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.

Front cover: from *On the Shortest Day* by Laura Sulentic Fredrickson, illustrations by Laurie Caple (see page 8).
LAND OF 10,000 PLATES
Stories and Recipes from Minnesota

PATRICE M. JOHNSON

From Minnesota’s newer traditions—Hmong hotdish—to its oldest—nourishing wild rice—Land of 10,000 Plates invites readers to bask in the warmth and hospitality of kitchens throughout the state.

Woven into a northland year are food rituals that sustain us and connect us to our region, our climate, and one another. Meat raffles. Fish fry. Pizza farms. Booya. As surely as winter changes to spring to summer to autumn in Minnesota, highly anticipated seasonal events bring folks together for fortifying fare and good company. Still other dishes appearing on the quintessential northland table know no season: Tater Tot Hotdish, Jell-O Salad, SPAM Lefse Pizza, Apple Cider Muffins.

Minnesotans make the most of the changing calendar by ice fishing on lakes big and small, foraging for ramps and tapping trees for maple syrup, marveling at farmers markets’ late-summer bounty, and picking apples and pumpkins in the deliciously crisp fall air. In Land of 10,000 Plates, Patrice M. Johnson highlights food rituals from her own life and explores Minnesota fare far and wide, experiencing the festivals, speaking with revelers, and celebrating the foodways that define the northland. Inventive recipes that mark the seasons—like Blåbärsoppa (bilberry soup), Caraway Rye Pretzels, Savory Pudding with Roasted Cherry Tomatoes and Radish, and Coconut Ginger Pumpkin Pie—accompany stories about people who thrive in the North.

Patrice M. Johnson, a cultural communicator specializing in Nordic foodways, is the author of Jul: Swedish American Holiday Traditions. She teaches Nordic food classes and presents interactive cooking demonstrations at sites throughout the Twin Cities and beyond.
In Minnesota, farmers markets plump and mature according to the season, and our market bags get heavier as summer progresses into fall. First come radishes, rhubarb, spring greens, and asparagus. Strawberries, blueberries, herbs, and cucumbers signal July is near. When at last we welcome tomatoes, corn, and peppers, we know we are in the thick of it. Melons, eggplant, and apples warn us that the end is near, and soon it is time for pumpkins and winter squash. Parsnips, turnips, beets, and carrots are sweetest after the first frost, and the entire farmers market calendar is decorated liberally with zucchini. Lots and lots of zucchini.

On a warm spring day too many decades ago to politely number, we picked up a few supplies at the farmers market and returned to our friend Kathryn’s house for lunch. I do not know whether she had a plan or was simply inspired by what we found that day, including bread still warm from the oven when we bought it. The simple but special meal she created for us remains one of those taste memories I am always reaching back for.
Farmers Market Bread Pudding

Kathryn O’Brien

About the bread pudding Kathryn said, “Well, really, it should simply be a grand foraging and return with whatever strikes your fancy, but ours was built around tomatoes, zucchini, and corn: the holy trinity of midwestern summer bounty. I suppose if we’d been fancy, we might have thrown some herbs in, and that would have been all for the better.”

3 tablespoons olive oil
1 pound tomatoes (cored, seeded, coarsely chopped)
3 fat ears of corn (cut corn from cobs; reserve cobs to make a corn soup)
½ pound zucchini, diced
fresh herbs (dill, basil, parsley, etc.)
½ teaspoon kosher salt
¼ teaspoon fresh-ground black pepper
6 eggs
2 cups milk
1 loaf good and sturdy bread, torn or cut into 1-inch chunks
freshly grated Parmesan

Heat oven to 375 degrees. Generously butter bottom and sides of 13 × 9 × 3-inch baking dish or cake pan.

Heat olive oil in a large skillet. Add tomatoes, corn, and zucchini and cook, stirring, for 2 to 3 minutes. Stir in fresh herbs and salt and pepper, then set aside.

In a large mixing bowl, whisk eggs and milk to combine. Scatter bread cubes in prepared baking dish, then spread the vegetable mix over and into the bread cubes. When all is well combined, pour the egg mixture over the top.

