



Everybody Eats!

*Food, History, and
Pope Farm Conservancy*

wisconsinhistory.org

Food is Universal

Food is a gateway to history that everyone can relate to.

Agriculture

Industry and Commerce

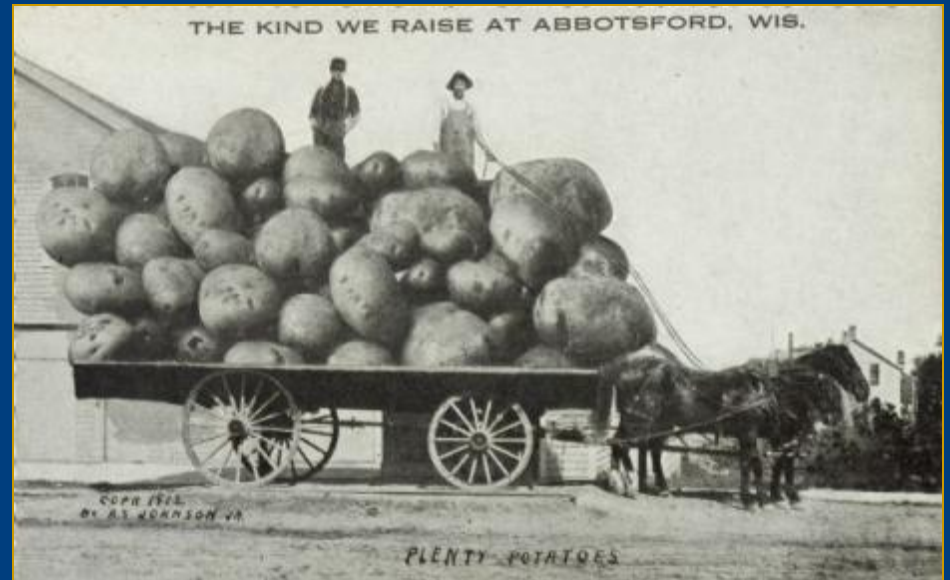
Immigration

Tradition

Religion

Sport and Play

The Land and Seasons



Changing Diets, Changing Experiences

- We eat 'new' foods (sushi, tapas, acai berries)...
- ...in 'new' ways (locally-sourced, pre-packaged, dehydrated)...
- ...and grow 'new' crops (soybeans, ginseng)...
- Food 'traditions' are always changing!





**Vegetable fields,
Price County,
Wisconsin, 1895**



**Baltus family harvest,
Wood County,
Wisconsin, 1895**

From fields...





**Vegetable market
Milwaukee, Wisconsin,
1948**



**Farmer's market
Madison, Wisconsin,
1997**

...to markets...





...to dinner...






—“to speed our boys home . .

**PRODUCE, CONSERVE,
SHARE, PLAY SQUARE**
with Food !”






Save a Man

**McCORMICK-DEERING
Two-Row
Cultivators**

Cut Cultivating Costs in Half

Every Boy who is using one is doing Two Men's Work and doing it easily



Any Gang and Shovel Equipment

INTERNATIONAL HARVESTER COMPANY
CHICAGO OF AMERICA U.S.A.




CHIEF OSHKOSH
RED LAGER BEER

America's only all malt beer, brewed according to "German purity law" packaged in a can Why?...

- We use the world's finest Belgian and domestic malts and need to protect their delicate flavor thoroughly.
- Light is beer's worst enemy. Cans offer maximum protection & freshness.
- Almost 70% of all cans are recycled.
- Less resources and energy are used in producing cans.
- Packaging in aluminum cans keeps retail costs down and profits up.

For distribution or merchandise information, contact Mid Coast Brewing Inc., 25 Wisconsin St., Oshkosh, WI 54901




Neil is the Picture of Health

"GRIDLEY'S MILK DID IT"

Mr. and Mrs. Otto Pohl, 904 Richards Street, are his parents.

Photograph by Guttenberg




...food is our shared history!

