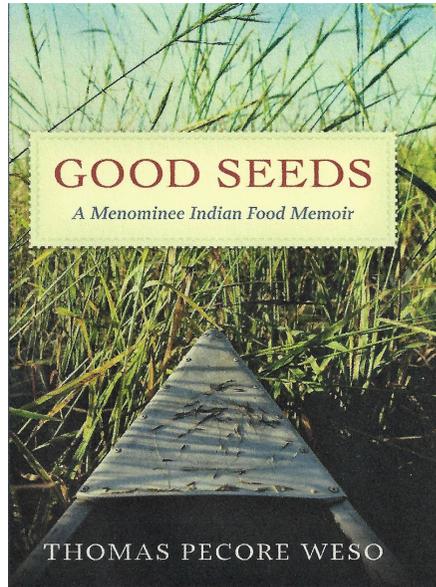


***Good Seeds: A
Menominee
Indian Food
Memoir***

by Thomas Pecore Weso



We are happy to feature information on and recipes from Thomas Pecore Weso's new book, *Good Seeds: A Menominee Indian Food Memoir*. The book has garnered many awards and positive reviews, including:

- [**The Gourmand Award** national winner in its category “Historical Recipes.”
- [**Midwest Connections Picks, Midwest Independent Booksellers**, one of three November 2016 selections, reports “Weso uses humor and his rare perspective as a Native anthropologist and artist to tell his story of a boy learning to thrive in a land of icy winters

and summer swamps.”

- [**Best of the Fall Cook Books, *The Millers Tale***
July 21, 2016 : Nicola Miller writes: ““As Weso grew up, his uncles taught him to hunt bear, deer, squirrels, raccoons, and even skunks for the daily larder.’ These recollections are what I loved most because they are filled with love and warmth, with respect for heritage and pride.
- [**The Reading Wolf blog:** “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.”
- [**Macaroni blog:** “Weso describes growing up on the Menominee Reservation, his focus being on the things he hunted, the crops he and his relatives grew, and the berries and nuts various members of the tribe gathered. The book has a quiet tone, direct, honest, charming, and curious rather than edgy or strident.”
- [**Julie Tollefson *Lawrence Magazine*:** “Food is

ceremony’...Weso’s multi-generational stories show real connections between people and food, in the resourcefulness of his extended family of hunters, fishermen and gardeners ...served alongside lessons in history, tribal lore, traditional medicine, nature and family”

Pemmican Bison Burgers

1 Lb. ground bison meat

2 TB dried, sweetened cranberries

2 TB dried minced onions

Salt and Pepper to taste

1 Tsp. crushed red pepper flakes (optional)

2 Tsp. grapeseed oil (or other cooking oil)

Mix raw bison meat with cranberries and dried onions. Add salt and pepper. You might add crushed red pepper to taste also, to add some heat. Mix thoroughly. Form into four patties. Turn on skillet to medium high and add oil. When the oil sizzles, arranged

the four patties in the skillet and cook four minutes. Turn over and cook another two minutes. Lower heat to medium low and cook until done (rare to well done, depending on preference).

From *Good Seeds: A Menominee Indian Food Memoir*

(Wisconsin Historical Society Press, \$19.95. For information contact Tomwesoart@gmail.com)

Thomas Pecore Weso is an enrolled member of the Menominee Indian Nation. His memoir *Good Seeds* is a national winner of The Gourmand Award and other honors, including a Midwest Connections Pick. Midwest Connections writes, “Weso uses humor and his rare perspective as a Native anthropologist and artist to tell his story of a boy learning to thrive in a land of icy winters and summer swamps.” Weso is the author of articles, personal essays, and a biography of Langston Hughes with coauthor Denise Low. Weso has an M.A. in Indigenous Studies from the University of Kansas and teaches at Kansas City Kansas Community College. He is a speaker for the Kansas Humanities Council library program Talk about Literature in Kansas and co-publisher of Mammoth Publications.