Pop the dish into the preheated oven and cook for about 25 minutes or so, until the pudding is puffed up a bit and you can poke in a knife (or some other implement) and have it come out clean. Scatter the Parmesan over the pudding for the last 10 minutes of baking.
In recent years, Minnesota has developed one of the most vibrant and original beer scenes in the nation. Home to more craft breweries per capita than its famously beer-loving neighbor Wisconsin, Minnesota is pumping out an exciting array of innovative IPAs, spectacular stouts, succulent sours, and perfect pilsners—among countless other styles of lager and ale. These small-batch concoctions are taking their place alongside mass-produced national and regional beers on tap lines and in coolers throughout the state, forever changing the tastes of discerning beer drinkers in Minnesota and beyond.

The relatively recent revolution in Minnesota craft brewing has led to an explosion of new breweries and taprooms, and in Pints North, Katelyn Regenscheid is here to guide you through the latest trends.

In addition to providing background history to Minnesota’s beer renaissance, Regenscheid introduces you to the people who helped build the craft-beer scene—the brewers, the entrepreneurs, and the consumers—bringing an insider’s perspective to the business and the beer. In-depth profiles of a selection of innovative and unique craft breweries illustrate the variety of approaches and offer a snapshot look at taprooms from Moorhead to Minnetonka, New Ulm to Nordeast.

Katelyn Regenscheid has worked in the craft beer industry as a consultant, tour guide, barback, and in-house marketing manager. She is author of the Beer and Life blog, where she chronicles her visits to the state’s many taprooms. Regenscheid lives in Minneapolis.
In most Minnesota taprooms, the brewing equipment is visible from your barstool. In part that may be due to the statute that requires a brewhouse to be adjacent to its respective taproom, but I like to think it also has something to do with the transparent nature of the industry’s craft.

As a consumer, you have a visual guarantee that your beer is made by your neighbors, likely using malt from Shakopee, and dry hopped out of five-gallon buckets from a local homebrew supply store (or Menards, if we’re being honest). While the homegrown narrative may feel cliché, it is also a major draw to the industry: it gives consumers a sense of ownership and loyalty regarding “their” breweries.

And it should! Brewery profits are measured in pints poured, kegs sold, four-packs picked up on the way home from work. Every consumer’s choice to feel loyal or connected to a brewery allows them to brew another day.

Crack open a cold one and venture into the fun and exciting world of Minnesota craft beers, taprooms, and brewmasters with this inside look at beer making and beer culture.

Closing Time: Saloons, Taverns, Dives, and Watering Holes of the Twin Cities
Bill Lindeke and Andy Sturdevant
HARDCOVER, $27.95, ISBN: 978-1-68134-137-8

North Star Cocktails: Johnny Michaels and the North Star Bartenders’ Guild
Johnny Michaels
PAPERBACK, $17.95, ISBN: 978-1-68134-070-8
EDIBLE & MEDICINAL WILD PLANTS OF THE MIDWEST

Third Edition

MATTHEW ALFS

An authoritative and easy-to-use reference to the medicinal and edible properties of wild plants from throughout the upper Midwest. An essential guide for anyone interested in natural healing.

The potential benefits of wild plants for human health and well-being are wide-ranging. But knowing which plants to use, and how, for edible and medicinal purposes requires a deep understanding of the characteristics and qualities of these species in the wild. Whether you are seeking an herbal remedy for a specific ailment or simply want to make the most of the natural bounty that surrounds us, you need look no further than this groundbreaking study.

Collected here are insightful tips and detailed descriptions relating to the edibility and healing potential of one hundred wild plants of the upper Midwest. Drawing on his expansive personal experience as well as more than a thousand scientific and ethnobotanical studies, author Matthew Alfs offers tips on foraging for and identifying the plants growing in the region’s fields, meadows, and woods. He provides detailed lists of plants for specific physiological functions and offers instruction for processing the plants to maximize their edible and medicinal properties. Now in its third edition, the book includes full-color photos, a glossary, and an extensive resource list to supplement the plant descriptions, making it the ultimate resource to the edible and medicinal aspects of wild plants of the upper Midwest.