Pope Farm Conservancy



Pope Farmstead 2015





The Heritage Gardens at Pope Farm Conservancy



Autumn Beauty sunflowers

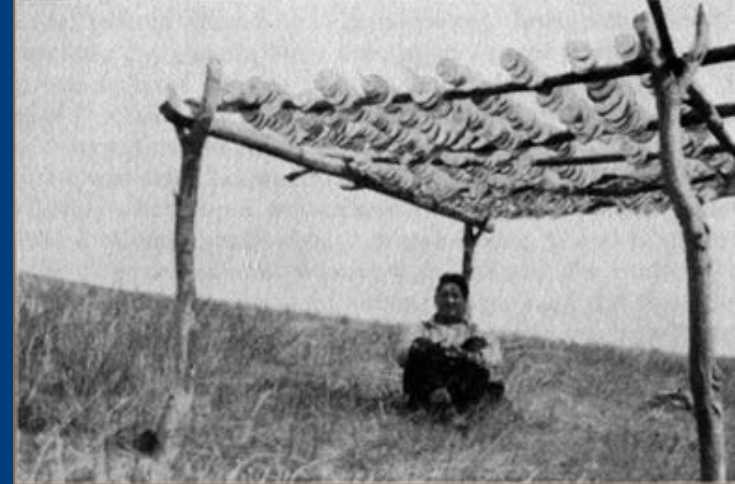
Planting a Heritage Garden

- Choose your time period and theme.
- Do your research.
- Think about signage, public activities, and interactives.
- Use heirloom plants.
(*Seed Savers, etc.*)





