, highbush cranberries and wild grapes. Wild game hunting remains a popular tradition—wild turkey, ruffed grouse, bobwhite quail, partridge, woodcock, dove, pheasant, deer, and rabbit are all hunted in fall. Sturgeon, salmon, and trout are also pulled from the many lakes and rivers.

Late summer and early fall is also a time for ricing. Wild rice, or manoomin, meaning good berry in Ojibwe, is a wild grass that grows in northern waters that is a nourishing, staple food of Ojibwe and Menominee people and has been for generations. It is harvested in canoes by “knocking” the ripe seeds into the boat with a rice stick in August and September. It is then dried, parched over fire, hulled, and winnowed. People who are familiar with the amazing taste of wild rice often have favorite lakes and streams to find rice—as each unique place creates a unique flavor. The loss of healthy land and waters have made it a food in need of protection, and there are several organizations working to ensure this food tradition will not disappear like so many others. (See the appendix to find out more about efforts to save wild rice and how to find it.) The “wild” rice found in stores, is actually usually paddy rice—rice that is cultivated in fields and very different from true wild rice. True wild rice, as opposed to paddy rice, will cook in about twenty minutes and is so delicious it requires no seasoning. One joke illustrates the difference between wild and cultivated, or paddy, rice:
Recipe for paddy rice: put large stone, water, and paddy rice in pot and cook. When stone is soft, the paddy rice is done.



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Harvest Salad

Mixed greens (spinach, arugula, lettuces)

Blue cheese, crumbled

Apples, diced

Dried cranberries

Walnuts

Simple dressing (below)

Wash and dry greens. Place in a serving bowl. Sprinkle with blue cheese, walnuts, apples and cranberries.

Serve with your favorite dressing.

Simple Dressing

To make a simple vinaigrette take 3 parts oil to one part vinegar.

Extra virgin olive oil and balsamic vinegar mixed with a hint of Dijon mustard, and a dash of salt and pepper and herbs is delicious.

Pumpkin seed oil with apple cider vinegar is unusual yet tasty.

Roasted Broccoli

1 pound broccoli, rinsed and trimmed

1 tablespoons olive oil

1 tablespoon of your favorite herb blend or seasoning mix

Preheat oven to 425 ° F. Cut the broccoli florets into bite size pieces.

Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a large mixing bowl and toss with the olive oil and seasoning.

Spread seasoned broccoli on a baking sheet and place in the oven.

Roast just until the broccoli is tender, 8 to 10 minutes.

Caramelized Brussels Sprouts

To caramelize a vegetable is to cook it in a way that allows its natural sugars to brown, resulting in a lot of natural flavor.

4 cups Brussels sprouts, trimmed and sliced in half
1 large yellow onion, sliced thin
1 tablespoon olive oil
1/2 cup hickory nuts or pecans, toasted
Thyme ~ several sprigs fresh, stems removed
Salt and pepper, to taste

Steam the sprouts for a couple of minutes and remove from heat. (You can do this step in advance.) Warm the olive oil in a large sauté pan and begin to caramelize the onion, by turning the heat down to medium low and stirring every couple of minutes until they begin to brown. Add sprouts, thyme and salt and stir until the sprouts begin to brown as well; this will take a few minutes. Add a splash of water or broth or wine to the pan and stir while scraping the caramelized bits at the bottom of the pan. When the liquid has reduced, the dish is done.

“Healthier” Green Bean Casserole

2 cups low fat, low sodium mushroom soup
4 cups thawed cut green beans
1/2 cup onions, very thinly sliced
1 cup crushed cornflakes

Mix the green beans and mushroom soup together and place in a 1 1/2-quart casserole. Top with the sliced onions and then sprinkle the cornflakes over the top. Cover with aluminum foil and bake for 20 minutes at 350 °F until bubbly. Remove foil and bake for 5 minutes more until the top is golden brown.

Spinach, Butternut Squash & Beet Salad with Chicken

8 ounces boneless, skinless chicken breast, trimmed
2 tablespoons walnut or canola oil
1 tablespoon maple syrup or honey
1 tablespoon cider or balsamic vinegar
1 1/2 teaspoons coarse-grained mustard
4 cups tender spinach, washed, dried, and torn if large
1 cup butternut squash pieces, cooked whole then sliced into half-moons
1 8-ounce can whole beets or cooked fresh beets, sliced
1/4 cup crumbled goat cheese
2 tablespoons chopped pecans or other nuts, toasted
Salt and pepper, to taste

Place chicken in a small skillet or saucepan and add water to cover; bring to a simmer over high heat. Cover, reduce heat and simmer gently until the chicken is cooked through, about 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, cut into 1/4-inch-thick slices.

Meanwhile, whisk oil, syrup or honey, vinegar, mustard, and salt and pepper in a large bowl. Reserve 2 tablespoons dressing in a small bowl. Add spinach to the large bowl; toss to coat with dressing. Arrange the dressed spinach, top with the chicken, beets, squash, goat cheese and pecans. Drizzle chicken with the reserved vinaigrette.

Wild Rice Cranberry Pecan Salad

1 cup uncooked wild rice
3 cups water or broth
1/2 teaspoon salt
1/2 cup dried cranberries
1/2 cup chopped pecans
1/4 cup sliced green onions
Mixed salad greens or spinach, cleaned and dried
1 tablespoon orange juice
2 tablespoons olive oil
1 teaspoon honey
1 table spoon chopped sage
1 teaspoon grated orange peel
Salt and pepper, to taste

Rinse rice well with tap water. Bring rice, salt, and water to a boil, reduce heat to low, cover and cook for 15 to 20 minutes. (Only real wild rice will cook this quickly, if using store bought rice it can take as much as 50 minutes.) When rice has absorbed all the water, remove from stove, uncover, fluff with a fork, and let cool to almost room temperature. Then in a medium sized serving bowl, mix the rice, cranberries, pecans, and green onions together. In a separate bowl, mix the orange juice, peel, olive oil, honey, sage, and salt and pepper. Mix dressing in with the rice mixture. Layer the salad greens on a platter and then pour the wild rice salad over the greens to serve.

Butternut Squash Soup with Toasted Pumpkin Seeds

2 large butternut (or any winter squash) squashes, skin and seeds removed, cut into 2-inch pieces

1 teaspoon salt

1 teaspoon dried sage

2 tablespoons honey

1/4 cup pumpkin seeds

Optional: chopped fresh sage or parsley or chives for garnish

Salt and pepper, to taste

Place the squash into a heavy saucepan and cover with water, salt, and sage. Cook until fork-tender; drain and reserve liquid.

Place some of the squash in a food processor (*Be careful--the squash is hot*) or use a stick blender. Process the squash until smooth, adding some of the reserved liquid if too thick. Season with salt and sweeten with honey to taste.

Place pumpkin seeds on a baking sheet in a hot oven and toast until fragrant. Ladle soup into warm soup bowls and add sage and pumpkin seeds as desired to serve.

Winter Squash with Wild Rice and Sausage Stuffing

- 1 med butternut, Hubbard, or other winter squash
- 3 cups wild rice, cooked (see page 57 for instructions)
- 1 medium onion, diced
- 3 ribs celery, diced
- 1 apple, diced
- 4 ounces mushrooms, sliced
- 1/2 pound cooked venison, chicken, turkey, lamb, or bison sausage
(see below to make homemade)
- 1/2 cup walnuts
- 1/2 cup dried cranberries
- 1/4 cup mixed parsley, sage, rosemary, and thyme, chopped (or
about 1 tablespoon dried mixture)

Preheat oven to 400 °F. To make squash: slice in half, lengthwise and place face down on a pre-sprayed baking pan. Add about half an inch of water to the pan. Bake for about 50 minutes or until tender when pierced with a fork. Remove from oven carefully! Let cool a bit and scoop out seeds.

To make dressing: sauté onion & celery in a sauté pan until soft. Add apple and cook for a few more minutes. Mix together vegetables with herbs and wild rice. Season with a bit of salt & pepper, to taste. To serve, scoop wild rice stuffing into and over the butternut squash. Slice into thick slabs.

