

Minnesota Historical Society Press

#### **NEW TITLES**

Spring 2026



The Minnesota Historical Society Press is a leading publisher of the history and culture of Minnesota and the Upper Midwest. The Press advances research, supports education, serves the local community, and expands the reputation of the MNHS through the publication of books and e-products, the *Minnesota History* journal, and the free, digital encyclopedia MNopedia.

## DISH AND TELL

Recipes from the Heart

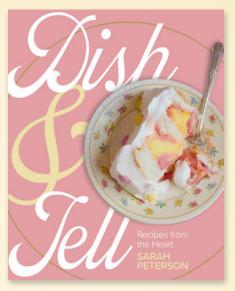
#### **SARAH PETERSON**

A collection of tasty dishes accompanied by their "tells"—the stories and family histories that heighten the flavors and enhance the sense of comfort these lovingly prepared foods bring.

Every family has certain recipes they treasure, the beloved foods that show up at potlucks, holidays, or other special occasions. Often these dishes are tied to a childhood memory or remind us of a loved one whose signature dish has brought joy to the table through the years.

Author Sarah Peterson points to Grandma Hilma's Swedish almond rusks, Aunt Ede's meatballs, or her mom's chocolate chip shortbread cookies as cherished recipes she turns to over and over again when she cooks for family and friends.

Dish and Tell: Recipes from the Heart highlights celebrated dishes from Peterson's recipe box—and collects stories from other passionate home cooks who opened their kitchens to share their own tried-and-true recipes. Peterson takes readers along as she visits, cooks, and bakes with friends old and new to present



#### **AVAILABLE FEBRUARY**

COOKING / REGIONAL & CULTURAL, 224 PAGES, 8 × 10, FULLY ILLUSTRATED IN COLOR, 78 RECIPES, INDEX PAPERBACK, \$24.95, ISBN: 978-1-68134-329-7 *E-BOOK*, \$12.99, ISBN: 978-1-68134-334-1

a smorgasbord of family favorites. She serves up stories about the people behind the dishes and offers special tips and tricks from the keepers of these recipes.

From straightforward comfort food like church egg dish or meatloaf muffins to special-occasion dazzlers like sandwich loaf or potica, this collection invites readers to embrace the opportunity to "dish and tell"—and discover why these vintage recipes deserve a spot at the table.

**Sarah Peterson** is a communications professional and creator of *Vintage Dish and Tell*, a blog about cherished family recipes. Based in St. Paul, Minnesota, she blends her love of food and storytelling through both her work and her writing. Learn more at vintagedishandtell.com.

#### FROM THE BOOK ...

Most of the recipes I hold dear to my heart are connected to the special women in my life: my grandmothers, my great-aunt Ede, my mom and mother-in-law, as well as my husband's grandmothers. Some of their cherished recipes live on recipe cards, handwritten by the very person who first shared them at a meal or gathering. Others have been duplicated, rewritten, and passed down through



multiple generations but will be forever tied to that one particular person whose signature dish has brought so much joy to the table over the years.

I consider myself—or anyone else in possession of family recipes that they continue to make and share—to be a "keeper": the caretaker of those beloved dishes that represent their family's history, culture, and traditions. They hold the key to the past and are most often the ones



who possess the family recipes (whether written down or in their head), continue to make their family's favorite dishes for holidays and special occasions, and play a role in passing on their family's recipes and important traditions to the next generation.







Land of 10,000 Plates: Stories and Recipes from Minnesota

Patrice M. Johnson PAPERBACK, \$24.95, ISBN: 978-1-68134-168-2

True North Cabin Cookbook: Recipes and Stories from a North Woods Table Stephanie Hansen HARDCOVER, \$29.95, ISBN: 978-1-68134-235-1

E-BOOK, \$19.99, ISBN: 978-1-68134-302-0

#### **Swedish Almond Rusks**

#### The Dish

Rusks are a twice-baked cookie-biscuit made with ground-up almonds for a subtle, not-too-sweet, nutty flavor. Great for dunking in coffee!