Look for
period
references
and first-hand
accounts



*Buffalo
Bird
Woman*



Buffalo Bird Woman's Garden

*As Recounted by
Maxi'diwiac (Buffalo Bird Woman)*

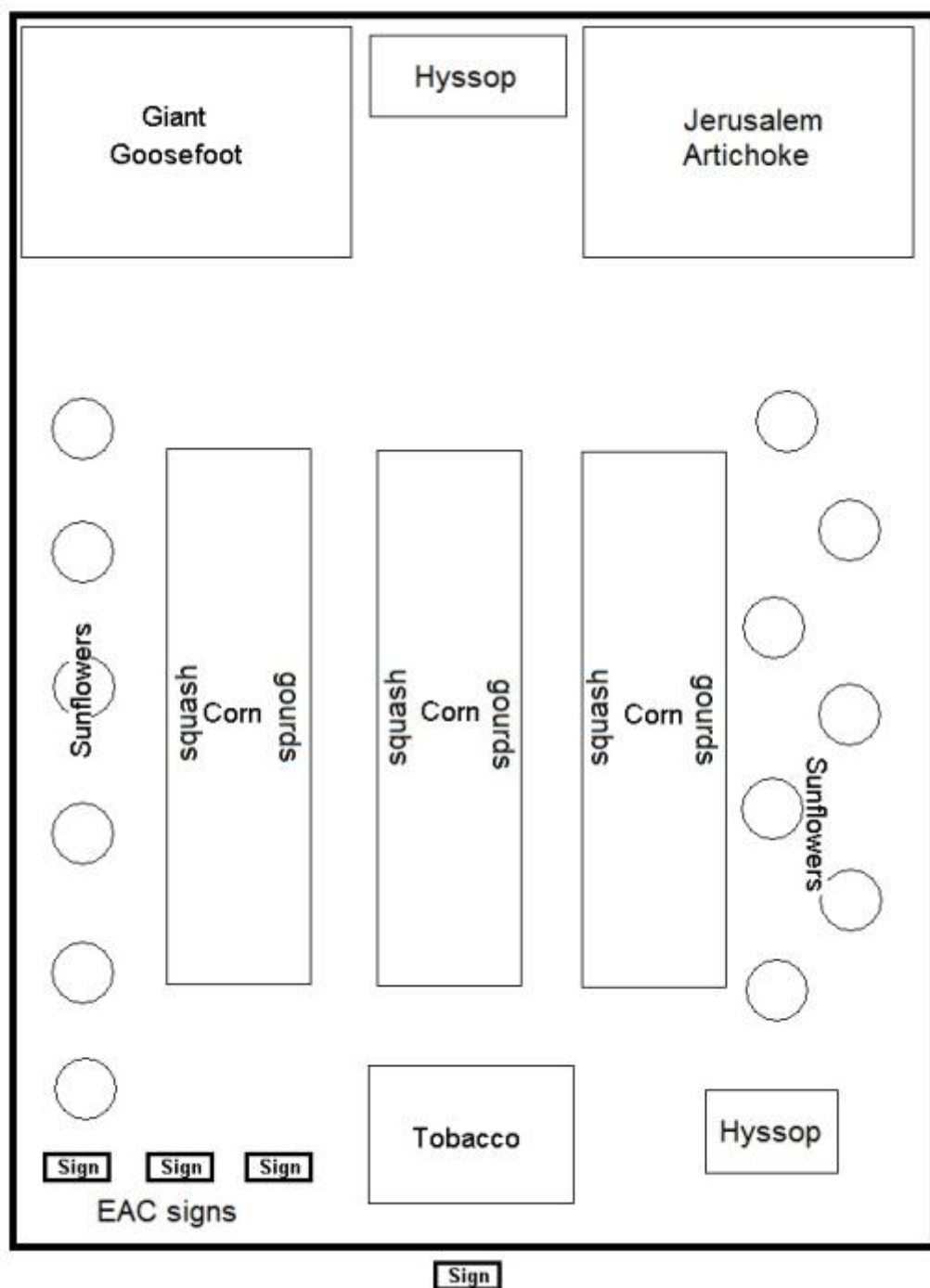


The '1000-Year Garden'

- Represents a Late Woodland “Effigy Builder” garden.
- Turning point in Wisconsin’s history when corn began to replace earlier crops.
- Maximum crop diversity.
- Good teaching opportunity.



Silver Edged squash



1000-Year Garden



Gardening: 1000 AD

Corn (a little)

Pumpkins/squash

Gourds

Sunflowers

Goosefoot

Jerusalem Artichoke

Other EAC seed crops

Anise Hyssop

But NO beans!





Plants of the 1000 Year Garden



Mini ridged field at the 1000-Year Garden



The Escanaba's Garden

In 1885, Potawatomi families who had been removed to Kansas and then Oklahoma in the 1830s moved back to the state settling in the cutover forests of northeastern Wisconsin. They made a living working wage labor jobs, renting ponies and serving as guides for the tourism industry, and employing traditional patterns of hunting, trapping, fishing, and the gathering of foods, medicine, and commodities. They consumed many of these "country foods" and sold or bartered the remainder on the local market purchasing lard, tea, flour and salt pork as well as other items. They also planted gardens. The John and Anna Escanaba family grew corn, cabbage, carrots, rutabagas and millet. The plants in their garden were domesticated in many different places and their presence in one garden demonstrates the world wide exchange of food crops.

These returning Potawatomi families are some of the ancestors of Forest County Potawatomi community members that continue to live in Wisconsin. www.fcpotawatomi.com

The produce from this garden will be donated to a food pantry.

This Escanaba's Garden demonstration plot is sponsored by 4th Graders of the Middleton-Cross Plains Area School District, Wisconsin Historical Society, Town of Middleton, Charles E. Brown Archaeological Society, and the U.W. Anthropology Department.



BLACK-EYED PEAS
(COWPEA)
Domesticated
Western Africa
Date ??



Signage from Pope Farm Heritage Gardens



Replica gardening tools at the 1000-Year Garden



1000-Year Garden (early summer)



1000-Year Garden (late summer)





1000-Year Garden and drying rack (mid-winter)

Rotating Gardens

- Different themes chosen each year.
- Highlights:
 - Different historical periods.
 - Different uses of food and gardening techniques.
 - Global nature of gardening.
- Particular plants given spotlight with rotating supplemental signage.



CROPS OF WISCONSIN

Tomatoes (*Solanum lycopersicum*) are related to potatoes—but while the small green berries produced by potato plants are poisonous, the fruits of the tomato plant are both tasty and nutritious (and yes tomatoes are fruit, not vegetables!). Tomatoes are native to the highlands of South America. The exact date of their domestication is not known, but by the time the Spanish arrived tomatoes were grown from Peru to the southwestern United States.

The Aztecs were fervent fans of tomatoes, considering them symbols of good fortune. Today, we know that they are rich in antioxidants and vitamins. Lycopene, a chemical that gives tomatoes their red color, may even help reduce cancer risk.