To Make Homemade Sausage

Take a pound of ground chicken, turkey, lamb, venison or bison meat and mix it with herbs and spices such as dried sage, paprika, thyme, mustard, salt and pepper. Add one mixed egg and a small handful of plain, preferably whole wheat, breadcrumbs and mix thoroughly. Shape into tiny patties (or leave whole and break into chunks with spatula while cooking) and cook on a skillet until golden brown.

Maple Mustard Turkey

2 pounds boneless turkey breast

1/2 cup stone ground mustard

1/4 cup real maple syrup

1-2 tablespoons fresh chopped sage, thyme, & rosemary or 1-2
teaspoons dried

Salt and pepper, to taste

Preheat the oven to 450 ° F. Mix the mustard, syrup, salt, pepper, and herbs in a bowl. Spread the mustard paste evenly all over the turkey breast and place in an oiled roasting pan. Place the turkey in the oven and immediately decrease the temperature to 400 ° F. After 20 minutes, check to make sure the turkey is not burning; if it is, cover pan with aluminum foil. Roast for an additional 20 to 25 minutes, until cooked through, and a thermometer placed in the thickest part of the breast registers 170 ° F. Let rest for at least 10 minutes before slicing for serving.

Toasted Turkey Cranberry Sandwich, for one

2 slices whole grain bread, lightly toasted

1 teaspoons mayonnaise (optional)

1/2 teaspoon Dijon mustard

Several slices of cooked turkey breast (such as Maple Mustard Turkey)

2 Tbsp prepared cranberry sauce or cranberry relish

1 handful of lettuce, arugula leaves, spinach, or watercress

Toast 2 slices of bread. Spread mustard on one slice, mayo on the other. To the slice with mustard, add the turkey breast, then the cranberry sauce, then the arugula or spinach leaves. Top with the other slice of bread. Cut in half.

Venison Loin

Every hunter seems to have their favorite way of preparing venison. As a wild game meat, venison is very lean and care must be taken not to overcook and dry out. While delicious marinated or rubbed with herbs and spices, the tenderloins lend themselves well to this simple preparation.

2 venison tenderloins, trimmed

1 tablespoon olive oil

Salt and pepper, to taste

Preheat the oven to 450 ° F. Season the loins with salt and pepper. In a large oven safe pot or roasting pan, heat the olive oil over medium flames. When hot, sear each side of the venison loin until lightly browned. Transfer pan to hot oven and roast for about 8 to 10 minutes. Let rest for about 5 minutes before slicing crosswise into circular medallions.

APPLES

Cultivated apples were brought to the Americas by European settlers who planted them in most every field and farmstead for fresh eating, preserving, drying, and cider making. Along the apple's path to becoming one of the most universal symbols of American fruit, they were "adopted" by Native Americans and have become an important part of the foodways for people of the Great Lakes region. Today we can find apple orchards in places like the Oneida Nation of Wisconsin Reservation where apples are sold fresh but also dried and dusted with cinnamon for year round eating. Brenda Kinnart/Waboxiquay (Sioux Sault Marie) *fondly remembers being snowed in at camp in the Upper Peninsula of Michigan with her entire family and making big batches of sauce from the beautiful and beloved Transparent apples which grew abundantly on the property.*

Baked Apples

4 apples
1/4 cup maple sugar
1 teaspoon cinnamon
1/4 cup pecans or walnuts, chopped
1/4 cup raisins, chopped
3/4 cup hot water

Preheat oven to 375°F. Slice apples in half and use a spoon to scoop out the core and seeds, leaving a hollowed out center.

In a small bowl, combine the sugar, cinnamon, raisins, and nuts. Place apples in a baking pan. Stuff each apple with this mixture. Add hot water to the baking pan. Bake 30 to 40 minutes, until tender, but not mushy. Remove from the oven and pour the pan juices over the apples.

Rustic Applesauce

There may be as many versions of apple sauce as there are apple blossoms in an orchard, and almost all of them are good.

Applesauce is enjoyed warm or chilled, plain or spiced.

4 pounds apples, cored and quartered

Water to cover

Optional add-ins:

½ cup brown sugar or maple syrup, or to taste

1 tablespoons lemon juice or apple cider vinegar

2 cinnamon sticks

1 tablespoon whole star anise

1 teaspoon ground ginger

½ teaspoon ground cloves

Place apples and lemon juice with enough water to cover apples in a heavy saucepan. Cover and bring to a boil. Reduce heat to a simmer and add ginger, cinnamon sticks, cloves and star anise. Simmer, stirring often, until apples are soft, about 20 minutes. Adjust sweetness by adding sugar to taste. Carefully remove the whole spices - the cinnamon sticks, star anise and cloves - and discard. For chunky applesauce, mash with a fork. For smooth applesauce, put applesauce through a food mill. Serve warm or chilled. The applesauce can be made up to a week ahead of time and stored in the refrigerator, covered.

Griddled Apple Rings

Core and slice apples into rings, dip into a mixture of cinnamon and maple sugar (or sugar alternative like stevia) and place on a hot griddle, turning once until rings are tender and lightly browned.

Apple Cranberry Oatmeal Cookies

2 cups rolled oats
1/2 cup all-purpose flour
1/2 cup whole wheat pastry flour
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup applesauce
4 tablespoons butter
1 cup maple sugar (or brown sugar)
2 large eggs
1 teaspoon vanilla
1 cup dried cranberries
1/2 cup chopped walnuts

Preheat oven to 350 ° F.

Whisk oats, all-purpose flour, whole-wheat flour, cinnamon, baking soda and salt in a medium bowl.

Beat applesauce and butter in a large bowl with a mixer until blended into a paste. Add sugar; continue beating until well combined. Beat in eggs and vanilla.

Stir in the oat mixture until just moistened. Stir in dried cranberries and walnuts.

With damp hands, roll 1 tablespoon of the batter into a ball, place it on a prepared baking sheet and gently flatten. Continue—spacing the flattened balls 2 inches apart.

Bake the cookies until golden brown, about 12 to 15 minutes, in the middle rack, turning the pans halfway through. Cool the pans for 2 minutes, then transfer the cookies to a wire rack to cool completely.

Apple Cranberry Crisp

2 cups fresh cranberries
3 cups sliced apples
1/2 cup maple or brown sugar
1 tablespoon lemon juice
1/4 teaspoon salt
1 cup maple or brown sugar
1 cup quick cooking oats
1/2 cup whole wheat flour
5 tablespoons butter, room temperature

Combine cranberries, apples, maple sugar, lemon juice, and salt; turn into a shallow, buttered 1.5 quart baking dish. Combine 1 cup sugar, oats, and flour. Cut in butter. Spoon over cranberry-apple mixture. Bake at 325° F for 45 minutes to 1 hour, or until topping is crispy and fruit is tender.

Pumpkin Pie Oatmeal, for one

1/2 cup cooked oatmeal

2 tablespoons pumpkin puree or mash (may use canned)

1 tablespoon brown sugar

1 dash, each, cinnamon, nutmeg, ginger, cloves

1/4 cup vanilla or maple yogurt

1 tablespoon toasted pecans

In a small sauce pot or microwavable safe bowl, mix cooked oatmeal, pumpkin puree, brown sugar and spices and cook on stovetop or in microwave to heat throughout. Serve with yogurt and pecans.

Fall Teas

There is a long history in the Great Lakes Region of people gathering wild leaves, flowers, roots, stems, barks and buds for nourishing and medicinal teas. In the autumn, elderberries, sumac berries, rosehips, wintergreen leaves and berries, white cedar leaves, swamp tea leaves, and chokecherry twigs are some of the wild edibles used for tea.

Goldenrod Tea

The sunny tops of Goldenrod blossoms can be seen throughout late summer and fall in fields and prairies. Huston Wheelock gathers the leaves of this plant and hangs them to dry. He recommends goldenrod leaf tea as a curative for stomach ailments, with a little honey to make it sweet.

