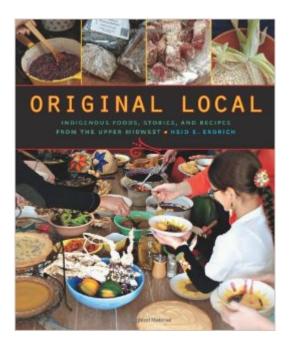
The book was found

Original Local: Indigenous Foods, Stories, And Recipes From The Upper Midwest





Synopsis

 Local foods have garnered much attention in recent years, but the concept is hardly new: indigenous peoples have always made the most of natureâ [™]s gifts. Their menus were truly the â œoriginal local,â • celebrated here in sixty home-tested recipes paired with profiles of tribal activists, food researchers, families, and chefs. A chapter on wild rice makes clear the crucial role manoomin plays in cultural and economic survival. A look at freshwater fish is concerned with shifts in climate and threats to water purity as it reveals the deep relationship between Ojibwe people and indigenous fish species such as Ginoozhii, the Muskie, Ogaa, the Walleye, and Adikamig, Whitefish. Health concerns have encouraged Ojibwe, Dakota, and Lakota cooks to return to, and revise, recipes for bison, venison, and wild game. Sections on vegetables and beans, herbs and tea, and maple and berries offer insight from a broad representation of regional tribes, including Ho-Chunk, Menominee, Potawatomi, and Mandan gardeners and harvesters. The innovative recipes collected hereâ "from Ramp Kimchi to Three Sisters Salsa, from Manoomin Lasagna to Venison Mole Chiliâ "will inspire home cooks not only to make better use of the foods all around them but also to honor the storied heritage they represent. Heid E. Erdrich, author of five books of poetry and coeditor of Sister Nations: Native American Women Writers on Community, teaches writing, performs her work broadly, and gives lectures on American Indian art, language, and literature.

Book Information

Paperback: 224 pages Publisher: Minnesota Historical Society Press; 1 edition (November 1, 2013) Language: English ISBN-10: 0873518942 ISBN-13: 978-0873518949 Product Dimensions: 7.5 x 0.9 x 9 inches Shipping Weight: 1.2 pounds (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (12 customer reviews) Best Sellers Rank: #784,987 in Books (See Top 100 in Books) #31 in Books > Cookbooks, Food & Wine > Regional & International > Native American #129 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Midwest #1930 in Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies

Customer Reviews

It isn't surprising that a cookbook by poet Heid Erdrich would be as much book as cook. Read this

and enter into the Erdrich world of wit, wisdom, whimsy, storytelling, progressive politics--and more than a dollop of deliciousness. I'm a vegetarian and there are more good vegetarian recipes here than in many vegetarian cookbooks.

What an amazing book! I am giving it as gifts to many friends and relatives this holiday season. It's packed not only with fun, adaptable recipes that feature indigenous food but stories, pictures, photos, and poems by Erdrich's family and friends. It offers an abundance of resources and teaches not only about the origins of these foods but how we can protect them as well. Erdrich, a well known poet, playwright, and scholar of Ojibwe descent, imbues every recipe with her wry sense of humor. It's a frolicking and informative read even for those of us who are not ambitious cooks!

Heid's beautiful writing takes cooking and eating our local foods to an entirely new level. She shares not only recipes, but ways to think about the generosity of our Earth Mother that uplift and encourage as well as show new ways to cook. After reading herManoomin section I started looking into re-establishing wild rice in our little bayou. Miigwechin, Heid.

I read all the story vignettes first - interesting and heart warming! Then took a slow cooker look at all the photos and sweet drawings. Then I took my time reading through all the wonderful and delicious receipies. Can't wait to try some!

Lovely photos and illustrations, interesting stories about food, family, and friends...such a treat! Oh and great recipes too but so much more than a cookbook!

This book has depth and soul. Great ideas, Indigenous foods of the Great Lakes. Great context for the foods as well as the culture.

Download to continue reading...

Original Local: Indigenous Foods, Stories, and Recipes from the Upper Midwest The White Possessive: Property, Power, and Indigenous Sovereignty (Indigenous Americas) Rainforest Medicine: Preserving Indigenous Science and Biodiversity in the Upper Dragonflies and Damselflies in Your Pocket: A Guide to the Odonates of the Upper Midwest (Bur Oak Guide) Mushrooms of the Upper Midwest: A Simple Guide to Common Mushrooms (Mushroom Guides) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Whole Foods:

Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Williams-Sonoma Foods of the World: Florence: Authentic Recipes Celebrating the Foods of the World Wiley GAAP for Governments 2014: Interpretation and Application of Generally Accepted Accounting Principles for State and Local Governments (Wiley ... of GAAP for State & Local Governments) Handbook of Local Anesthesia: Text with Malamed's Local Anesthesia Administration DVD Package Local SEO: Proven Strategies & Tips for Better Local Google Rankings (Marketing Guides for Small Businesses) New York Baby: A Local Baby Book (Local Baby Books) The Truth About Stories: A Native Narrative (Indigenous Americas) Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit The Complete Guide to Drying Foods at Home: Everything You Need to Know about Preparing, Storing, and Consuming Dried Foods (Back to Basics) Foods to Fight Cancer: Essential foods to help prevent cancer #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) Portland Farmers Market Cookbook: 100 Seasonal Recipes and Stories that Celebrate Local Food and People Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants <u>Dmca</u>