#### The Tell

When I first encountered these oblong, cookie-like biscuits as a kid at my Grandma Hilma's house, I remember calling them "tusks," which makes sense as they kind of resemble an elephant's tooth.

Rusks, as the rest of the family called

them, were stored in a plastic ice cream pail that would make an appearance at daybreak when the adults were having their first cups of coffee. Of course I didn't drink coffee back then, but I couldn't resist the opportunity to eat a cookie before breakfast, even if it had an odd shape and seemed a bit dry to my young taste buds.

Makes about 5 dozen



3 cups flour1 cup sugar1 cup ground almonds or almond flour

1 teaspoon baking soda

 $\frac{1}{2}$  cup (1 stick) butter, at room temperature

½ cup sour cream, at room temperature

2 eggs

Heat oven to 300 degrees. Add all ingredients to a large mixing bowl and mix well. Dump dough onto counter and divide into 4 equal portions. Form dough into rolls 9 inches long and 2 inches wide and divide between 2 cookie sheets.

Bake for 45 minutes or until light brown. Remove from oven and cut into half-inch slices, aka rusks. Reduce oven temperature to 250 degrees and toast slices for about 15–20 minutes, then flip. Continue baking until rusks are light brown and crisp, another 15–20 minutes.

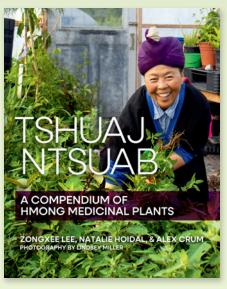
## TSHUAJ NTSUAB

#### A Compendium of Hmong Medicinal Plants

## ZONGXEE LEE, NATALIE HOIDAL, AND ALEX CRUM PHOTOGRAPHY BY LINDSEY MILLER

During early years in Laos, May Lee trained as a *niam tshuaj*, a plant-based healer and keeper of herbal plants, a role customarily handed down from mother to eldest daughter. When she fled to Thailand and then the United States in 1980, May brought preserved cuttings, which she eventually cultivated in Minnesota. She passed along her knowledge to daughters Zongxee and Mhonpaj, who likewise became herbalists and farmers.

Among other traditional uses, Hmong medicinal herbs are essential ingredients in a special chicken soup consumed for postpartum healing. In *Tshuaj Ntsuab* (green medicine), a recipe for this nourishing soup accompanies descriptions of additional cultural practices, herbal remedies, and growing techniques that are part of Hmong oral tradition. Through detailed photographs, botanical information, and scientific research, this compendium profiles forty-four medicinal plants that are important to the culture and diets of Hmong people around the world.



#### AVAILABLE APRIL

GARDENING / COOKBOOKS, 192 PAGES, 8 × 10, FULLY ILLUSTRATED IN COLOR, 6 RECIPES, NOTES, BIBLIOGRAPHY, INDEX PAPERBACK, \$24.95, ISBN: 978-1-68134-304-4 E-BOOK, \$14.99, ISBN: 978-1-68134-336-5

Tshuaj Ntsuab grew out of a five-year collaboration between the Lee family, University of Minnesota Extension, and Dr. Ya Yang's laboratory at the University of Minnesota. The team used DNA sequencing to identify each of the herbs and reviewed published works to better understand what scientists know about these plants. The result is a valuable reference that preserves traditional knowledge for members of the Hmong community and beyond.

**Zongxee Lee** is a Hmong American herbalist and gardener and a registered nurse. **Natalie Hoidal** is an Extension educator at the University of Minnesota. **Alex Crum** is an assistant professor of biology at the University of Wisconsin-Superior. **Lindsey Miller** is an Extension communications program assistant at the University of Minnesota.