Rosehip Tea

Rosehips are sweetest after the first frost. They can be eaten straight off the bush or dried for later use. They are one of the most concentrated sources of Vitamin C and are thought to have many medicinal uses.

Using about a tablespoon's worth of rosehips per cup of tea, simmer in hot water for at least 10 minutes before straining and enjoying plain or with honey.



Winter – White – North





A Prayer for this Season

The Great Father above has shown his power
by making the stars of the heavens,
and the brightness of the lights of the sky so wonderful.
His voice is the voice of all nature,
and his wisdom shows even in the darkness of the night.
The whole earth is filled with the melody of God.

- *Huston Wheelock*

Winter – White - North

Winter is a time for telling stories... brother and sister Charlene and Paul Smith tell entertaining stories about their family: Their grandmother Delia was an amazing cook and “*could make a feast out of nothing!*” But their grandfather liked to tease and would never compliment her on her great meals, instead he would say, “*I bought you a good stove.*”

Winter is a time for a time of quietude in the farm and garden... but fruit and vegetables that are “good-keepers” remain in use with the help of the root cellar or canning or freezing or drying. Houston Wheelock remembers: *So there were a lot of things we did to keep things fresh in the wintertime... we had a root house. You could put cabbage in there, leave the root on and ... when it was time to eat that, it would be like cutting it out of the garden like it was summer time. Almost anybody, everybody had a root house like that.*

Winter is a time for hunting... When the snow falls, it’s a good time for tracking deer and setting traps for beaver, muskrat and the like. Ice fishing shanties are raised for to catch whitefish, walleye, trout, and pike in comfort. Ray Bressette used to go hunting every year. He says: *We used to go up on the reservation and hunt deer. We’d make Indian soups and roasts and steaks and ribs; we’d barbeque the ribs... you know, we’d do everything you could with a deer.*” And Francis Webster used to go hunting with his uncle and dad, savoring the most the tenderloin, “*like steak, it was nice and tender.*”





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Winter Squash

Winter squash, one of the Three Sisters, has been cultivated for nearly 10,000 years. It is grown during the summer, but is left on the vine until mature, when it can be harvested and stored for months in any cool dark place for nourishment during the long nights of winter. Pumpkin, Hubbard, Spaghetti, Butternut, Acorn, are some of the more familiar, and then there are countless other varieties: Algonquian, Boston Marrow, Long Island Cheese, Turban, Buttercup, Fairytale, Cushaw, Crookneck. While each has a unique taste and texture, they can typically be substituted for one another in recipes. Winter squash can be sliced in half and baked or peeled and diced for use in soups, stews, side dishes, desserts.

Smashed Maple Squash

Take any large winter squash and slice in half. Remove seeds and spray each open cavity with cooking spray. Place face down on a baking pan and bake in a hot oven, about 375 ° F, until fork tender. Remove from oven carefully and let cool for several minutes. When cool enough to handle, scrape out the flesh of the squash into a large bowl. Drizzle over a bit of maple syrup and smash with a fork until desired texture is reached.

Sauteed Red Cabbage

1 small red cabbage, cored and shredded

1 teaspoon oil

Salt and pepper, to taste

Optional seasonings: apple cider vinegar, red chile flakes

Heat oil in a large skillet and add the cabbage. Stir until wilted, about 5 minutes, and season. Continue cooking until it is as tender as you like it: may need to add a splash of water to the pan.

Oven Braised Kale

Easy to prepare, braised kale makes for a delicious side dish; greens stay moist & delicious when cooked this way. Braising usually entails browning first, but can be done in the oven or on the stovetop, all that's required is a pot (for the stove) or baking dish (for the oven) with a tight fitting lid and flavorful liquid. Collard greens, red kale, lacinato kale, curly kale, and even swiss chard, spinach, dandelion or field greens can be used (simply reduce cooking time for the more tender greens.)

2 bunches of kale , cleaned, trimmed, and chopped

2 or more garlic cloves, chopped

1 tablespoon extra virgin olive oil

1/2 cup flavorful liquid like broth or cooking wine

Salt and pepper, to taste

Toss all ingredients together in a baking dish and cover with a lid or foil. Bake until tender in a 400 ° F oven for about 25 minutes.

Roasted Root Vegetables

Any sort of root vegetable you have on hand may be roasted in this method, just be sure they are all cut the same size

1 pound yellow or red potatoes scrubbed, diced large

1/2 pound rutabaga, peeled and diced large

1/2 pound turnips, peeled and diced large

1/2 pound carrots, scrubbed, diced large

2 tablespoons fresh rosemary or 1 tablespoon dried

2 cloves garlic, minced

2 table spoons extra virgin olive oil

Salt and pepper, to taste

Mix together all ingredients, aside from the garlic, together in a large casserole dish or baking pan. Roast in a 400 ° F oven for 30 minutes, stirring at least once. Add garlic, turn pan around in oven, and continue roasting for about another 30 minutes, or until rosemary has crisped up and veggies have begun to turn slightly brown (not burned!)

Roasted Root Vegetable Soup

- 1 pound carrots, baby carrots or peeled and cut large
- 2 medium sized potatoes, turnips, parsnips or rutabagas cut into large chunks
- 1 small onion, diced
- 2 cloves garlic
- 1 tablespoon of mixed thyme, rosemary, and sage
- 1 tablespoon olive oil
- 4 cups chicken stock, low sodium
- Chile powder, optional
- Salt and pepper, to taste

Preheat oven to 425° F. In a large baking pan, toss carrots, potatoes, onions, and spices with olive oil. Roast in hot oven for 20-25 minutes, turning at least once, until vegetables are soft and caramelized (browned.) Remove from oven and place in a large soup pot. Add stock and bring mixture to a simmer. Let cook for a few minutes before blending with an immersion blender- be very careful during the blending process as the hot steam can cause the soup to bubble up and burn exposed skin. Blend until smooth and taste, adding enough water to thin to desired consistency. Adjust seasonings. Serve in a mug with a sprinkle of chile powder on top and enjoy!

Oneida Corn Soup, shared by Deb Ushakow (Oneida)

With the Oneida White Corn grown on the reservation, Deb makes this traditional soup often, including for the elders' meal at her workplace, the South Eastern Oneida Tribal Office. Her favorite way to make it is with the pork hocks. She says: *This is a two day recipe with the soaking. Actually, it tastes better after you cook it, let it sit overnight, and eat it the third day. The flavor is really good after sitting all night! Enjoy; it is worth the wait!*

- 1 pound Dehydrated Oneida White Corn (3-4 cans hominy if you can't get the dehydrated corn)
- 4 cups of red kidney or pinto beans
- 1-3 lbs. of pork hocks, venison, beef or smoked turkey
- Salt and pepper, to taste

In an 8 quart kettle, soak the corn overnight in water. Cook the hocks [in water] 4-5 hours till tender
Add the corn and simmer for at least 3 more hours. Add the beans the last hour. Make sure you add enough water [throughout the cooking process] because the corn will soak up all the juice.

Wild Rice, Vegetable and Roasted Chicken Soup

2 cups cooked wild rice

1 tablespoon oil

1 medium onion, diced

2 stalks celery, diced

2 med carrots, diced

6 ounces mushrooms, diced

8 cups broth or water

2 cups shredded meat from a roasted chicken

1 tablespoon chopped fresh sage or 1 teaspoon dried sage

Salt and pepper, to taste

Warm oil in large pot over medium heat. Add the onion, celery, carrots, and spices and sauté for 5 minutes. Add the mushrooms and continue to sauté until vegetables are tender. Stir in the broth and bring to a boil, then reduce heat to a simmer. Add the chicken and the rice and cook for several minutes longer. Adjust liquid and seasoning to your preference.

Mushroom Barley Chicken Soup

1 ounce dried mushrooms
1 tablespoon olive oil
1/4 pound crimini or button mushrooms, roughly chopped
3 medium carrots, peeled and sliced
3 leaves kale, chopped fine
1 cup pearl barley
3/4 cup lentils
1 chicken breast, cooked and diced
Water, as needed
1 teaspoon thyme
1 bay leaf
1 tablespoon soy sauce
Salt and pepper, to taste

Soak dried mushrooms in 3 cups very hot water. After at least 5 minutes, strain out the dried mushrooms from their soaking liquid, and reserve liquid.

