

A GIFT FOR YOU FROM THE CEDAR TREE INSTITUTE

RECIPE BOOK

Five Teas, Three Salads, and Four Soups From
the Native American Traditions of the
Keweenaw Bay Indian Community



2017-2018

HEALING THE CIRCLE

The Medicine Wheel Project 2017-2018 is a partnership of the Keweenaw Bay Indian Community (KBIC), The Cedar Tree Institute, and Blue Cross Blue Shield of Michigan Foundation. Designed as a cross-cultural health initiative, this program integrates traditional Ojibway teachings with the most recent evidence-based practices from the fields of mind/body medicine. The project is the first of its kind in the Northern Great Lakes Basin and continues to carry the unanimous endorsement of KBIC's Tribal Council.

Twenty KBIC members and 5 tribal Health System staff are participating in 4 workshops and 6 wellness circles over a period of 6 months. Instructions on 4 mind/body practices are being taught to participants. Bi-weekly support sessions are carried out with daily rituals encouraged. The impact of stress-reduction on bio-indicators such as inflammation markers, lipid levels and A1C levels are being monitored by lab tests at the beginning and conclusion of the Project.

Key coordination for the Medicine Wheel Project is provided by Kathy Mayo, Interim Director for KBIC's Health System along staff member Mindy Lantz, RN and elders from the KBIC Cultural Committee. Wellness Circles (support groups) are organized based on traditional Anishinaabe clan names: Bear, Deer, Crane, Martin, Loon, Fish. Also thanks to Carole La Pointe and Tamara Carroll who helped us in the initial stages of this project's implementation.

Dr. Michael Grossman, M.D provides key leadership as medical director for the Project. Jon Magnuson, Director of the Cedar Tree Institute, provides oversight for program and Helen Kahn, PhD, Northern Michigan University, is conducting data analysis for the Project. Greg Fricchione, MD and John Denninger, MD from the Benson-Henry Institute of Mind/Body Medicine, (Boston) graciously serve as consultants.



GIFTS FROM THE EARTH

A key component of the Medicine Wheel Project is to integrate good health practices with the wisdom of Anishinaabe (Ojibway) traditional teachings. In the field of mind/body medicine there are three interlinking areas of connection: How one thinks (cognitive perspectives). How one moves (exercise). How one eats.

This recipe book contains instructions for medicinal teas, soups, and salads that are part of traditional life of indigenous (First Nation) peoples of the Northern Great Lakes Basin. Each tea, soup, and salad has been used as part of the Medicine Wheel Project on the L'Anse Reservation, home for the Keweenaw Bay Indian Community.

MEDICINAL TEAS

Unlike normal beverages, medicinal teas have powerful impacts on the body. They should be sipped slowly, no more than 4 to 6 ounces per day. All are prepared in a similar manner. Bring to boil for 3 minutes, then steep for 3 minutes. Use honey or maple syrup to sweeten.

Benefits from cedar tea include “therapeutic plus” dosages of Vitamin C. In the 17th century, cedar tea was given by Cree and Huron peoples of Canada to French explorers to cure them of scurvy. Wintergreen, sage, and elderberry all contain powerful immune boosting properties.

Northern white cedar (needles)

Chaga (dark fungus broken into small pieces, harvested from birch trees)

Wintergreen, Elderberry, Sage (plant / dried leaf)

“THREE SISTERS” SOUP

(Squash, beans, corn: Traditional Native American)

INGREDIENTS

- 1 butternut squash, cut in half
- 4 small red potatoes, chopped
- 1 can hominy or yellow corn, drained
- 1 can kidney beans, drained and rinsed
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 teaspoon thyme
- 1 tablespoon butter or coconut oil
- Salt and pepper

DIRECTIONS

1. Preheat the oven to 350.
2. Roast the squash until fork tender (about 40 minutes). Allow to cool.
3. Once cool, remove the skin and cut into cubes.
4. Melt the butter or coconut oil in a skillet over medium heat. Add the red potatoes and thyme and cook until fork tender, turning occasionally.
5. In a large pot, melt butter or coconut oil over medium heat. Add the garlic and onions. Sauté for 5-7 minutes.
6. Add the vegetable broth, corn, and beans. Bring to a low boil.
7. Add the squash and potatoes, cover, and reduce heat. Allow to simmer for about 45 minutes.
8. Salt and pepper to taste (oregano tastes great as well!)
9. Serve and enjoy!