Matthew Alfs is a clinical herbalist, educator, consultant, and founder of the Midwest Herbs & Healing clinic and the Midwest School of Herbal Studies. He has published articles on herbal healing in numerous publications. Alfs lives in New Brighton, Minnesota.
Another example of the ultra potency of the wild is the stinging nettle, an edible food (when properly prepared) that contains an incredible amount of protein—one source finding 42 percent by dry weight. That may be more than is contained in the leafy green portion of any green plant, wild or domestic. But that is not all: Nettle is also one of the richest sources of chlorophyll known in the plant world—so much so that it has been cultivated for commercial extraction of this substance. In fact, it is rich in a wide spectrum of nutrients—especially magnesium, calcium, chromium, zinc, and vitamin C. Its content of iron, although not particularly high, has proven to be quite bioavailable to humans because the large amount of vitamin C in the plant assures its absorption.
In late December, snow blankets the landscape and the daylight hours are brief. Bundled up against the cold, a child and an adult explore the slough, a marshy area along the river where many animals live, hunt, and play. The scene is quiet, yet alive with activity—if you know where to look.

The child seeks to solve a mystery:

I search for you
as the sunlight fades
in the silent slough
on the shortest day.

Readers also tiptoe, scramble, and whisper. What will we discover along the way?

As child and grandparent hike through the woods and along streams, they encounter deer and eagles. They find mounds and lodges, homes for muskrats and beavers. They are watched by cotton-tail rabbits, red foxes, and snowy owls. These animals and many more survive and even thrive during winter’s deepest chill.

Poetic storytelling evokes the crisp air, the sparkling snow, and the seasonal calm, while vibrant illustrations teem with wild creatures and dazzle with the bright hues of sunset on snowy landscapes.

At last, the solstice arrives. The shortest day becomes the longest night, promising the joys of more winter activities and, before too long, the wonders of spring.

Educator and writer Laura Sulentich Fredrickson has lived on a slough in the Upper Mississippi River National Wildlife and Fish Refuge. Children’s book illustrator and natural history artist Laurie Caple has created artwork for more than twenty books.
Western wind puffs and whispers, welcomes deer who stop to eat frosty twigs . . . **Crunch** icy grasses . . . **Munch** frozen oak leaves . . . **Chomp**
I sneak closer . . . **STOMP**!

Antlers raise white tails quiver stags vanish through sunshine sliver while I watch for you on the shortest day.

Wander through wintry woods and along frozen creeks to observe eagles soaring, deer munching, and muskrats hiding as the winter solstice arrives in a whirl of snowy confetti and dancing starlight.

**Where Are All the Minnesotans?**
Karlyn Coleman, illustrated by Carrie Hartman
HARDCOVER, $16.95,
ISBN: 978-1-68134-040-1, AGES 3-7

**Hungry Coyote**
Cheryl Blackford, illustrated by Laurie Caple
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IF YOU SEE ME
My Six-Decade Journey in Rock and Roll

PEPÉ WILLIE
With Tony Kiene
Foreword by Clarence Collins
of Little Anthony and the Imperials

The story of Pepé Willie, the “Godfather of the Minneapolis Sound,” who helped to groom and mentor the likes of Prince, Morris Day, André Cymone, and more.

Pepé Willie grew up in music. As a teenager in Brooklyn, he was immersed in the R&B and soul scene of 1960s New York—rubbing elbows with top musicians and getting an up-close look at the music business. After moving to Minneapolis with his new bride in 1974, he quickly found his way into the vibrant Twin Cities music scene. Pepé’s wife also introduced him to her cousin, a young musician named Prince Rogers Nelson.

Pepé knew right away that the precocious teenager had extraordinary talent, and he set out to take Prince under his wing, educating him on the ins and outs of songwriting and music publishing. In 1975, Pepé took his cousin-in-law into the studio for a session with Pepé’s band, 94 East. This first professional recording of Prince proved to be a pivotal moment in the rise of an unparalleled musician.

In this autobiography, Pepé Willie describes his journey through the music industry and chronicles his experiences working alongside Prince, helping the rising star make his way in the business. Although largely unknown, Pepé Willie has had a deep impact on the local scene and offers a unique perspective into the world of music.

Pepé Willie is a musician and the founder of Pepé Music Inc. He was a mentor to many musicians and is considered one of the godfathers of the Minneapolis Sound. Tony Kiene is an author and writer of two recurring Prince-related columns.
As winter approached in 1978, Prince and the band had been rehearsing in my basement for the better part of six months. The band was real tight, and Prince was dying to show the world what he was building. One day he looked at me and said, “Pepé, we’re ready. I want to do a show.” He had expressed his interest in performing live to Owen Husney as well, and we all agreed it was time. Owen started conversations with Warner Bros. about setting up a showcase for some of their top executives.

