

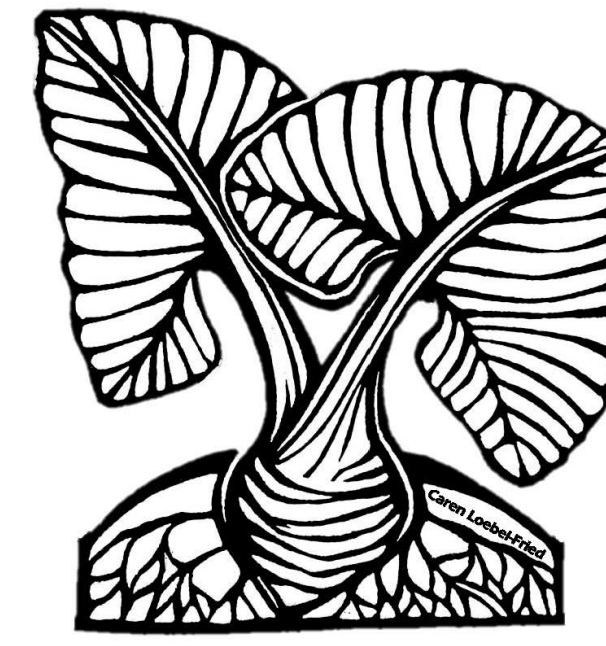
Ka Momona O Ka `Āina

The Bounty of the Land



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November - National American Indian Heritage Month

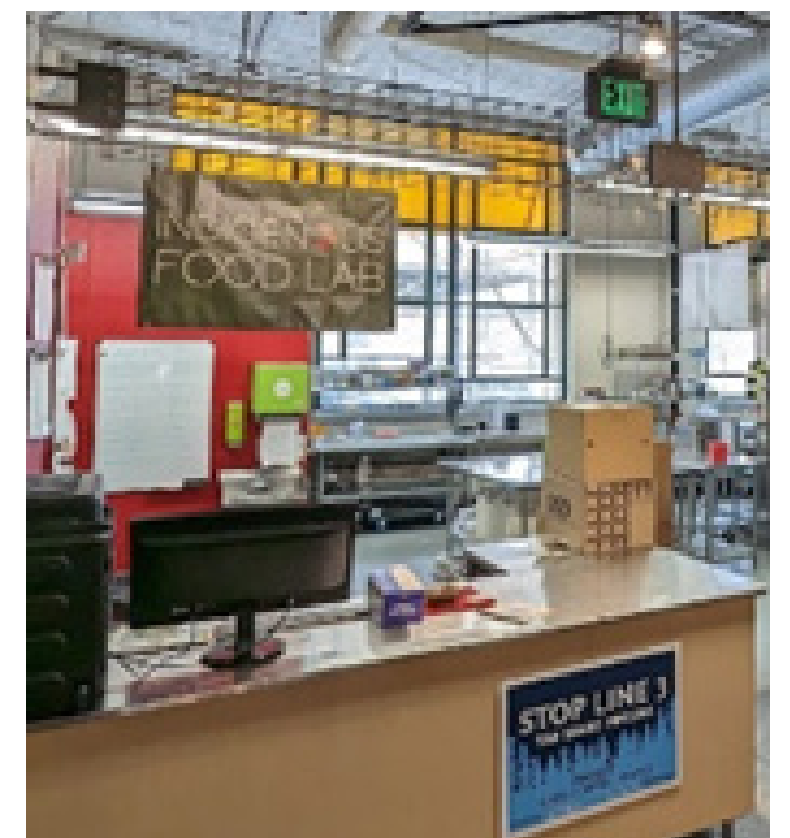
Indigenous Food Lab: Revitalizing Native Culinary Traditions and Building Community

Located in Minneapolis, the Indigenous Food Lab is more than just a kitchen. It is a professional training center dedicated to restoring and elevating Native American food traditions while supporting indigenous communities. At the heart of the Indigenous Food Lab is a commitment to food sovereignty, cultural preservation, and the health and well-being of Native peoples.



The Food Lab offers a diverse range of classes and workshops that cover various aspects of Indigenous agriculture and food systems. Participants can learn about Native farming techniques, seed saving, wild food gathering, ethnobotany, Indigenous medicines, and cooking techniques that highlight regional diversity. These classes are more than just culinary lessons—they delve into nutrition, language, history, and health, providing a holistic understanding of Indigenous foodways and their role in sustaining communities.