Put olive oil in a medium saucepan and turn heat to high. Add mushrooms and carrots, and cook, stirring occasionally, until they begin to brown.

Add barley, lentils, kale, the soaked dried mushrooms and stir a few times, sprinkle with a little salt and pepper and thyme. Then add bay leaf, mushroom soaking water and 3 cups additional water (or stock, if you prefer). Bring to a boil, then lower heat to a simmer; cook until barley and lentils are tender, about 45 minutes.

Bison Chili

Bison chili is a favorite of the WOLFE group and has been prepared in several different ways. This recipe is good using either a young squash like yellow crookneck or zucchini or a winter squash like butternut, acorn, or Hubbard. Serve with Wholesome Cornbread (recipe below.)

2 onions, diced
4 stalks celery, diced
1 green pepper, diced
1 small squash (summer or winter variety), diced
4 cloves garlic, minced
1 pound ground bison, browned
1 tablespoon oregano
1 teaspoon each: chile powder, cumin, paprika
1 dash cayenne
1 large can diced tomatoes
1 large can kidney beans
12 ounces tomato vegetable juice

In a large pot, sauté onions for a couple of minutes, then add celery, peppers, squash, and garlic until soft. Add browned bison and spices and stir letting the spices get fragrant. Add tomatoes, beans, and juice. Let simmer for at least 30 minutes to let the flavor develop.

Cornbreads New and Old

There are so many different delicious versions of cornbread. Every tribe, family, and cook seems to have a different version. Some are a little sweet, some have a pudding like consistency, some are griddled in cast iron skillet, and some are baked over an open fire... One traditional version still enjoyed is called Kan[^]stóhale. It is an Oneida cornbread made with Oneida white flint cornmeal, studded with kidney beans, formed into wheels, and boiled before eating fresh or sliced and griddled.

*Deb Ushakow remembers: My mom Belle made Kanastowhe - Indian Corn Bread. We couldn't get the ground cornmeal, so my mom made it with Masa, white corn meal from the store. She would mix the corn meal together, with red kidney beans and water. I remember a big old fashioned kettle, with boiling water. She would shape the dough into a large flat circle and slowly put the bread in the water to cook. We would take it out after it cooked and my brother's and I would put lots of butter on it and eat the whole thing up!
mmmmmmmmmmgood!!!!*

Wholesome Cornbread

This recipe here for wholesome cornbread is an easy to make, quick bread made with whole grains—great with soups, stews, and chilies.

- 1 ¼ cup stone ground cornmeal
- 1/4 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 large egg, beaten
- 1 ¼ cup buttermilk
- 2 tablespoons canola oil
- 2 tablespoons maple syrup

Preheat oven to 350° F. Prepare an 8 inch square baking pan with oil.

Whisk dry ingredient together in a bowl. Whisk wet ingredients together in another bowl. Add wet to dry and stir until just combined; scrape batter into prepared pan.

Bake cornbread until top springs back when lightly touched, 25 to 30 minutes. Let cool a few minutes before cutting.

A note about Frybread

This seemingly simple food is a complicated symbol in Native cultures. Found at celebrations, pow wows, fundraisers, and gatherings, frybread can be enjoyed sweet with blueberry preserves or honey or the like or savory such as an Indian Taco piled high with meat and fixings. Either way, warm, fried bread, is delicious. And it is often seen as the mascot of Native cuisine. From a health perspective, fry bread is what's known as a "sometimes food"—meaning it is not very healthy and should be eaten as a treat. It's made of white flour and fried; it is not in the same category as the traditional foods celebrated in this book. But it is an important part of the story: many consider it symbol of survival and of Indian ingenuity.

For many Native Americans, "frybread links generation with generation and also connects the present to the painful narrative of Native American history. Navajo frybread originated 144 years ago, when the United States forced Indians living in Arizona to make the 300-mile journey known as the "Long Walk" and relocate to New Mexico, onto land that couldn't easily support their traditional staples of vegetables and beans. To prevent the indigenous populations from starving, the government gave them canned goods as well as white flour, processed sugar and lard—the makings of frybread." Excerpt from the July 2008 issue of Smithsonian Magazine.

Bison Meat Loaf

- 2 pounds ground bison
- 1 cup whole wheat, plain bread crumbs
- 1 teaspoon olive oil
- 1 large yellow onion, minced
- 2 stalks celery, minced
- 3 cloves garlic, crushed
- 2 eggs, beaten
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon fresh thyme
- 1 tablespoon fresh sage, chopped
- 4 tablespoons tomato paste, divided

Preheat oven to 350 ° F. Prepare a bread pan with cooking spray or oil. In a sauté pan, warm the olive oil over medium heat. Add the onion, celery, and garlic and sauté until the onions are translucent. Remove from the heat and set aside to cool.

In a large mixing bowl, combine the ground bison, bread crumbs and onion, celery, and garlic mixture. In a separate bowl, combine the eggs, salt, pepper, and herbs and 2 tablespoons tomato paste. Use your clean hands to mix the ingredients together and place in bread pan. Brush the remaining tomato paste along the top of the meat loaf. Bake until the loaf is cooked through or an instant-read thermometer inserted into the center registers 165 ° F, about 50 minutes. Let the loaf stand in the pan for 5 minutes before serving.

Stir Fry Stew, shared by Ray and Dorothy Bressette

2 pounds lean stew meat (beef, bison, venison, turkey)

2 cups of flour (for dusting meat)

1 cup diced onions

2 cups diced carrots

2 cups diced rutabaga

2 packages frozen Chinese stir fry vegetable mix

2 quarts low sodium beef broth

2 cups diced potatoes

2 cups chopped mushrooms

Brown sauce/steak sauce

Season 2 cups of flour and roll meat in mixture. Pan fry meat in oil and add broth. While the meat is cooking, simmer onions, carrots, and rutabaga in a separate pot in enough water to cover until tender. Add stir fry veggies and simmered veggies, and brown sauce, to taste, to the meat mixture. Simmer until done and serve with biscuits or corn bread.

Roast Chicken Pieces with Herbs

4 chicken thighs and 4 drumsticks (2 1/2 pounds total)

3 tablespoons extra-virgin olive oil

1 tablespoon mixed herbs like thyme, rosemary, parsley, oregano

3/4 teaspoon salt

1/2 teaspoon black pepper

1 tablespoon lemon juice or cider vinegar

Put oven rack in upper third of oven and preheat oven to 500° F. Toss chicken with oil, herbs, salt, and pepper in a large bowl, and then transfer to a large shallow heavy baking pan. Bake until chicken is golden and cooked through, 25 to 30 minutes.

Chicken, Mushroom, and Rice Casserole

2 pounds boneless, skinless chicken thighs, cut into 1 inch pieces,
patted dry

Olive oil

1 medium onion, chopped

2 cloves garlic, minced

1/2 pound cremini or button mushrooms, sliced

1 cup chicken stock

1/2 cup sour cream, reduced fat

1 teaspoon salt

2 teaspoon of poultry seasoning (2 Tbsp chopped fresh herbs such
as rosemary, sage, thyme, and basil)

1 teaspoon paprika

2 cups cooked brown rice, or other whole grain

Preheat oven to 375°F. Heat 1 tablespoon of olive oil in a large sauté pan on medium high heat. Brown the chicken pieces on both sides; remove from pan and set aside. In the same sauté pan lower heat to medium, add the onions, and cook until translucent, about 3 minutes. Add the garlic, stir and add the sliced mushrooms, herbs and spices, and cook for a few minutes. Then add the chicken stock, and remove from heat. Stir in sour cream. Add the cooked rice to the bottom of a large casserole dish. Arrange the browned chicken over the rice. Pour the mushroom mixture over the rice and chicken. Cover the casserole dish tightly with aluminum foil. Bake in a 375°F oven for 20 minutes. Remove foil and let it cook a few minutes more, uncovered, until top is browned.

