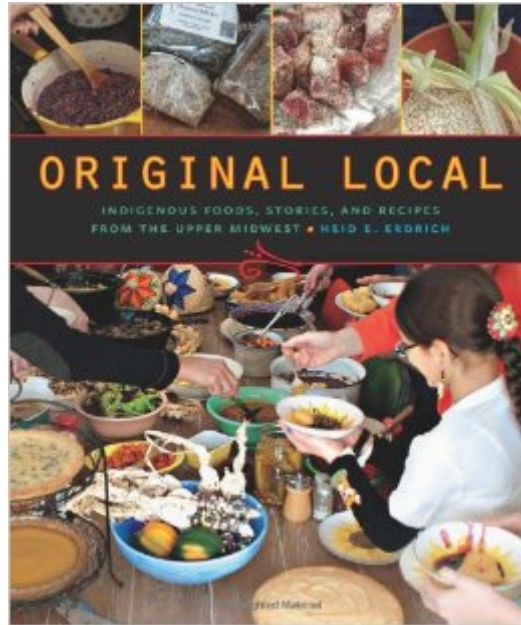


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# Original Local: Indigenous Foods, Stories, And Recipes From The Upper Midwest



## Synopsis

Local foods have garnered much attention in recent years, but the concept is hardly new: indigenous peoples have always made the most of nature's gifts. Their menus were truly the original local, 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 here—from Ramp Kimchi to Three Sisters Salsa, from Manoomin Lasagna to Venison Mole Chili—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

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## 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 her Manoomin 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 recipes. 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.

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