#### FROM THE BOOK ...

While many Hmong herbal medicine traditions have been lost or are no longer widely used, there is a special chicken diet with herbs that Hmong women traditionally follow for thirty days after giving birth.... The Hmong call this period "Nyob Nruab Hlis" or a month of restrictions and confinements. May's family calls it "thirty days of purification" because it is a time to heal and realign the body after birth. This diet is thought to nourish



the body with important vitamins and minerals, aiding in postpartum recovery. People who have used this diet postpartum report that it decreases vulnerability to illness and chronic conditions such as gastro-intestinal problems, heartburn, prolapsed uterus or organs, and bowel or urine incontinence....

Thanks to the work of Zongxee, Mhonpaj, and May [described in Part I], some Twin Cities hospitals have begun to offer a simplified chicken soup option to Hmong people who give birth in their care. The herbs currently used in this setting are limited to those that have been easily identified: While the Lee family has extensive knowledge about these plants, without the scientific names hospitals were unable to verify that they could safely serve the full chicken soup diet to their patients. We hope this book will provide more information to instill confidence that this traditional diet can be safely utilized.

ALSO OF INTEREST





What We Hunger For: Refugee and Immigrant Stories about Food and Family

Edited by Sun Yung Shin 신 선 영 PAPERBACK, \$18.95, ISBN: 978-1-68134-197-2 **E-BOOK**, \$14.99, ISBN: 978-1-68134-198-9

Edible and Medicinal Wild Plants of the Midwest, Third Edition Matthew Alfs PAPERBACK, \$29.95, ISBN: 978-1-68134-175-0

E-BOOK, \$19.99, ISBN: 978-1-68134-301-3

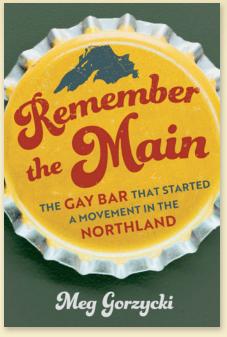
## REMEMBER THE MAIN

The Gay Bar that Started a Movement in the Northland

#### **MEG GORZYCKI**

When Bob Jansen was fired from his job as a professor at a religious university in Duluth, he didn't go quietly. The resulting legal settlement provided enough capital for a down payment on a dream. In 1983 he opened the Main Club, which became a hub for LGBTQ social life in the Twin Ports and Iron Range of northern Minnesota. More than just a bar, the Main served as an unofficial center for health information, fundraising, and political activism during a crucial and transformative period of gay history.

Remember the Main tells the story of a generation who found their cause and their community at Jansen's club. Their activism bridged the gap between the relatively closeted culture of the 1950s and the open advocacy of the 1990s and 2000s. Although the 1969 Stonewall riots are a well-known turning point in the fight for equality, Remember the Main draws attention to a less dramatic but significant, sustained regional effort. Weaving together oral history, biography, and social critique, Meg Gorzycki chronicles the



#### **AVAILABLE JUNE**

GENDER & SEXUALITY / GREATER MINNESOTA, 320 PAGES, 6 × 9, 12 B&W PHOTOS, GLOSSARY, APPENDIXES, NOTES, BIBLIOGRAPHY, INDEX PAPERBACK, \$29.95, ISBN: 978-1-68134-330-3 *E-BOOK*. \$19.99. ISBN: 978-1-68134-331-0

highs and lows of the local fight for human rights, legal protection, and health care for LGBTQ Americans.

Remember the Main is an engaging profile of a unique community and what its members did to improve lives through resilience, compassion, and belonging—with a few toasts along the way.

**Meg Gorzycki** is a historian, educator, community organizer, and author. She brought Bob Jansen's insights to her work in the San Francisco Bay Area, where she developed LGBTQ support groups, counseling services, and curricula. She lives in Plymouth, Minnesota.