SAP MOON SQUASH SOUP

INGREDIENTS

- 1 tablespoon coconut oil
- 2 shallots, diced
- 2 cloves of garlic, minced
- 1 butternut squash, cubed
- 1.5 teaspoons curry powder
- 1 14oz can coconut milk
- 2 cups vegetable broth
- 2-3 tablespoons maple syrup
- Salt and pepper to taste
- Optional: pumpkin seeds toasted in garlic powder or cayenne

DIRECTIONS

1. Heat oil in a large pot over medium heat.
2. Once hot, add the garlic and shallots. Sauté for 2 minutes, stirring frequently.
3. Add squash, curry powder, and a pinch of salt and pepper. Stir to coat, cover, and cook 4-5 minutes, stirring occasionally.
4. Add vegetable broth, coconut milk, and maple syrup. Bring to a low boil.
5. Reduce heat to low, cover, and simmer until squash is tender (about 15 minutes).
6. Puree soup in a blender (or use an immersion blender, or a potato masher) until smooth and creamy. Return soup to the pot.
7. Taste and adjust seasoning and sweetener as desired. Continue to cook over medium heat for a few more minutes.
8. Ladle into bowls, top with toasted pumpkin seeds, and enjoy!

POTATO LEEK SOUP

INGREDIENTS

- 1.5 tablespoons olive oil
- 1 tablespoon butter
- 1 onion, diced
- 3 leeks, white part only, cleaned and sliced (can keep the greens for garnish)
- 5 medium russet potatoes, peeled and chopped
- 3-4 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1.5 teaspoons thyme
- 1/2 teaspoon rosemary
- 1/2 teaspoon coriander (optional)
- 5 cups vegetable broth
- 2 bay leaves
- 1-2 tablespoons fresh squeezed lemon juice (optional)
- 1 cup canned coconut milk

DIRECTIONS

1. In a large pot, heat oil and butter over medium heat. Add the onion and leeks, and cook for 5-7 minutes until softened.
2. Add the potatoes, garlic, salt, pepper, thyme, rosemary, and coriander. Stir to coat, then sauté for about 5 minutes.
3. Add the vegetable broth and bay leaves and bring to a boil. Reduce heat, cover, and allow the soup to simmer for about 30 minutes, or until the potatoes are tender, stirring occasionally.
4. Remove the pot from heat and stir in the lemon juice and coconut milk.
5. Using an immersion blender, blend the soup until mostly creamy.
*If you don't have an immersion blender, you can either use a potato masher, or a standard blender and blend small amounts of the soup at a time.
6. Serve hot, garnishing each bowl with the greens from the leeks.

WILD RICE SALAD

INGREDIENTS

- 1 cup wild rice
- 1 teaspoon salt
- 3/4 cup dried cranberries or cherries (or a mix!)
- 3/4 toasted pecans, chopped
- 2 scallions OR a bundle of green onions, chopped
- 1 cup arugula, chopped
- Salt and pepper
- 1 orange
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey

DIRECTIONS

1. Add rice, salt, and 3 cups of water to a pot. Bring to a boil, then turn heat to low, cover, and simmer until the rice is done (about 45 minutes). Drain the rice of any remaining liquid and set aside to cool.
2. Zest and juice the orange while the rice cools.
3. Once cooled, combine the rice, cranberries/cherries, pecans, scallions, and arugula.
4. In a separate bowl, whisk the oil, vinegar, honey, orange juice, and orange zest. Pour over the salad and stir.
5. Season with salt and pepper to taste.
6. Can serve right away, or keep it in the refrigerator for up to 5 days.

WILD RICE GYPSY STEW

INGREDIENTS

- 1 onion, chopped
- 2 turnips, sliced
- 2 cloves of garlic, minced
- 1 sweet potato, peeled and chopped
- 1/2 small head of cabbage, chopped
- 8 oz mushrooms, sliced
- 2 teaspoons basil
- 1 teaspoon oregano
- 1/2 teaspoon smoked paprika
- 1 15oz can diced tomatoes
- 4 cups vegetable broth
- 2 cups water
- 1 cup wild rice
- 1 can cannellini beans
- 1 cup corn (frozen or canned)
- Salt and pepper to taste

DIRECTIONS

1. In a larger pot, cook the onions, turnips, and garlic in oil or butter until tender, about 5-7 minutes.
2. Add the sweet potatoes and cabbage and cook for 10 minutes.
3. Add the mushrooms, basil, oregano, and paprika. Stir to coat and cook until fragrant (5 minutes).
4. Pour in the diced tomatoes, vegetable broth, water, and wild rice. Bring it to a boil, then reduce heat to simmer. Cover and cook for about 45 minutes, or until the rice is done.
5. Add the beans and corn and cook for another 5 minutes or so.
6. Season with salt and pepper to taste.