“Indian Made” Tamales and Hot Sauce

Up until quite recently, Patsy Elm Delgado, Stockbridge-Munsee Band of the Mohican, one of the WOLFE group’s founders, made tamales each winter for what seems like the whole community. She also keeps the WOLFE group supplied with her Indian Made Hotsauce—which goes on just about everything by a select group of spicy food lovers. Her story illustrates her generosity and also the diverse nature of Milwaukee’s American Indian community. She shares her story and her much loved recipes here:

Patsy Elm came to Milwaukee after high school graduation to find work and found a Mexican-American husband. Thus, was introduced to many other seasonings and food. One of the things her husband enjoyed was hot sauce. Pat put together the Hotsauce recipe which has been enjoyed by many over the years. She was also taught to make tamales by one of her husband’s friends which started out by using 5 pounds pork, 5 pounds masa with 6 ancho peppers, 3 cloves garlic, ¼ cup whole cumin, and ½ pound husks.

In the Hispanic Culture tamales are generally made in the month of December. So for many years family and friends of the Delgado family looked forward to “Tamale Day”, which by 2009, 50 pounds of pork was being used.

Along came December 2, 1996 when Pat’s husband died of a massive heart attack, so making tamales was not even thought of, but people started asking, “Pat, when are you going to make tamales?” So Pat decided to do it in January which proved to be a good idea, since January is always a “blah” month after Thanksgiving, Christmas, and New Year’s activities, so the people enjoyed gathering together in January.

Since the group that gathered to make tamales had outgrown the Delgado home, Pat had asked a local church if she could use their kitchen and dining room area for the tamale making. The group gathered for seven years on a Saturday in January.

[At] the meal site that she worked for, [Pat] would cook the pork in Friday. By now she could purchase redi-mixed masa at El Rey, a Mexican store, along with the corn husks which have to be soaked overnight. On Saturday morning early arrivals, at least three, would come and pick the meat off the bones, mix in the seasonings, ancho peppers, garlic, whole cumin seeds. So that by noon on Saturday everything was ready for others to arrive and begin to put the tamales together. This consisted of 75-80 people who would take turns putting the masa on the cornhusks, fill it with meat, fold up and place them in a big kettle pyramid style. (An aluminum pie pan with holes cut in it and turned upside down in the bottom of the kettle.)

The broth from cooking the meat would be poured over the tamales and this has to be steamed for 45 minutes to an hour. Testing doneness is taking tamales from the kettle and if the dough slips easily from the husk, they are done, if not, steam them longer. If the broth boils away, just add more.

Hotsauce, sour cream or catsup is enjoyed with the tamales. People that came to the tamale party always brought snacks. Coffee, tea, soda, and milk was always available. Participants enjoyed putting the tamales together, eating them as soon as they were done and taking some home to enjoy later.

By this time the ancho peppers, garlic, cumin could be purchased at Penzey's Spice Store which saved a lot of time. So I used 50 pounds of pork, 50 pounds of Masa, 3-4 ounces whole cumin, 3-4 ounces ground ancho peppers, 1 jar granulated garlic powder and five 1 pound packages of corn husks and this made lots. I figured 1 pound pork and 1 pound masa made 1 dozen tamales.

By January 2010 Pat had retired and was on Social Security, so she could no longer afford to purchase the ingredients. She had carried on this tradition every year for 50 years.

Indian Made Hotsauce, shared by Patsy Delgado

22 Jalapeno Peppers

1 medium onion

6 cloves garlic

1 teaspoon salt

1 tablespoon whole cumin

1 tablespoon oregano leaves

1 can 14 ounce diced tomatoes

Cut stems off peppers and cover with cold water in a pot with lid. Bring to a boil and let boil for 10 minutes. While they are boiling, put onion (chopped in pieces), garlic, and seasonings in blender. When peppers are done boiling, drain, add to blender and then the tomatoes. Blend until well mixed. Put in quart jar. This can be stored in refrigerator until eaten up. Enjoy!

Molasses Cake, shared by Patsy Delgado

“ My mother Bertha McGee Elm, never used recipes. However, I did learn to make yeast bread just by watching her, which is also how I learned to cook just the basics; meat, potatoes and gravy. But I was able to get one recipe for Molasses Cake that she made and I still use it today (2011.)”

1 cup sugar

1 tablespoon lard

1/2 cup molasses

1 cup sour milk*

1 teaspoon each: cinnamon, allspice, cloves, nutmeg, salt, baking soda*

2 cups flour

Optional: ½ cup raisins

Cream sugar and lard. Add molasses. Mix. Mix in spices. Add flour and milk. Mix. Add raisins. Bake in 10 x 9 inch greased pan at 350 ° F for 30 to 35 minutes. May be frosted with powder sugar frosting.

* Baking soda can be mixed with sweet milk to make it sour.

Cranberry Apple Pear Chutney

This blend of fruit, spice, sour, and sweet with its beautiful red color is great served alongside cakes and mixed in yogurt, but it is also great served alongside savory dishes like roasted meat or Wisconsin cheeses.

4 apples, chopped
2 pears, chopped
2 pints cranberries
2 tablespoons ginger, fresh, grated
1 cup honey or sugar
1/4 teaspoon salt
1 cup apple cider
1/2 cup apple cider vinegar

Bring the apples, pears, apple cider, cider vinegar, salt, ginger, and honey to a simmer in a large sauce pot for about 10 minutes. Add the cranberries and cook until the cranberries soften, about 10 minutes. Let cool and spoon into lidded jars—will keep well in the fridge for a couple of weeks, and in the freezer for a few months.

Pumpkin Maple Crème

1 small pumpkin, baked
1 cup milk (soy, rice, nut milk, or water is fine)
1/2 cup real maple syrup
1 teaspoon pumpkin pie spice
Optional: toasted hickory nuts or pecans, or gingersnap cookies

Remove the meat from the skin and seeds of the pumpkin and mash into a smooth puree. Bring all ingredients to a boil in a medium saucepan. Simmer for about 5 minutes. Serve either warm or chilled with toasted nuts or crushed gingersnap cookies.

Winter Teas

There is a long history in the Great Lakes region of people gathering wild leaves, flowers, roots, stems, barks and buds for nourishing and medicinal teas. In the wintertime, sumac berries, rosehips, wintergreen leaves, white cedar leaves, and chokecherry twigs are some of the wild edibles harvested and used for tea.

Balsam Fir Tea

The fresh leaves (or needles) of many pine trees are used to make a winter tea that is high in Vitamin C. Balsam fir, a northern pine variety has been called “Sweet Pine” and makes a delicious, refreshing tea.

Using the tips of fresh balsam fir, roughly chop the leaves. And boil 1 teaspoon per cup of tea in clean water for about 5 minutes. Strain and enjoy.





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Elders listed in alphabetical order, by last name. Tribal affiliation self identified.

Kay Beverly (Ho-Chunk)

Kay Beverly is an active part of Milwaukee's Native community, having moved here in 1975 to study cosmetology. She has worked as both a nanny in the Chicago Suburbs and at a lumber Company in Goodman, WI. Kay shares that she was "fostered and adopted into the Millette family. My grandmother was both my mother and best friend." Kay has future plans to enter the medical field as a CNA and Home Health Care. Here's what she does to stay healthy, "I drink a lot of water, I work out at the WOLFE program and SEOTS, go swimming and walk as much as I can. Try to shop to make healthier menus." She shared her Grandma Millette's Potatoe Salad.