#### FROM THE BOOK ...

Like all LGBTQ people, we had to navigate our way in a hostile world without many resources to help us carry on and not succumb to society's belief that we were loathsome and deserved to go to hell. Had Bob Jansen and I lived in the Twin Cities, we would probably have found more resources and support. They had gay bars, gay bookstores, and gay organizations that offered much more than what the Twin Ports possessed at the time. There was substantial LGBTQ activism in Minneapolis and St. Paul during the 1970s and '80s, but the Twin Ports was barely a blip on the Twin Cities' radar. Many in the metro area saw Duluth and the Iron Range as remote enclaves of an unsophisticated and culturally stagnant way of life. Gays and lesbians who lived there were tacitly

expected to move to the Twin Cities, where they would be freer to be themselves. But LGBTQ people in the northland did not always see things that way. They wanted their hometowns to be welcoming, safe, and supportive—even if activists in the Twin Cities thought little of their situation.



When the Main Club opened in November 1983, it provided the north-land with a resource that filled several voids in the LGBTQ community. It was not just a gay bar; it did more than tolerate its patrons. It didn't scorn same-sex expressions of affection. It was interested in more than their money. It existed to help the community thrive and secure its rights.

The untold story of how a generation of LGBTQ Minnesotans found a voice, a purpose, and a community in a Twin Ports bar.

ALSO OF INTEREST





Wild Things: A Trans-Glam-Punk-Rock Love Story Lynette Reini-Grandell HARDCOVER, \$29.95, ISBN: 978-1-68134-243-6 *E-BOOK*, \$13.99, ISBN: 978-1-68134-244-3

Queer Voices: Poetry, Prose, and Pride Andrea Jenkins, John Medeiros, and Lisa Marie Brimmer PAPERBACK, \$18.95, ISBN: 978-1-68134-122-4 *E-BOOK*, \$14.99, ISBN: 978-1-68134-140-8

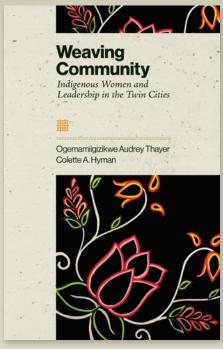
## WEAVING COMMUNITY

Indigenous Women and Leadership in the Twin Cities

## OGEMAMIIGIZIKWE AUDREY THAYER AND COLETTE A. HYMAN

From the 1960s through the 1990s in Minneapolis and St. Paul, Native women activists helped build institutions that sustain urban Indigenous communities to this day. Weaving Community pays tribute to figures such as Vernell Wabasha, Winifred Jourdain, Bonnie Wallace, and Laura Waterman Wittstock, leaders in addressing the needs of Native people living in the metropolitan area. Thanks to their combined efforts, the Twin Cities gave rise to noteworthy organizations including the Indian Health Board of Minneapolis, the first off-reservation health care center for Indigenous people: MIGIZI, a nonprofit that supports the educational, economic, and cultural needs of Indigenous youth; and Project STAIRS, which addressed the mistreatment of Native students in public schools and laid the foundation for the University of Minnesota's American Indian Studies program.

Drawing on oral histories and individual interviews, Ogemamiigizikwe Audrey Thayer and Colette Hyman share powerful testimonies of urban Native community building. The two dozen Dakota, Anish-



#### AVAILABLE APRIL

NATIVE AMERICAN STUDIES, 180 PAGES, 5½ × 8½, 15 B&W PHOTOS, NOTES, BIBLIOGRAPHY, INDEX PAPERBACK, \$24.95, ISBN: 978-1-68134-332-7 *E-BOOK*, \$12.99, ISBN: 978-1-68134-333-4

inaabe, and Ho-Chunk women who tell their stories in *Weaving Community* display the cultural values of strong female leadership as well as the vital importance of preserving traditions, ceremonies, and languages. At a crucial moment in history, these women persevered so that Indigenous people in the Twin Cities could lead lives of dignity and cultural integrity.

**Ogemamiigizikwe Audrey Thayer** is an academic instructor at Leech Lake Tribal College. She lives in Bemidji, Minnesota. **Colette A. Hyman** is professor emerita at Winona State University, where she taught history and women's studies. She lives in Winona, Minnesota.