Throughout history tomatoes have been associated with strange powers. Europeans were particularly suspicious of the American fruit—delaying their acceptance for almost 150 years. The Catholic Church even called tomatoes the “Devil’s Fruit”, a poisonous temptation capable of inspiring lust and causing disease! Some Europeans even suggested that the ‘apple’ that tempted Eve was a tomato!

wisconsinhistory.org



CROPS OF WISCONSIN

Salsify (*Tragopogon porrifolius*) has many names, including the ‘oyster plant’, ‘goats beard’, and ‘Jerusalem Star’. The plant is rarely grown in the U.S. today, reaching the peak of its popularity in the 1700s.

Salsify was once prized for its pale root, which has an artichoke or oyster-like flavor. The plant’s shoots, flowers, and sprouted seeds are also edible, and the sap of the stalk can be made into chewing gum.

Salsify roots are a good source of protein, fiber, and complex carbohydrates, and are low in calories. The roots, which remain a popular winter vegetable, are best cooked in soups, casseroles, and stews.

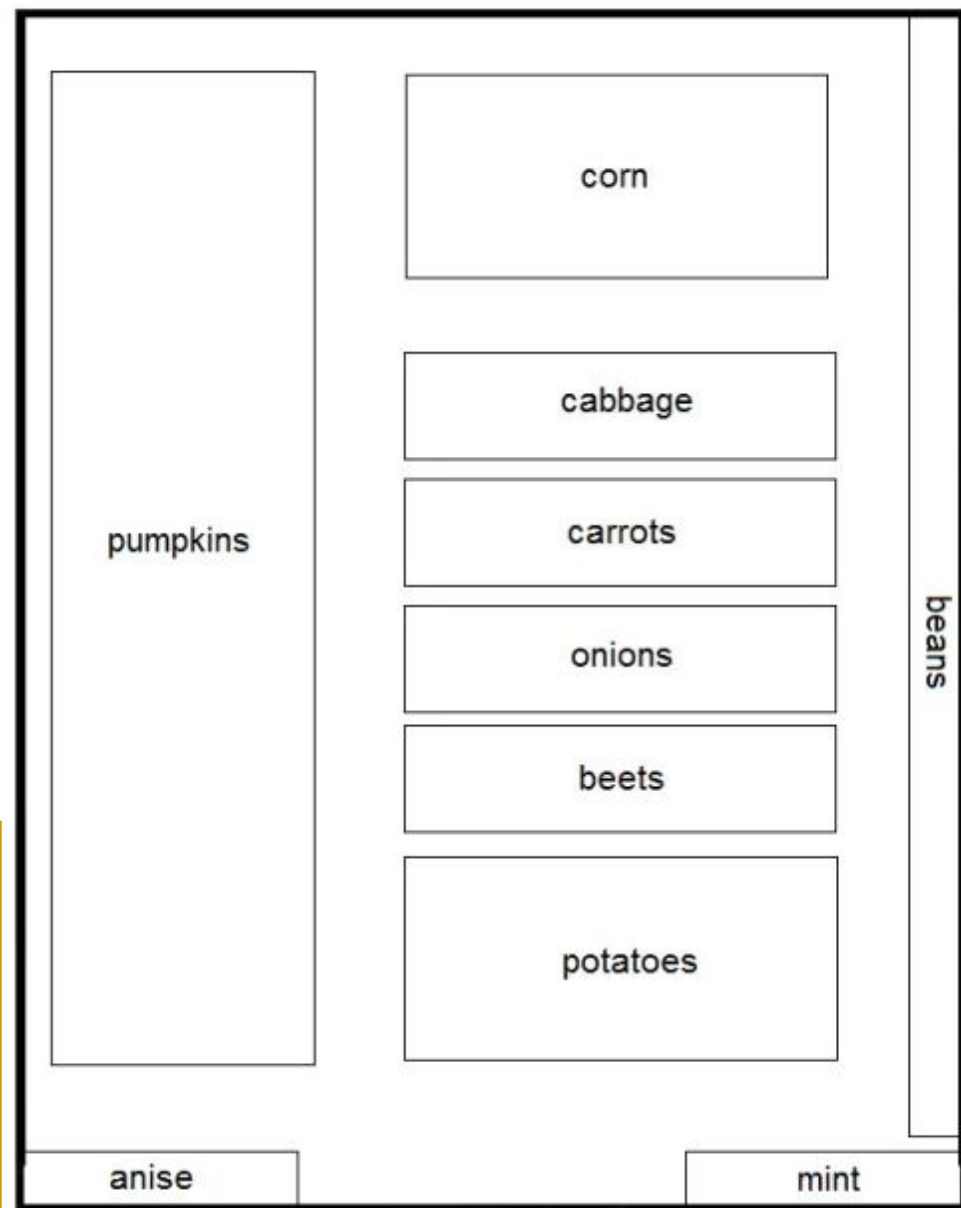
Salsify also has been used as a herbal medicine for centuries; it was thought to be an effective remedy for liver and gall-bladder ailments.