Robin Carufel (Lac du Flambeau, Lac Courte Oreilles, Flandreau Santee Sioux)

"Born in Merrill, WI; I grew up in Lac du Flambeau. I don't really live in Milwaukee, I just lay down here. I have two daughters, Elisabeth and Emma, who both have lived in Lac du Flambeau and now both live in Milwaukee. I come from a long family of community service with my grandfather William as an interpreter between Natives and non-Natives. And my father David, as an employee of the Indian Health Service since 1960, was responsible for bringing fresh running water, clean waste facilities, and all the current health programs to all Indian communities in Wisconsin, Michigan, and Minnesota. As a GLIHC consultant I am working with the current staff to enhance the current programs and facilities for the Milwaukee Indian community. I've been an avid athlete, in football, basketball, and traditional Ojibwe dancing. I was co-captain in men's college basketball team at a small private four year school when I was 28, I still play to this day, and I help coach boy and girls' youth basketball."

Patricia Defoe (Oneida Tribe)

Pat loves wild rice and mini fry breads as well as simple foods fresh from the garden. She has three sons, and three daughters. She grew up in the woods “up North” near Red Cliff and has lived in Milwaukee for decades, working within the community and raising her family. She loves to dance at the pow-wow with her shawl and says, “you gotta get out there and dance to the drum.” She shares some memories from her childhood:

We lived 50 miles deep in the woods where I couldn't get into trouble. I love nature and I love walking. I wasn't afraid of nothing. I went Wintergreen picking on the hill. Wintergreen's are bright red and they are an early berry. They are a wild berry, that many people don't know about. We were the only ones who knew about that. I was walking on the same road once when I heard a humming noise, so I put my ear on the sand. I have to find out why, because I was always curious. There were no trucks in sight, nothing. So I kept walking along the road.

Another time I went down by Fred's Hienke's house (he was a man in his 90s who lived on the sand road). As I was leaving his home, I saw a big black thing coming out of the bush, so I stopped and turned around. It's a real black bear! I said I will keep going and be quiet for 3 or 4 miles. I looked left, right, left, right, left, right and I kept looking. I didn't think nothing of it. Those bears don't bother you. But if you back them up like a human they will get hungry— and you're a piece of meat.

On the prairie, I heard something. That humming sound again and I kept walking up on that sand road where the Wintergreen's were. What I understand, years later, that humming was coming from an electrical plant. Some sort of government experimental station. A sign said, “US government - Keep Off” in the middle of nowhere. We thought we were the experiment. I just went home and forgot about the berries.

Patsy Delgado (Stockbridge-Munsee Band of the Mohican)

Patsy is the founder of the WOLFE group and worked as the coordinator for Indian Council of the Elderly for many years. She has been honored many times over for her work and volunteerism in the Native community. She shared stories and recipes and many ideas for this book project. Her Indian Made Tamales Story is featured in the winter section. Judy Delgado, one of Patsy's daughters, shared a favorite recipe for Three Sisters Soup.

Lois Doxtator McGuire (Oneida Tribe)

Lois shares a story she calls, Fry Bread Friendships:

There was this woman who sat up a stand at the big pow-wow. She had her own jewelry and silver from the southwest. She didn't have a place to stay so my sister invited her to come and stay with us for the weekend so she didn't have to pay all that money on a hotel. She had her own stand and everything.

We were just sitting around at the kitchen table. We were talking about different kinds of bread dough and kinds we like. She said, "Do you mind if I make some fry bread dough?" I said, "SUUUUUrre, we all love fry bread." I had no idea how they make theirs. I didn't know what I was getting myself into.

She asked if we had hot plate because it was the summertime. She said, "we always cooked our bread outside in a stone oven because of the smoke." I didn't know what she meant at first. Then she started to make a HUGE batch of dough and made HUGE GIANT dough balls. She lined them up on a cooking sheet and took each ball and would slap- slap- slap- slap- slap- slap-slap-slap-slap-slap-slap-slap-slap-slap-slap-slap-slap from one hand to the other until they were about 18 inches wide and then drop them into three quarts of hot Wesson oil. Soon our house started getting smoky and we had to open up all the windows.

She'd stacked hot bread on a big platter. They were stacked everywhere in the kitchen. GREAT-BIG-SLABS. She said, "I am used to

Lois Doxtator McGuire (continued)

cooking for a big family.” That day there was only four of us. I was so puzzled to see a stack half way up to the ceiling.

“What am I going to do with all this fry bread? It’s so tasty.” We had to call everyone we knew to come and visit for the next two days. I would hand them bags of fry bread. They were happy to get it. It was interesting how she made it.

I can’t remember her name right now. I’ll never get that fry bread. I sure do wish I had some now.

Brenda Kinnart (Sault Ste. Marie Tribe of Ojibwe)

Brenda, Waubaksi Quay, is what one might call a wisdom keeper; ready to share, when asked, her knowledge of cultural traditions to those who want to learn. This ties in well with her role as GLIHC’s All Nations Wellness Center & Human Resources Coordinator. She is known to love walleye, berries, honey... as one might expect of a Bear Clan member.

Andrea (Angie) McKee (Winnebago-Nebraska, Oklahoma- Caddo)

Of the Eagle Clan, Andrea has lived in Milwaukee since 1967 but is originally from Cedar Rapids, Iowa. “I enjoy watching sports such as Packer games. Most of my family lives in Minnesota, Winnebago, Arizona, Tennessee, and the Wisconsin Dells area. I joined the WOLFE group due to pre-diabetes and now am really enjoying the exercises and the healthy recipes. I am also enjoying the company of past Native friends and new Native faces.” On her favorite foods: “I love vegetables and homemade soups. I am interested in utilizing our future (this) cookbook. I’m excited to be able to enrich my eating habits and live a healthier life.” She also notes that, “ I’m most interested in perfecting my frybread.” On staying healthy: “I keep coming to the WOLFE group, making sure that I keep Tuesdays and Wednesdays available to exercise and eat healthy with my friends. Pi-na-gi-gi! - (Thank you in Winnebago)!”

Jim Morrin (Red Cliff Ojibwe)

Jim plays piano and sings, and will bring his music for sing alongs at community gatherings when asked. He shares a story called, Food for your Spirit Body:

About 6 years ago, after eating 2 hot dogs in a row at the State Fair Pow-Wow (I think they may have been going bad,) I got sick, (probably not the hot dogs) and went home early. I got progressively worse and was hospitalized around midnight. Was diagnosed with gull bladder problems—It became serious and required surgery, however the infection had to be cleared up beforehand. The doctors became concerned when the infections kept getting worse.

After about 8 days, I started to get better, one night I awoke to find a young Indian woman standing by my bed, and behind her was a whole field full of native people. I felt that I knew her. “I’ve come with members of Indian Nation, rejoicing in the fact that your infection has cleared up.” I’ve got out of bed and sat in my chair, native people all around me. Suddenly my nurse was there too. I told her all these Indians were here to help me celebrate the fact that my infection has cleared up. She was amazed by the story and said, “That’s why I’m here, I was just coming to tell you the good news about your infection, but honey, let me help you get back in bed cause there are no Indians here.” Who was that young native messenger? Some think it might have been Kateritikaweitha.

Steven Pilot (Menominee/Potawatomi)

Steven grew up in Peshtigo before moving to Milwaukee where he went to MATC Culinary School and has worked as a cook in the years since. He did not learn about his Native heritage until he was an adult, but has since learned much about his ancestors. He remembers that his grandmother was a good cook, “she’d always make the good stuff, especially on Sundays, always homemade, none of that artificial stuff.” He recalls fondly the root cellar and garden that kept them in food year round.

Patricia Ribbich (Chippewa- Mole Lake, Ottawa)

Having lived in Milwaukee for 51 years, and worked in Milwaukee for 21 years in Child Protective Services and as an Elder Abuse investigator, Pat seems to stay very busy since recently retiring. She remains interested in working with elders, having received a Certificate from UWM in Geriatrics and volunteers her time with the American Indian Task Force on Domestic Violence. She has been married for 51 years, has 6 children and 27 grandchildren. When asked if she has a favorite food memory she answered, “Yes. My aunt used to make a large stuffed sandwich with the coating made of cream cheese and olives.” To stay healthy she does this: “Pray and follow the Red Road. Watch what I eat with the help of the Gerald L. Ignace Indian Health Center’s programs. (The WOLFE staff members) are very helpful and caring.”