#### FROM THE BOOK . . .

As soon as the outlines of a self-conscious, organized Indigenous community took shape in the Twin Cities, in the 1920s, women initiated efforts to ensure the well-being of their people in this hostile urban environment. During the rapid growth of the Indigenous population after World War II, more women stood up, most notably Emily Peake and Winifred Jourdain. By the 1960s and 1970s, women stepped up as founders and leaders of the numerous institutions that Indigenous people in Minneapolis and St. Paul established to meet their communities' needs. . . .

Weaving Community looks at how this happened. We follow the paths of women who dedicated themselves to building a thriving community in the Twin Cities and revitalizing their languages and cultures. We look at the organizations they built and the institutions they sought to make more responsive to the needs of their people. We also explore the relationships among these women, and their relationships to their communities, both in the Twin Cities and on their home reservations. Finally, we tease out from these accounts the meaning of women's leadership, both as these women envisioned it and as they lived it.

A compelling history of the often overlooked work of contemporary Native American women who took action to strengthen the bonds within and among their urban communities.







Rewind: Lessons from Fifty Years of Activism T Williams with David Lawrence Grant PAPERBACK, \$29.95, ISBN: 978-1-68134-292-4 *E-BOOK*, \$9.99, ISBN: 978-1-68134-293-1

We Are Still Here: A Photographic History of the American Indian Movement Photography by Dick Bancroft Text by Laura Waterman Wittstock PAPERBACK, \$39.95, ISBN: 978-0-87351-887-1

## FOLLOWING THE FISH

A History of Commercial Fishing along Minnesota's North Shore

#### MICHAEL RISKU

North of Duluth, off of Highway 61, picturesque old fishing structures hint at the era when commercial fishing was the prime pursuit of families in a string of villages and towns that includes Knife River, Tofte, Hovland, and many more. A history of this industry—netting trout, herring, whitefish, and smelt for sale in local communities and beyond—begins with Indigenous fishers who traded and sold their catch to the fur companies, and includes later arrivals hailing from Nordic fishing traditions.

Michael Risku offers a full picture of this way of life: the geography of the lakeshore that determined where boats could land, the types of fish that thrived in Lake Superior's waters, the earliest foot trails between Fond du Lac and Grand Portage, the steamboats that served settlements before construction of the road. Risku details assorted watercraft and nets and hooklines, describes the dangers of being out on the lake in all weather, and explores the challenges of getting fish to market. He also surveys the fishery's collapse,



#### AVAILABLE MAY

BUSINESS HISTORY / OUTDOORS, 336 PAGES, 6 × 9, 30 B&W ILLUSTRATIONS, MAPS, NOTES, BIBLIOGRAPHY, INDEX, 11 TABLES PAPERBACK, \$32.95, ISBN: 978-1-68134-306-8 *E-BOOK*, \$14.99, ISBN: 978-1-68134-335-8

exploring overfishing, other extractive industries (logging and mining), and invasive species.

Drawing on oral histories, newspaper accounts, and years of research, *Following the Fish* highlights the heroism and determination behind the North Shore's rich, vibrant, and unique fishing culture.

Born into a commercial fishing family, **Michael Risku** served in the US Navy, holds a Coast Guard captain's license, and is a distinguished chair and professor emeritus from the University of the Incarnate Word. He lives in Two Harbors, Minnesota.

#### FROM THE BOOK ...

Many of the fishermen, being their own bosses, decided when to go or not to go out on the lake. An average person might look out onto the lake and see nothing but the lake. To the knowing eye of a fisherman, looking

out onto a pond as smooth as glass is seeing the lake at its deadliest. Roy Oberg of Grand Portage may hold the record for spending more time on the lake than anyone. He provides a dire warning that if there is a heavy morning frost on the lakeshore, a fisherman needs to hurry to go pull the nets, because by afternoon there will be a

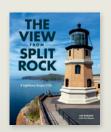


southwest storm—always. He also noted that in the early years fishermen fished much closer to shore so they could get back in quickly. He learned that the headlands off where a person was fishing made a big difference. In his early days of fishing off Silver Creek Cliff, the cliff provided some nearshore protection from the northwest wind. When asked about getting caught in storms, Oberg offered this modest summary: "I have always been a live coward and found places to hide out."

