

FOOD & DRINK

GTB to form Native American traditional recipe book

By Meakalia Previch-Liu
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The Grand Traverse Band of Ottawa and Chippewa Indians (GTB) is working to form a Native American Traditional recipe book, with the first round of submissions just wrapping up on Monday.

The GTB's Community Health Representatives (CHR) Sub-Department announced the traditional recipe book project last fall, inviting GTB community members to share their favorite traditional recipes, especially those that promote health and wellness.

Amanda McSauby Jones, GTB community health representative for Leelanau County, said the inspiration and creation of the recipe book is deeply rooted in the principles of cultural continuity and community connection. McSauby Jones said she is motivated by the desire to preserve and share the rich traditions that have been passed down through generations by highlighting recipes and stories from individuals with ancestral ties to the GTB.

"We honor the shared ethnic backgrounds to help maintain our cultural practices and languages," McSauby Jones said. "Through this book, I aim to strengthen community bonds by recognizing the familiar connections that exist across different tribes. Many individuals share historical narratives and common experiences that create a sense of unity despite formal tribal distinctions, so by including their voices, I believe we can enhance relationships across tribal lines and celebrate our intertwined heritage."

The project was first announced by the department, which promotes health and wellness, last November at the tribe's membership meeting. Since then, submissions for traditional recipes were open for over a month during the first round with the deadline being Jan. 5 to be entered into a drawing to win a beaded keychain by a talented local GTB artist.

McSauby Jones said they plan to continue holding open submission periods in the weeks and months ahead though, aiming to wrap up the project by mid-July.



Three Sisters Soup, pictured here being served at the Grand Traverse Band (GTB) of Ottawa and Chippewa Indians' Natural Resources Fair and Feast in 2022, is a traditional Native American dish featuring the main ingredients of corn, beans and squash. Similar recipes will be included in the upcoming Native American Traditional Recipe Book being put together by the GTB's Community Health Representatives sub-department.

Enterprise photo by Meakalia Previch-Liu

More art work and pieces from local artists of the GTB will also be available for drawings during the next open submission periods as an incentive for participation.

"I want to keep and possibly have drawings every five weeks until we gather enough recipes and stories to create this meaningful collection," she said.

There are many people within and outside of the community that possess a lot of cultural connections and ancestral ties with

in GTB, McSauby Jones said, so recipe contributions for the book are open to the greater community as well.

"I would like to have some ancestral ties to the Grand Traverse Band, I'm not saying they have to be tribal members, but it would be nice if it was this region from this tribe," she said.

Another reason why McSauby Jones wanted to start the effort of putting together a book of traditional recipes is because a lot of

her aunts and uncles were raised in the city and were not raised traditionally or culturally, so that knowledge wasn't passed down as many moved away for work. She hopes community members held on to what their grandparents and those that came before them gave them and will contribute to the project. In addition, McSauby Jones said she wants to find some recipes from her own grandmother to contribute to the book as they

continue to accept submissions this year.

Francis Carew, GTB Heritage Librarian, said he thinks the making of the book is a great idea and will benefit the community because it will help to show what traditional recipes look like today, adding that their ancestors ate many of the same dishes and foods. The recipes will also help to inform the next generation that want to learn about cooking Native American foods passed down.

"It (the book) helps to keep our traditions alive, our traditional foods — and it shows how those traditional foods are still being used today and that they didn't go away like a lot of our other traditions have done," Carew said. "It shows the perseverance that we have with our food and as a people in general... Then that leaves a legacy of recipes and food for our younger generations."

For the last four years, Carew has been making Three Sisters Soup, a Native American dish featuring the main ingredients of corn, beans and squash, for the annual GTB Anishinaabe winter games. When serving the soup at these events, he said a number of elders and GTB members have relayed to him that they had never had the chance to try or make Three Sisters Soup before. The new traditional recipe cookbook in the making will do the same thing, Carew explained, by helping to teach people new recipes they have yet to try. He hopes to utilize the book at the library once it's printed and will likely refer to it for future Heritage Library events.