Charlene Smith (Oneida)

Charlene retired from a career as a nurse and has found herself busier than ever—she can be spotted all over town doing volunteer work, especially around elders. To stay healthy she learned to be creative around salads and makes a different salad every day. She remembers, “a salad my mom used to make when we were kids: creamettes, cucumber, tomato, miracle whip, and added cheese from the stock box...it tastes better the next day.”

Alberta A. Terrazas (Oneida)

Alberta always brings lots of smiles to the WOLFE group and sometimes brings in treats like the Rhubarb Gelly recipe found in the Spring section. To stay healthy she works out for exercise, and also regularly participates in walking, biking, and eating healthy food.

Carol Tucker (Menominee)

“I was born on the Menominee Reservation.” Carol grew up there “until October of 1958 when at that time we were relocated to Dallas, Texas. “When I first left the rez back in 1958 I never realized I would become an urban or sidewalk Indian. I truly missed the Wolf River where I learned to swim. I’ll never forget my Grandmother’s garden or her rhubarb. She could make breads, pies, and to me, anything & everything. She was a really fantastic cook. She also did canning. I would always cut kindling and wood for her stove.” Carol lived in Texas, “until June of 1964 when we came to Milwaukee, WI. Since then I’ve worked at various jobs. Now I’m almost ready to retire from my present job which I’ve been at for the last 16 years.” She works with Indian Council of the Elderly and has been a part of WOLFE since day one.

Kristelle M Ulrich (Oneida Tribe, Turtle clan)

Kristelle is a working artist and the creator of the amazing illustrations you see throughout the Mino Aya book. Her artist statement can be found in the appendix. About Kristelle: “[In] applying for several grants (Guggenheim, Gottlieb, Pollack-Krasner, Oneida Indian Artist) my philosophy [is] I have a 50% chance in getting them. If I don’t apply I have a 0% chance. So I Apply.” She lists her favorite foods: “Dark chocolate, cacao beans, gogiberries, coconut milk, almond milk, hemp milk, peanut butter, bananas, blueberries, strawberries, agave cactus sugar in coffee with dark cocoa powder (yummy), and barbeque chicken on cheeseless pizza crust with black olives, tomatoes, broccoli, mushrooms, and lots of marinara sauce.) On staying healthy she shares: “Eat in moderation most of the time. And enjoy the beauty and blessing of food.”

Francis Webster (Oneida and Ojibwe)

“Web” or “Webbie” to his friends, Francis grew up in Northern Wisconsin, where he and his family “lived off the land” hunting and gathering as there weren’t any stores nearby. Francis is a veteran military photographer, one of his favorite memories was meeting Audie Murphy, a decorated WW2 veteran and film star, rumored to have been “part Indian.” His favorite food is wild Indian rice from Bad River, found along the Kakagon tributary. He explains how ricing is done in a canoe: “the woman knocks it” with an “8-10 foot pole.” Francis has always been an active man, enjoying sports (whatever was in season like baseball, basketball, football as a running back, Indian club) and walking (walked a mile and a half to work every day and back for 12 years) as well as winter, summer, spring, and fall powwows, where “everyone would join in and dance.”

Huston Wheelock (Oneida Tribe of Wisconsin)

Huston Wheelock traveled around the world in the Marine Corps US veteran, but has spent most of his life between Oneida and Milwaukee. As he tells it, he tended bar until he met his wife (a well respected Menominee/Potawatomi educator), but he’s had quite a variety of jobs; working in a cranberry marsh, on a farm, as a tree pruner, in a factory making apple cider, working as an “all-around man” on the truck docks, before “retiring” to drive for Indian Council of the Elderly, call bingo, head up the Grand Entry at powwows, tell stories and jokes, and do some wild foraging. Huston enjoys trekking through the woods, he says, “the thicker the woods the better.” He is knowledgeable about wild foods and often shares his harvest. “I particularly like wild mushrooms—morels.” But really he will enjoy, “anything that’s wild—dandelion, cowslips, onions, plants for tea. I took my kids out to learn. Gathering is a nice hobby.” He often is asked to share his knowledge and hid blessings, as he has done throughout this project.

Thanks to Deb Ushakow at South Eastern Oneida Tribal Services for gathering the following stories & recipes:

Oleta Partl (Oneida, Chickasaw)

Her mother Olive Jacobs went to boarding school three different places: Chickasaw Girls School, Bloomfield, and Haskell. Oleta remembers her mother baking bread during the depression time; being raised at the boarding schools where she learned how to bake bread, make butter and do dairy chores. Olive went to the boarding school from the age of 5 to 18 years old.

Phyllis Popovich and Lavern Bichanich Sisters (Oneida)

Laverne: Mother (Luella Elm) made fry bread and had to have special lard. Once I talked her into using oil instead of lard cause I didn't have any. The bread did not turn out. She also needed a cast iron fry pan. My mom never used recipes, a pinch of this and a sprinkle of that, it was all in her head.

Phyllis: On New Year's [Eve] my mom would fry donuts and save them for New Years [Day.] They were made to welcome the New Year. Her friends would come to her house, and she would serve donuts to wish Good Health, Good Wealth and Happiness. The donuts were made in an old fashioned steel kettle, with lard.

Chili Recipe from Geri Slate (Chippewa)

1 pound of dried red beans - soak overnight

1 pound of ground beef - cook meat

1 large can of diced tomatoes

1 onion - diced

1 green pepper - diced

Chili Powder to season

Cook all together. Simmer 6-7 hours - That will make the best flavor!
Favorite with the Family my daughter-in-law says "My mother-in-law makes the Best Chili!"

Ron Tourtillott (Menominee)

My Dad, Lavern Senoir, made apple cake in the fall when the apples were plentiful. After he was retired I still remember him hand-peeling the apples. My grandma also made hull corn soup.

Nita Tourtillott (Stockbridge-Munsee)

My mom canned venison, pickles, a lot of blackberries, raspberries. Our basement would be filled with canned vegetables and fruit. My mom also made the best cinnamon and caramel rolls.

Deb Ushakow - Metoxen (Oneida)

My mom Belle made Kanastowhe - Indian Corn Bread. We couldn't get ground corn meal, so my mom made it with Masa, white corn meal from the store. She would mix the corn meal together, with red kidney beans and water. I remember a big old fashioned kettle, with boiling water. She would shape the dough into a large flat circle and slowly put the bread in the water to cook. We would take it out after it cooked and my brother's and I would put lots of butter on it and eat the whole thing up! mmmmmmmmmmmgood!!!!

Gayle Worden (Oneida)

My mother Beverly Archiquette used to make Puerto Rican rice. Mom did not have a recipe. She made with a pinch of this and that. They did not have measuring cups back in the day. I learned by watching her and she showed me and told me what goes in it.

Mino Ayaa Writing Team

Jennifer Casey, Editor, GLIIHC Registered Dietitian

Close to her Sicilian and Irish food roots, Jennifer is honored to be working with Milwaukee area Elders to celebrate Native food traditions. She has been with GLIIHC's Diabetes Program since 2007 and supports diabetes prevention and control with individuals and in the community—facilitating the WOLFE group, publishing the monthly Wellness Newsletter, facilitating the garden program, and teaching healthy cooking classes. A professional cook and good food advocate, Jennifer has a special interest in the connections between food, the environment, health and community. She helped to create most of the recipes in this book.

Thirza Defoe, Consultant, Native Punx

Thirza (Giizhig) from the Ojibwe and Oneida tribes of Northern Wisconsin, is widely known as a hoop dancer and storyteller. Her many years as an accomplished dancer, storyteller, and cultural educator have awarded her recognition in both the native community and throughout the world. She is a graduate of the renowned, California Institute of the Arts receiving her B.F.A., and most recently working on her Master's Degree and M.F.A. at Goddard College in Vermont, writing

Sarah Gordon, Forward Contributor, GLIIHC Staff

Sarah Ann Gordon is a member of the Red Cliff Band of Lake Superior Ojibwe and has close family ties to the Fond Du Lac Band of Lake Superior Ojibwe in Cloquet, Minnesota, where her grandmother was born. Sarah studied Intercultural Communications at UW-Milwaukee, where she earned her bachelor's degree. She has lived and studied abroad multiple times in Mexico and plans to continue her education. Being urban and Native she has a profound interest in the current issues facing North, South and Central American Indian people and their efforts in carrying tradition forward during this time of great change.