The first comprehensive history of commercial fishing and fishing settlements along Minnesota's North Shore shares new conclusions regarding the fishery from 1650 to the present day.

ALSO OF INTEREST





Beneath the Surface: A Natural History of a Fisherman's Lake

Bruce M. Carlson

Illustrations by Bruce Granquist
PAPERBACK, \$32.95, ISBN: 978-1-68134-273-3 *E-BOOK*, \$15.99, ISBN: 978-0-87351-656-3

The View from Split Rock: A Lighthouse Keeper's Life Lee Radzak with Curt Brown PAPERBACK, \$19.95, ISBN: 978-1-68134-180-4 *E-BOOK*, \$14.99, ISBN: 978-1-68134-206-1

## **PEARL'S GARDEN**

#### **CAROLYN OLSON**

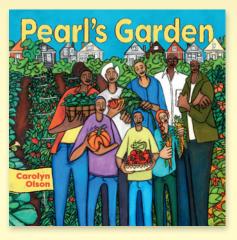
As young Pearl tends to her urban garden in the tradition of her mother and grandmother, her dedication and generosity inspire family members to share in the work and reap the rewards.

Pearl wanted a vegetable garden. The city's gardener, James, told her, "We'll deliver the soil, plants, and seeds. But first you'll need to okay it with your mom."

Pearl promised to do all the work. She and James planted squash, cucumber, broccoli, corn, carrots, and more. She knew her backyard garden would keep her busy all summer.

Every day Pearl watered and weeded. She coaxed the plants along. Pearl's mom and auntie and grandparents watched her care for the garden. They remembered long-ago summers when they also tended the family garden—and how hard they worked.

Soon it was time to harvest all those vegetables. Pearl realized she was going to need some help. Everyone was busy, but Pearl had an idea.



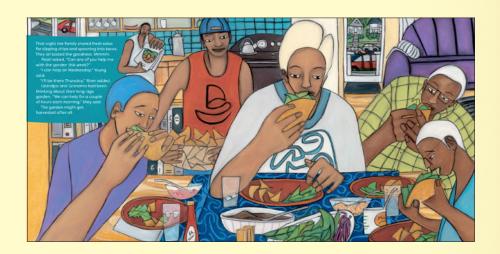
#### AVAILABLE MARCH

CHILDREN'S PICTURE BOOKS / AGES 3-7, 32 PAGES, 10 × 10, FULLY ILLUSTRATED HARDCOVER, \$18.95, ISBN: 978-1-68134-281-8

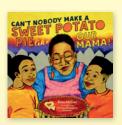
Pearl picked onions and garlic and tomatoes and peppers. She made fresh salsa for snacking. Her whole family enjoyed it. And then Pearl asked if anyone could help in the garden that week. How could they refuse? Pearl smiled: Her bountiful backyard garden might get harvested after all.

Carolyn Olson's sweet story celebrates the power of urban gardens to bring people together—to share memories, to raise plants, and to savor fresh flavors.

**Carolyn Olson** is a narrative artist working and living in northern Minnesota. She uses gouache, oil, and pastel to depict everyday life stories. Her "Essential Workers" series celebrates the work carried on during the COVID-19 pandemic. She lives in Duluth, Minnesota.