The Indigenous Food Lab Market is another vital component of the program. Here, grab-and-go and made-to-order Indigenous meals are available, showcasing ingredients and recipes rooted in traditional Native foods. The market not only offers prepared dishes but also allows visitors to purchase Indigenous ingredients to try their own creations at home.



By providing access to Native-made goods and contemporary Indigenous cuisine, the market plays a key role in broadening the reach of these offerings. At its core, the Indigenous Food Lab is committed to creating a space where Native culinary traditions are not only preserved but also celebrated and shared with broader communities.

By producing accessible Indigenous foods, offering educational opportunities, and promoting health and healing, the Indigenous Food Lab helps shape a future where Native cultures thrive through food sovereignty.

Kabocha

Description:

Kabocha is hard on the outside with knobby-looking skin. It is shaped like a squat pumpkin and has a dull-finished, deep-green skin with some white stripes and an intense yellow-orange color on the inside. In many respects it is similar to butternut squash. An average kabocha weighs two to three pounds. Historians trace the roots of kabocha squash to South America, and believe it was brought to Hokkaido, Japan circa the 1860s-70s. Today, it's widely used in Japanese, Korean, and other cuisines.

Nutrition:

Kabocha is rich in beta carotene with iron, vitamin C, potassium, has small traces of calcium and folic acid.

Culinary use:

Kabocha has an exceptionally sweet flavor, even sweeter than butternut squash. The rind is edible although some cooks may peel it to speed up the cooking process. Kabocha is commonly utilized in side dishes and soups, or as a substitute for potato or other squash varieties.

Selecting Good Kabocha:

When picking out the perfect kabocha squash, the two most important factors to consider are color and weight.

- Kabocha with a dry and brownish stem like a wine cork. A ripened kabocha never has a fresh green stem.
- Kabocha basically has hard and glossy skin.
- Weight: good kabocha should be heavy. If you hold the kabocha and feel it is heavier than you expect, that's a sign of goodness.
- Shape: it is said that symmetrically round kabocha tends to be tastier.



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Honey Roasted Kabocha

Our Kabocha Honey Butter Roasted Squash is prepared from local grown produce. It features garden fresh winter squash from the fields with flavorful ingredients.

Directions

1. Pre-heat oven to 400 F/204 C.
2. Place butter and honey in a mixing bowl and blend together until well incorporated.
3. Add kabocha and toss together with butter and honey until all of the kabocha is coated. Season to taste with cayenne pepper.
4. Remove kabocha from bowl and place evenly on foil lined 18" x 13" x 1" baking sheet pan.
5. Bake for 13 minutes until tender with light golden-brown surface and internal temperature is 135 F/57 C or higher for 15 seconds.
6. Remove from oven and place into serving dish.

Ingredients

- | | |
|--------------|--------------------------------------|
| 1 lb. 11 oz. | Kabocha squash, cut
1 ½ inch cube |
| 3 1/2 T. | Butter, low sodium |
| 1/4 c. | Honey |
| To taste | Cayenne pepper,
ground |

Owamni: A Modern Indigenous Dining Experience in Minneapolis

Owamni, nestled along the Mississippi River in Minneapolis, is redefining what modern Indigenous cuisine means in America. Named the Best New Restaurant by the James Beard Foundation in 2022 and crowned Restaurant of the Year by USA Today in 2024, Owamni continues to make waves with its innovative approach to food. The



restaurant is helmed by Chef Sean Sherman, also known as "The Sioux Chef," who has dedicated his career to reviving and celebrating Indigenous foodways. Owamni specializes in Indigenous cuisine, offering a contemporary take on ancestral ingredients and cooking techniques.

Every dish is made without wheat flour, dairy, cane sugar, or other ingredients introduced to the Americas after European contact. This adherence to pre-colonial ingredients gives Owamni's menu a distinct identity, setting it apart from typical dining experiences. Diners can enjoy a diverse selection of offerings such as Sweet Potato Maple Chili Crisp, Tepary Bean Dip, Dry Aged Bison Ribeye, and Spoon Bread.