I was charged with finding a venue, and the first place that came to mind was the Capri Theater on West Broadway Avenue in north Minneapolis. With around five hundred seats, the Capri seemed to be about the right size, and it was something of a historic cornerstone of the neighborhood. Originally one of several movie theaters on the north side, it is the only one still around today.

I went over north to meet with Ira, who owned the Capri at the time. Ira was a funny dude and was known for his signature phrase, “You know what I mean-o!” It didn’t take much to convince him to agree to a deal, and we scheduled three consecutive gigs on January 5, 6, and 7.

The Capri had some limitations for live performances, and we had to bring in proper concert lighting for the show. In the Twin Cities, a place called the Naked Zoo was the standard-bearer in that regard, so I made arrangements to rent lighting from them. Established in 1970, Naked Zoo still provides local entertainment and event services today and, in addition to Prince, has served a who’s who of rock and roll acts over the years.

Kristie, Marcy, and I were responsible for all the concert promotion, and Kristie even designed and printed the tickets for the shows herself. We charged $4.00 in advance and $4.75 at the door. If each show were to sell out, that would mean more than $2,000 per night. Of course, making money wasn’t the priority; this was an opportunity for Prince to show Warner Bros. he was ready.
TURNOUT
Making Minnesota the State That Votes

JOAN ANDERSON GROWE
WITH LORI STURDEVANT
Foreword by Hillary Rodham Clinton

High voter turnout in Minnesota is no accident. It arose from the traditions of this state’s early Yankee and northern European immigrants, and it has been sustained by wisely chosen election policies. Many of these policies were designed and implemented during the twenty-four-year tenure of Minnesota secretary of state Joan Anderson Growe.

In inspiring and often funny prose, Growe recounts the events that framed her life and changed the state’s voting practices. She grew up in a household that never missed an election. After an astounding grassroots feminist campaign, she was elected to the state legislature in 1972; two years later, she was elected secretary of state, the state’s chief elections administrator. As one of the nation’s leading advocates for reliable elections and convenient voting, Growe worked with county officials to secure Election Day registration (used for the first time in 1974) as a Minnesota norm. She brought new technology into elections administration and promoted motor voter registration. And as an ardent feminist, she has encouraged and inspired scores of other women to run for office.

Part political history and part memoir, this book is a reminder to Minnesotans to cherish and protect their tradition of clean, open elections.

Joan Anderson Growe served as Minnesota’s secretary of state from 1975 to 1999, the longest tenure of any in the state’s history. Lori Sturdevant, a retired Star Tribune editorial writer, is the author of several books of Minnesota history, including Her Honor: Rosalie Wahl and the Minnesota Women’s Movement.
A desire to encourage voting motivated me every day through twenty-four years as Minnesota’s secretary of state. And my concern about recent efforts to deny or discourage some citizens from voting around the nation—even in Minnesota, the state that has long led the nation in voter turnout—is among the reasons I’ve written this book.

This book is a memoir. But it also has a wider mission. It’s my plea to my fellow Minnesotans to cherish and protect their tradition of clean, open elections. I’m convinced that the high quality of life that Minnesotans enjoy has been made possible in good measure by their habit of regular voting. When people vote in large numbers, their governments have a credibility that governments in low-voting states lack. Regular voters tend to think of government not as an alien or oppressive force but as an extension of themselves and their communities. They accept government as a useful and often uniquely effective tool for solving shared problems and achieving shared goals. They feel empowered to hold their government to account when it performs poorly. Frequent voters are more likely to see taxes not as illegitimate theft but as the rightful cost of government’s work, and to understand how that work benefits them and their neighbors. As a result, society’s problems are more likely to be solved.

In addition, when large numbers of people vote, political parties are less prone to being controlled by partisan zealots with extreme ideas. Those elected are beholden to true majorities, not to narrow segments of the electorate. That makes those officials more amenable to the compromises that functional representative governments require.
A remarkable woman’s life spans nearly a century of peace, invasion, war, exile, return, and astonishing change.