ALSO OF INTEREST





#### Can't Nobody Make a Sweet Potato Pie Like Our Mama!

Story by Rose McGee

Illustrations by Christopheraaron Deanes HARDCOVER, \$17.95, ISBN: 978-1-68134-199-6

#### North Woods Girl

Story by Aimée Bissonette Illustrations by Claudia McGehee HARDCOVER, \$17.95, ISBN: 978-0-87351-966-3

## OUR SACRED LAND OF PHEZÚTA

## STORY BY TANAĞIDAN TO WIN TARA PERRON ILLUSTRATIONS BY HOLLY YOUNG

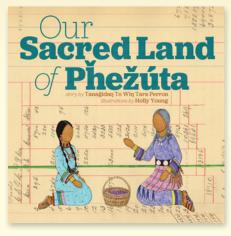
In the early mornings of summer I go with my grandmother to pray and visit some of her oldest friends.

"Grandmother, who will we get to visit with today?" I ask.

"Little one, we must listen quietly and see who decides to greet us this morning," she replies.

Grandmother's friends are the plants of her sacred garden. They are known as phežúta, or medicines. They help her heal herself and others. Grandmother's understanding of these plants has been passed down from person to person for generations.

Grandmother and Granddaughter sing a special song to the plants. They say hello to Chaŋíčaȟpehu (Stinging Nettle), to Čhaŋȟdóȟu (Broadleaf Plantain), to Čhaŋȟá (Chokecherry). Some of these plants are full of vitamins. Some help soothe stings and pains. Some make tasty and healing syrups. Together,



#### **AVAILABLE MARCH**

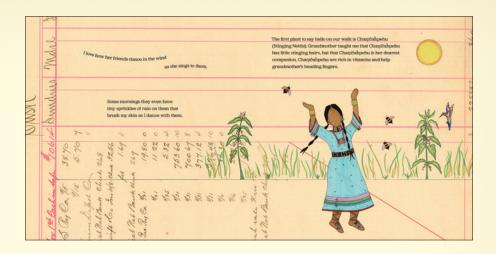
CHILDREN'S PICTURE BOOKS / AGES 3-7, 32 PAGES, 10 × 10, FULLY ILLUSTRATED HARDCOVER, \$18.95, ISBN: 978-1-68134-213-9

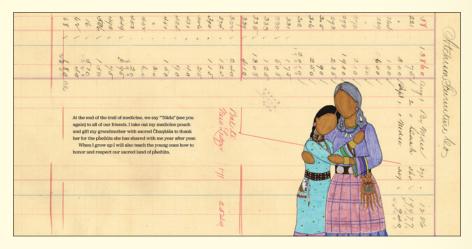
Grandmother and Granddaughter offer Čhaŋšáša (Tobacco) to honor each plant in their path.

Granddaughter cherishes these lessons and the gifts of phežúta. She is grateful to her grandmother for sharing her wisdom. Perhaps one day she too will walk in this sacred land with her own granddaughter.

Through words and images, this tender story from educator and healer Tanağidan To Win Tara Perron, illustrated with evocative ledger-style artwork by Holly Young, highlights the treasures of an abundant prairie landscape.

Writer and educator **Tanağidaŋ To Wiŋ Tara Perron** is the author of *Takóža: Walks with the Blue Moon Girl*. She lives in St. Paul, Minnesota. Dakota artist **Holly Young** creates in the traditional mediums of ledger art, beadwork, and quillwork. She lives in Bismarck, North Dakota.





Plants of all kinds fill a blooming landscape—and offer healing and knowledge to benefit those who connect with phežúta (medicines) and give thanks for their bounty.