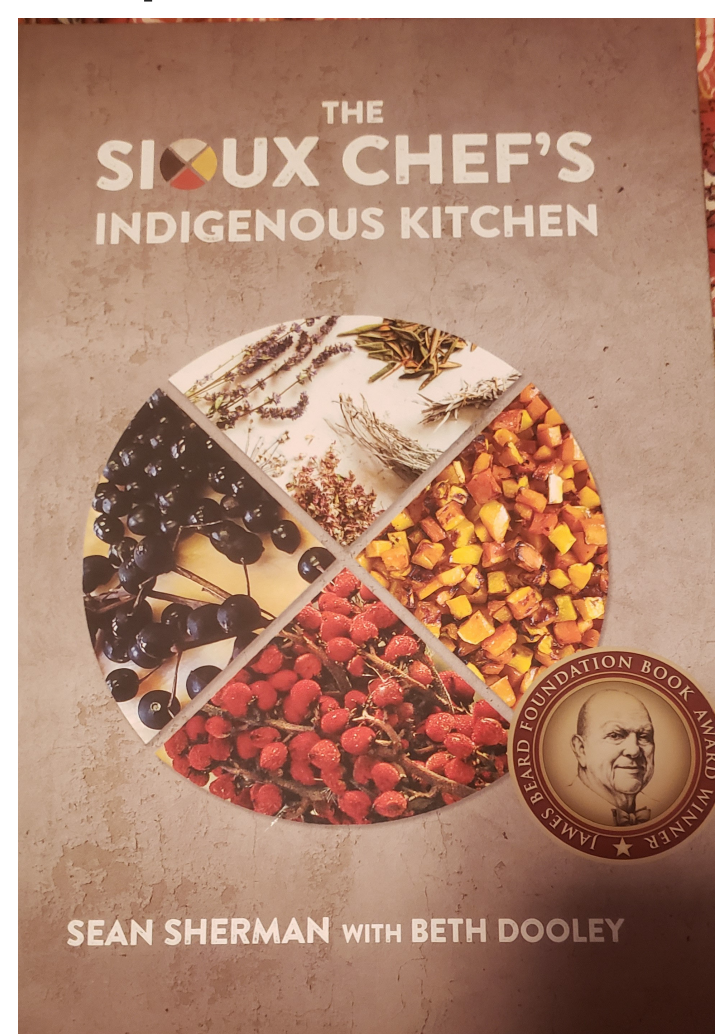
Wild Rice Cake

(Psín Agúyapi Sáka na Hogánwičhašašni
Ašótkaziyapi nakún Wahpé Skúya Yužápi)

Makes about 4 to 6 cakes

These are our go-to cakes for breakfast, as a snack, and as the base for a well-seasoned bison braise or duck. They're especially good topped with smoked fish and our bright lemony Sorrel Sauce. The recipe for these couldn't be simpler. It's just overcooked wild rice, pureed into a thick dough.

- 2 cups cooked wild rice
- About 3 cups water
- Pinch salt



One of the more adventurous menu items is the Gumbo made with alligator, a dish that showcases Owamni's commitment to traditional ingredients. Elk also makes an appearance, showcasing a rich connection to the land. The restaurant's commitment to sourcing from Indigenous food producers is equally remarkable. From local to national suppliers, Owamni ensures its menu is rooted in ingredients harvested by Indigenous farmers, fishers, and foragers. This dedication supports native economies and revitalizes a deeper connection to the environment.



Beverages at Owamni include a range of Indigenous teas and sodas infused with flavors like turmeric, cayenne, and cinnamon. The wine list, featuring selections from Native winemakers, further exemplifies Owamni's efforts

to amplify Indigenous voices through food and drink. With a seasonal menu that changes based on availability and a philosophy that honors both tradition and innovation, Owamni has set a high standard for Indigenous dining in the U.S. It's more than just a meal—it's a celebration of Indigenous history, culture, and sustainable food practices.

- Generous pinch maple sugar
 - 3 to 4 tablespoons sunflower oil or more as needed
- Put 1½ cups cooked wild rice and water into a saucepan, reserving ½ cup. Place over high heat, bring to a boil, and reduce the heat to a simmer. Cook until the rice is very soft and the water has evaporated. Drain. In a food processor fitted with a steel blade, puree the rice into a sticky dough. Place the dough into a medium bowl and work in the salt, sugar, and the remaining cooked rice. Scoop out a scant ¼ cup dough for each patty and shape to rounds about ½ inch thick. Heat the oil in a heavy skillet and brown the patties about 5 to 8 minutes per side until lightly browned. Transfer the patties to a baking sheet and place in a warm oven until ready to serve.

From *The Sioux Chef's Indigenous Kitchen* by Sean Sherman



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