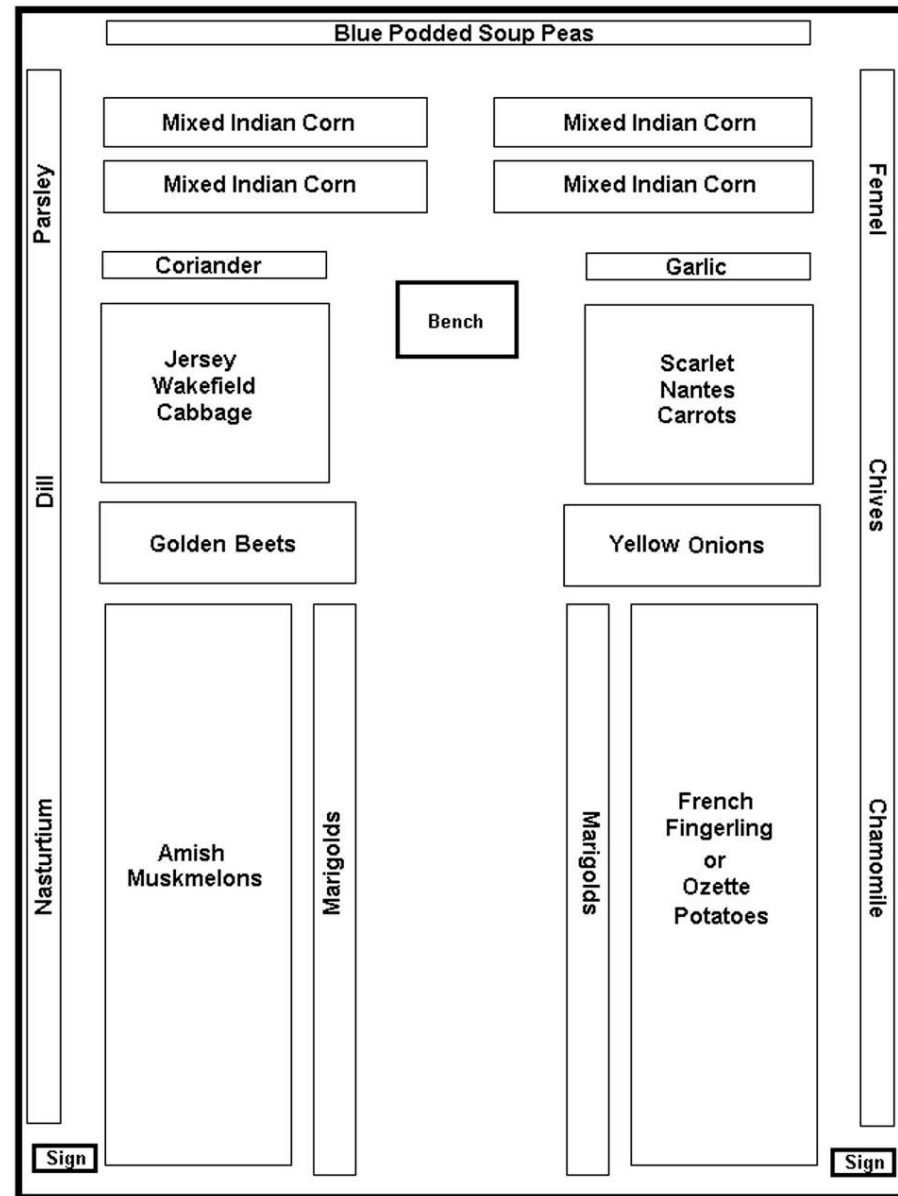
While the hairy root of the plant may not be pretty to look at, salsify produces a beautiful lavender flower. The plant is a member of the aster family.