THREE BEAN SALAD

INGREDIENTS (serves 6)

- 1 can cannellini beans
- 1 can kidney beans
- 1 can garbanzo beans
- 1/2 red onion, diced
- 2 celery stalks, chopped
- 1 red bell pepper, chopped
- 1 cup fresh or frozen corn
- 1 cup fresh parsley, chopped
- 1/3 cup olive oil
- 3 tablespoons apple cider vinegar
- 3 tablespoons honey
- 1.5 teaspoons salt
- 1/2 teaspoon pepper

DIRECTIONS

1. Drain and rinse all three types of beans.
2. Combine with the onion, celery, bell pepper, corn, and parsley.
3. In a separate bowl, whisk the oil, vinegar, honey, salt, and pepper.
4. Pour over the bean salad and toss to coat.
5. Serve immediately, or store in the refrigerator for up to 5 days.

WILD RICE, STRAWBERRY & BUTTERNUT SQUASH SALAD WITH MAPLE BALSAMIC DRESSING

INGREDIENTS (Serves 6)

Vinaigrette: 1/4 cup extra-virgin olive oil or sunflower oil, 2 tablespoons pure maple syrup (for a sweeter vinaigrette double the amount), 2 tablespoons balsamic vinegar, 1/2 teaspoon sea salt, scant 1/2 teaspoon black pepper. Prepare dressing vigorously whisking or shaking up in a covered mason jar.

Salad: 2 1/2 cups peeled and chopped butternut squash, 1 1/2 tablespoons olive oil, sea salt, black pepper, 2 1/2 cups baby spinach (if using regular spinach, tear leaves to make smaller and remove stems), 1/2 cup thinly sliced leeks, both white and green parts/or green onion if no leeks, 1/2 cup dried cranberries (or a mixture of dried cranberries, raisins, apricots), 1 qt strawberries, 1/4 cup chopped walnuts, 1/4 cup thinly sliced fresh basil, (optional: 2 tablespoons garlic powder (or more to taste), 3 cups cooked wild rice.

DIRECTIONS

Preheat oven to 400 degrees. Toss squash with olive oil, salt and pepper. Spread onto a baking sheet and roast for about 25 minutes, stirring once, until fork tender. In a large bowl, combine spinach, leeks, cranberries. Stir in wild rice, garlic powder and squash. Stir vinaigrette into salad; taste and adjust salt level if needed. Serve at room temperature or refrigerated.

DEDICATION

This Medicine Wheel Recipe Book is dedicated to Oakley O Meadows, born March 4, 2018. Little Oakley is shown in the photo below, wrapped in a shawl with his parents Nathan Meadows and Melanie Mottinger. Along with KBIC support, Nathan and Melanie prepared all the traditional teas, soups, and salads for workshops and wellness circles over the six-month project (January-June 2018).

Also our appreciation (*Megwiich* in the Ojibway language) to Joseph Schutte for his culinary skills, KBOCC'S Three Sisters Café for their support, and to the staff of Keweenaw Bay Ojibwa Community College for their splendid hospitality.



The Cedar Tree Institute is a nonprofit organization located in Northern Michigan that provides services and initiates projects in the areas of mental health, religion, and the environment. Established in 1995 it continues to design and implement programs with at-risk youth, faith communities, American Indian tribes, and hospice agencies in the Upper Peninsula of Michigan. <cedartreeinstitute.org>

*Grandfather,
Look at our brokenness.
We know that in all creation
Only the human family
Has strayed from the Sacred Way
We know that we are the ones
Who are divided
And we are the ones
Who must come back together
To walk in the Sacred Way*

*Grandfather
Sacred One,
Teach us love, compassion, and honor
That we may heal the earth
And heal each other,*

OJIBWAY PRAYER