Daybreak Woman, also known as Jane Anderson Robertson, was born at a trading post on the Minnesota River in 1810 and lived for ninety-two years in Minnesota, Wisconsin, Michigan, Canada, and South Dakota. The daughter of an Anglo-Canadian trader and a Scots-Dakota woman, she witnessed seismic changes.

For her first five decades, Daybreak Woman was nurtured and respected in the multiethnic society that thrived for generations in the region. But in the last forty years of the nineteenth century, this way of life was swamped and nearly annihilated as the result of Euro-American colonization and the forced exile of most Dakota and Euro-Dakota people from Minnesota after the US–Dakota War of 1862. Dakota and Euro-Dakota people struggled to reestablish their communities in the face of racial violence, injustice, calls for their mass extermination, abject poverty, disease, starvation, and death. Daybreak Woman and her children survived these cataclysmic events and endured to rebuild their lives as Anglo-Dakota people in an anti-Indian world.

In this extraordinary biography, historian Jane Lamm Carroll uses the life of one mixed-heritage woman and her family as a window into American society, honoring the past’s complexity and providing insights into the present.

Jane Lamm Carroll is professor of history and women’s studies at St. Catherine University and contributing author and coeditor of Liberating Sanctuary: 100 Years of Women’s Education at the College of St. Catherine.
Born two years before the War of 1812, Daybreak Woman entered a fur trade society that had been established for many generations. The communities where Daybreak Woman lived for the first forty-five years of her life were comprised mostly of Indians and Euro-Indians, and Euro-Americans were the minority. But by the mid-1850s in what is now Minnesota, the society she had always known was swamped, as thousands of Euro-American migrants poured west across the Mississippi River to settle in Mnisota Makhoce after the 1851 treaties of Traverse des Sioux and Mendota. The formerly culturally diverse society was rapidly overwhelmed by the newcomers. That diverse society was finally destroyed in Mnisota Makhoce as a result of the US–Dakota War of 1862 and the subsequent forced exile of most Dakota and Euro-Dakota people from the state of Minnesota.

Daybreak Woman was fifty years old and a widow of three years at the outbreak of the war. She would live another forty-two years, but the multicultural society dominated by Dakota and Euro-Dakota people in which she had been born, grown up, married, given birth to nine children, and become a widow no longer existed. After 1862, not only was Minnesota society dominated by non-Indians, but it was also dangerous to all Dakota people: for six years after the war, the state government paid a bounty for killing any Dakota person. In the ensuing decades, Dakota and Euro-Dakota people who had survived the 1862 calamity and its aftermath rebuilt their lives. Some, including Daybreak Woman’s children, became part of reestablished Dakota communities on reservations in South Dakota and Nebraska, while other survivors eventually returned to Mnisota Makhoce to reconstitute communities in their homeland.
Aanjibimaadizing, which means “Changing Lives,” is a program of the Mille Lacs Band of Ojibwe. Through the Aanjibimaadizing Project, sixteen first speakers have teamed with linguists, teachers, and Ojibwe language experts to create this new literature for Ojibwe language learners. Conceived and presented only in Ojibwe, the stories reflect a rare authenticity as they transmit cultural values, increase vocabulary, and reinforce identity.

**Nishiimeyinaanig**

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*Presented in the Ojibwe language, these delightful new stories with animal characters bring to life the creative genius of some of Ojibwe country’s most gifted storytellers*

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Anton Treuer, professor of Ojibwe at Bemidji State University, is the author of *The Language Warrior’s Manifesto* and fourteen other books on Indigenous history and language. Michael Sullivan Sr. is the resident linguist for the Waadookodaading Ojibwe Language Immersion School on the Lac Courte Oreilles Reservation. Wesley Ballinger, a Mille Lacs Band of Ojibwe artist, is a community engagement coordinator for the American Indian Studies Department at the University of Minnesota. Steve Premo, an enrolled member of the Mille Lacs Band of Ojibwe, is a graphic designer, illustrator, and fine artist. Jonathan Thunder, a member of the Red Lake Nation, is a multidisciplinary artist who works in canvas painting, animation, filmmaking, and 3D projection mapping.
**AKAWE NIWII-TIBAAJIM**

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