## ALSO OF INTEREST



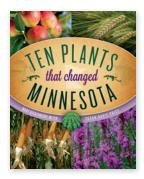


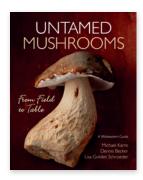
Josie Dances Story by Denise Lajimodiere Illustrations by Angela Erdrich HARDCOVER, \$17.95, ISBN: 978-1-68134-207-8

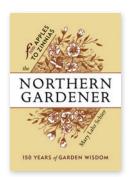
Hungry Johnny Story by Cheryl Minnema Illustrations by Wesley Ballinger HARDCOVER, \$17.95, ISBN: 978-0-87351-926-7

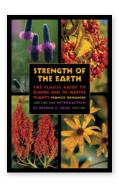
## FEATURED BACKLIST

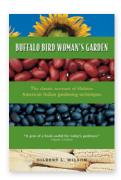
#### **PLANTS AND GARDENING**

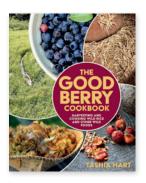












#### TEN PLANTS THAT CHANGED MINNESOTA

Mary Hockenberry Meyer and Susan Davis Price

PAPERBACK, \$29.95, ISBN: 978-1-68134-034-0

#### **UNTAMED MUSHROOMS**

From Field to Table

Michael Karns, Dennis Becker, and Lisa Golden Schroeder

PAPERBACK, \$29.95, ISBN: 978-1-68134-086-9

#### THE NORTHERN GARDENER

From Apples to Zinnias

Mary Lahr Schier

PAPERBACK, \$24.95, ISBN: 978-1-68134-046-3

#### STRENGTH OF THE EARTH

The Classic Guide to Ojibwe Uses of Native Plants

Frances Densmore Introduction by Brenda J. Child

PAPERBACK, \$18.95, ISBN: 978-0-87351-562-7

#### **BUFFALO BIRD WOMAN'S GARDEN**

Agriculture of the Hidatsa Indians

Gilbert L. Wilson

PAPERBACK, \$17.95, ISBN: 978-0-87351-219-0 *E-BOOK*, \$12.99, ISBN: 978-0-87351-660-0

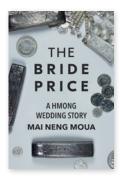
#### THE GOOD BERRY COOKBOOK

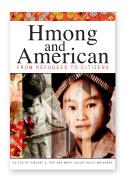
Harvesting and Cooking Wild Rice and Other Wild Foods

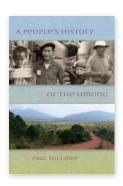
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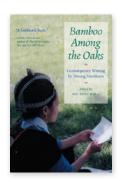
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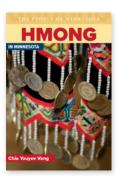
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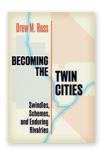
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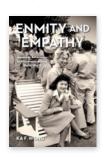


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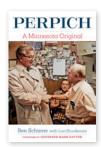


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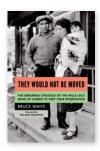


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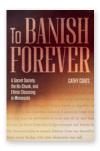


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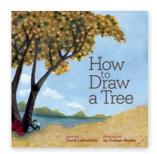
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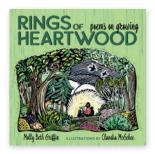
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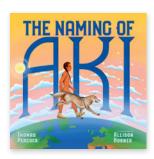


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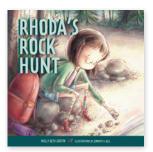
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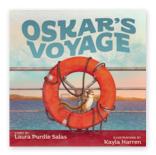
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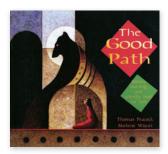
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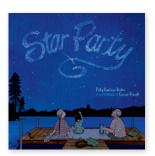


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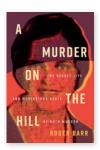


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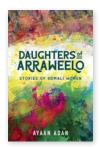


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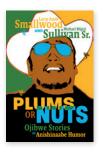


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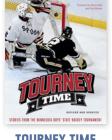
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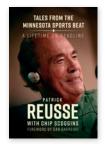


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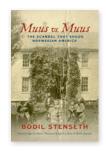
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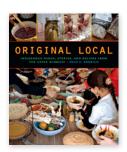
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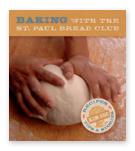


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