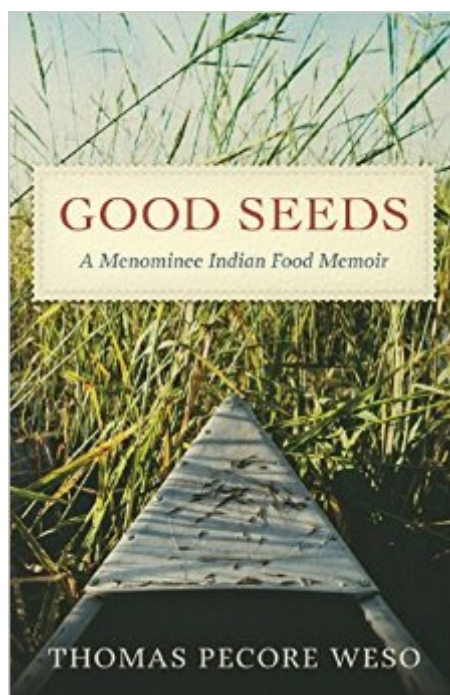


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# Good Seeds: A Menominee Indian Food Memoir



## Synopsis

In this food memoir, named for the manoomin or wild rice that also gives the Menominee tribe its name, tribal member Thomas Pecore Weso takes readers on a cookâ€™s journey through Wisconsinâ€™s northern woods. He connects each foodâ€”beaver, trout, blackberry, wild rice, maple sugar, partridgeâ€”with colorful individuals who taught him Indigenous values. Cooks will learn from his authentic recipes. Amateur and professional historians will appreciate firsthand stories about reservation life during the mid-twentieth century, when many elders, fluent in the Algonquian language, practiced the old ways. Wesoâ€™s grandfather Moon was considered a medicine man, and his morning prayers were the foundation for all the dayâ€™s meals. Wesoâ€™s grandmother Jennie "made fire" each morning in a wood-burning stove, and oversaw huge breakfasts of wild game, fish, and fruit pies. As Weso grew up, his uncles taught him to hunt bear, deer, squirrels, raccoons, and even skunks for the daily larder. He remembers foods served at the Menominee fair and the excitement of "sugar bush," maple sugar gatherings that included dances as well as hard work. Weso uses humor to tell his own story as a boy learning to thrive in a land of icy winters and summer swamps. With his rare perspective as a Native anthropologist and artist, he tells a poignant personal story in this unique book.

## Book Information

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## Customer Reviews

The SynopsisThomas Pecore Weso shows a cookâ€™s journey through Wisconsinâ€™s woods. He takes each foodâ€”beaver, trout, fruit, wild rice, and shows us who taught him these values. Cooks

will learn from the recipes, as historians hear firsthand stories about reservation life during the mid-twentieth century. The Review This is such a great book! I enjoyed learning about the history of the land and the tribe. I haven't tried any of the recipes yet, but I'm sure i will soon, as they seem easy enough to follow. This book takes you on a journey and immerses you in a beautiful culture and lifestyle. So many memories and beautiful tales of growing up. You really get a feel for the author as he recounts his life and immerses you chapter by chapter into his life. This book is beautiful inside and out and I loved reading it. Thank you librarything for sending me this book in exchange for my honest review.

menominee-indians-of-wisconsin, recipes, historical-research, history-and-culture A family history, a Wisconsin tribal history of the Menominee, a limited personal history, a food history, this book is all of these things and more. The recipes are gleaned from family, tribal, and other cookbooks. There are recipes with wild rice, berries, wild game, fishes, corn, maple syrup, greens, garden meals, and preserving foods. It is comfortably written and well researched, with several recipes included in each chapter. I loved it, but my sister liberated it when visiting from Columbia county for my birthday! Thank you, Wisconsin State Historical Society Press and LibraryThing Member Giveaways!

Good Seeds: A Menominee Indian Food Memoir by Thomas Pecore Weso is a free NetGalley ebook that I read in late August. Adored it! Much like Burnt Toast Makes You Sing Good (though with midwestern Native food and culture, instead of Italian and potluck-style comfort food), this book focuses on ingredient procurement alongside its recipes and lovingly rendered family stories and daily/annual celebrations.

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