Mino Ayaa Artists' Statements & Bios

Kristelle M. Ulrich (Illustrator/Artist)

A spiritual and contemporary artist of the Oneida Nations, Kristelle incorporates art in every aspect of her life, believing in the philosophy that she was given the gift of creativity.

She shares her creative gift by facilitating art and dance classes to children at the South West YMCA and at various artistic venues and workshops for youth to adults.

She is currently working in her Art Studio at home on finely detailed painted drawings that illustrate her dream stories and visions along with other works of art.

She received her BFA in Painting and Drawing with a minor in Art History from UW-Milwaukee Peck School of the Arts on May 21st, 2011.

About the Drawings in this book:

The circular drawings were done in graphite pencil gently smudged with a rubbing stick to capture the sensitive nature of each season.

The circle symbolizes life.

Each season creates a gift of nurturing abundance which requires care and respect.

The 3 Sister's "Corn~Beans~Squash" are mothers holding their children in their own special nurturing way. The children symbolize the continuation of sustainable food for as long as we nurture, care and respect our Mother Earth. She will take care of us.

The hunter symbolizes thought, contemplation and acknowledgement. The tracks he sees represent the possibility of abundance. He kneels down to the ground and gently touches the tracks in the soil showing gratitude and respect given to Mother Earth and all her creatures.

Andrew Morrison (Cover art)

The front cover art is the Native Foods Medicine Wheel Mural That was commissioned by the GLIHC's Diabetes Program to celebrate traditional foods that promote health and wellness. It hangs in GLIHCs Diabetes Resource Center.

This mural was created in total honesty. The medicine wheel, four directions, red road, and traditional foods are the lifeline of all that is sacred. When one thinks of the medicine wheel, they will heal. When one seeks wisdom from all four directions, it is right. When one is on the red road, they are at ease. Proper thinking and good eating habits can take one to the stars.

By creating this mural I am in alignment with the great spirits of the universe. My grandfather is now in heaven watching over me and guiding my hands as I keep this love alive. Many blessings and good thoughts go out to all the viewers. All praises due to the almighty.

Tribal affiliation: San Carlos Apache and Haida Gwaii'

Biography: Andrew Goseyn Morrison's paintings and murals have been exhibited in solo and group exhibitions in galleries and Universities throughout the Northwest and the United States, including Washington State University in Vancouver, WA; Western Washington University in Bellingham, WA; Portland State University in Portland, OR; Portland Community College in Portland, OR; University of Alaska in Anchorage, AK; Massachusetts College of Art and Design in Boston, MA; Daybreak Star Gallery in Seattle, WA; Neumonics Gallery in Seattle, WA; Julyamish Art show in Coure De' Alene, ID; Arts of the Terrace Art Show in Mountlake Terrace, WA.

In addition, his work is in public and corporate collections, including those of Seattle Indian Health Board, Iwasil Boys and Girls Club, United Indians, Daybreak Star Indian Cultural Center, El Centro De La Raza, Edmonds Community College, Portland State University, Seattle Public Schools, Wilson Pacific School, Mountlake Terrace

Andrew Morrison (continued)

Highschool, Suquamish Clearwater Casino, Snoqualmie Casino, and the Potlatch Fund.

Mr. Morrison is the recipient of numerous awards and honors. He received full tuition scholarships from the Rhode Island School of Design in Providence, RI and the School of Museum of Fine Arts in Boston, MA.

Andrew was born in Seattle, WA in 1981. He has a Bachelor of Fine Arts degree from Tufts University in Medford, MA.

Mino Ayya Partner Organizations

Gerald L. Ignace Indian Health Center, Inc.

The Mission of the GLIHC is to improve the health, peace and welfare of Milwaukee's urban Indian Community. Tradition reminds us that in order to heal, every part of a human being must be addressed - the mind, body, spirit, and emotions. It does not stop there; it also involves the whole family including the community. Located in the heart of Milwaukee's Near South Side, this urban Indian health center's medical, wellness, and social services are available for people of all tribes, races, and ethnicities. GLIHC has been hosting the WOLFE program for over 6 years, in collaboration with Indian Council of the Elderly, as part of their Diabetes Program's community health promotion and disease prevention efforts.



Indian Council of the Elderly

The mission of the Indian Council of the Elderly (ICE) Inc. is to enhance the quality of life for all Milwaukee Native American elders by addressing their basic emotional, physical, spiritual and financial needs as well as emphasizing independence.

Since its inception in 1980, ICE Inc. has been able to provide not only hot meals, but also referrals to various social service agencies. The group began humbly, in 1976, in the home kitchen of one elderly Ojibwa woman. The need soon outgrew her home...

ICE depends on the generous support of donors such as the Milwaukee County Department on Aging, the Potawatomi Foundation and private donors. Long term goals include a community center.



Nativepunx

Through film festivals, poetry readings, art exhibits, cultural performances and more, Nativepunx furthers their mission statement: We are Native Punx. A newly formed organization to cultivate awareness and raise consciousness through multidisciplinary arts. Rooted in Native American philosophy, we welcome ALL people. A newly formed organization to cultivate awareness and raise consciousness through multidisciplinary arts. Rooted in Native American philosophy, we welcome ALL people.



Milwaukee Public Theatre

Milwaukee Public Theatre has its roots in a profound belief in the arts as a healing resource that must be available to all people, regardless of age, ability/disability, culture, ethnicity or income level. From our beginnings as a 2-person company of mime/musician/storytellers, we have grown into a multi-faceted outreach arts organization working yearly with over 100 artists from all cultures and arts disciplines and reaching over 100,000 people with highly diverse programming that tours throughout our community and beyond. We aspire to be interactive, thought-provoking and celebrational.

Most of our work is free-to-the-public, AND we pay our artists as professionals. So we seek public as well as private funding and contracts from organizations to make sure we are able to reach YOU.



Financial Partner: Forest County Potawatomi Foundation

The Foundation is a result of the rich history and beliefs of the Potawatomi tribe. The cornerstone of those beliefs is the Circle of Life. Paralleling the seasons of nature, the Circle of Life is a demonstration of the Potawatomi reverence for all living things and nurtures the belief that they are a self-reliant and self-determined nation of people.

Difficult times have sometimes made that self-reliance seem impossible to achieve. The Potawatomi people have witnessed both young and old struggle against the oppression of poverty. They have learned much in their past struggles, and the Circle of Life guides them to use the fruits of these lessons to help others overcome their obstacles.

Therefore, a major effort of the Foundation and its funds is to assist charitable organizations that help those people who are faced with economic challenges. As a result, the Foundation targets its resources to those areas with a high percentage of individuals with low and very low incomes.

Forest County Potawatomi FOUNDATION



Resources for More Information

Partner Organizations

Forest County Potawatomi Foundation

www.fcpotawatomi.com/potawatomi-foundation/

Gerald L. Ignace Indian Health Center, Inc

www.gliihc.net

Indian Council of the Elderly, Inc.

icemil.org/index.html

Milwaukee Public Theatre

www.milwaukeepublictheatre.org/

Native Punx

www.nativepunx.com/index.html

Diabetes in Indian Country

Indian Health Service

www.ihs.gov

Diabetes Info

diabetes.niddk.nih.gov/dm/pubs/americanindian/

Traditional Foods

American Indian Food Producers

www.americanindianfoods.com/

Native Harvest: Products and Programs of White Earth Reservation

<http://nativeharvest.com/>

NativeTech: Indigenous Food and Traditional Recipes

<http://www.nativetech.org/recipes/index.php>

Oneida Community Integrated Food Systems

<http://www.oneidanation.org/ocifs/>