With the goal to have the book completed by the next GTB membership meeting typically held in the fall, McSauby Jones said there's still plenty of time for people to submit their recipes. For more information about the traditional recipe book in the making or to submit a recipe yourself, contact the Tamra Newton, sub-department supervisor and CHR for Benzie and Manistee counties at 231-534-7205 or McSauby Jones at 231-534-7202.

Sips & Soups Jan. 16-18

By Brian Freiberger
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Rove Winery on M-72 in Elmwood Township is preparing to celebrate its 10th anniversary this summer since opening in 2016, but in the meantime, local wineries are battling the dog days of winter with the lowest amount of tourism and business.

Owner McKenzie Gallagher said the winery will focus on providing cellar tours, barrel tastings, and more moving forward to make 2026 the best year yet.

"All of our wine has been blessed with great vintage years and growing seasons recently," she said.

Gallagher teased that the winery is eyeing the release of three wines this year, while bringing on some more non-alcoholic options.

Later this month, on Sunday, January 24, the local winery will host its Sunday Sip and Sled, which is a community event with complimentary hot coaco, cookies, and sledding from the vineyard's highest point for the seventh straight year.

In terms of a winter beverage, Rove Winery prides itself on having a seasonal winter sangria made with merlot, honey, and more.

Rove is open seven days a week, year-round, with winter hours from noon to 6 p.m.

Once a month, Rove hosts live music. Rove will also host a self-guided snowshoe cross-country trail around the vineyard. Max Koskela, co-owner of Two-K Farm in Suttons Bay Township, is enjoying a winter break before the winery and cidery open for business Jan. 12.

"Hopefully, we have a good spring, no early frost, and everything goes to plan this year," he said.

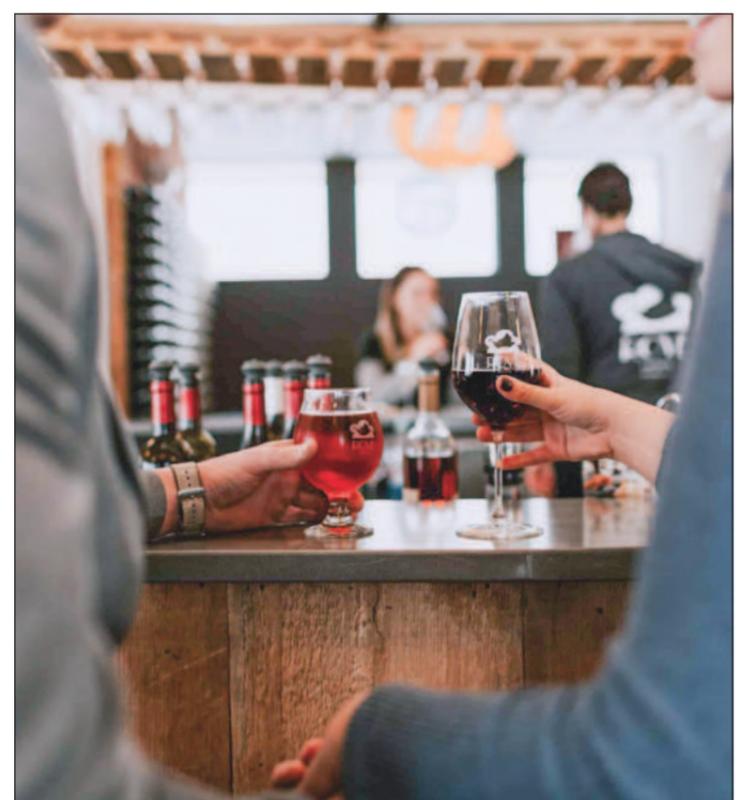
Two-K Farms has announced the release of a 5-year-old brandy that is scheduled for release sometime during the first quarter of 2026.

First dibs goes to club members.

"It's really unique and made with estate-grown apples and cider-specific apples. The same variety of Calvados special brandy that is grown in Normandy. It's a traditional blend and very cool process using estate-grown fruit," Koskela said.

This is the first bottling of brandy for Two-K Farms.

Two-K Farms will also release several single varieties through-



A couple sips a cider and wine at Rove winery at Gallagher Estates.

Courtesy photo

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