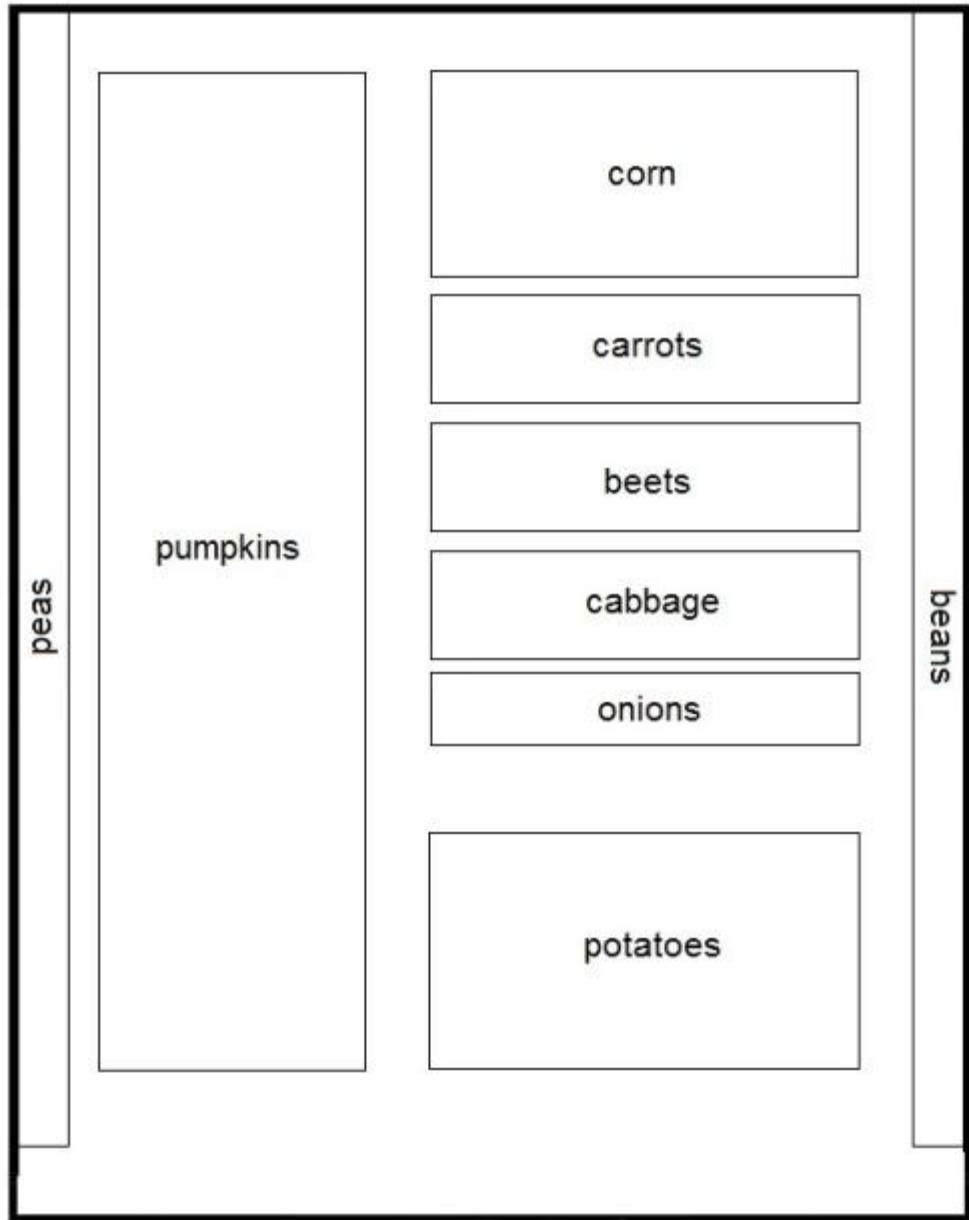
wisconsinhistory.org



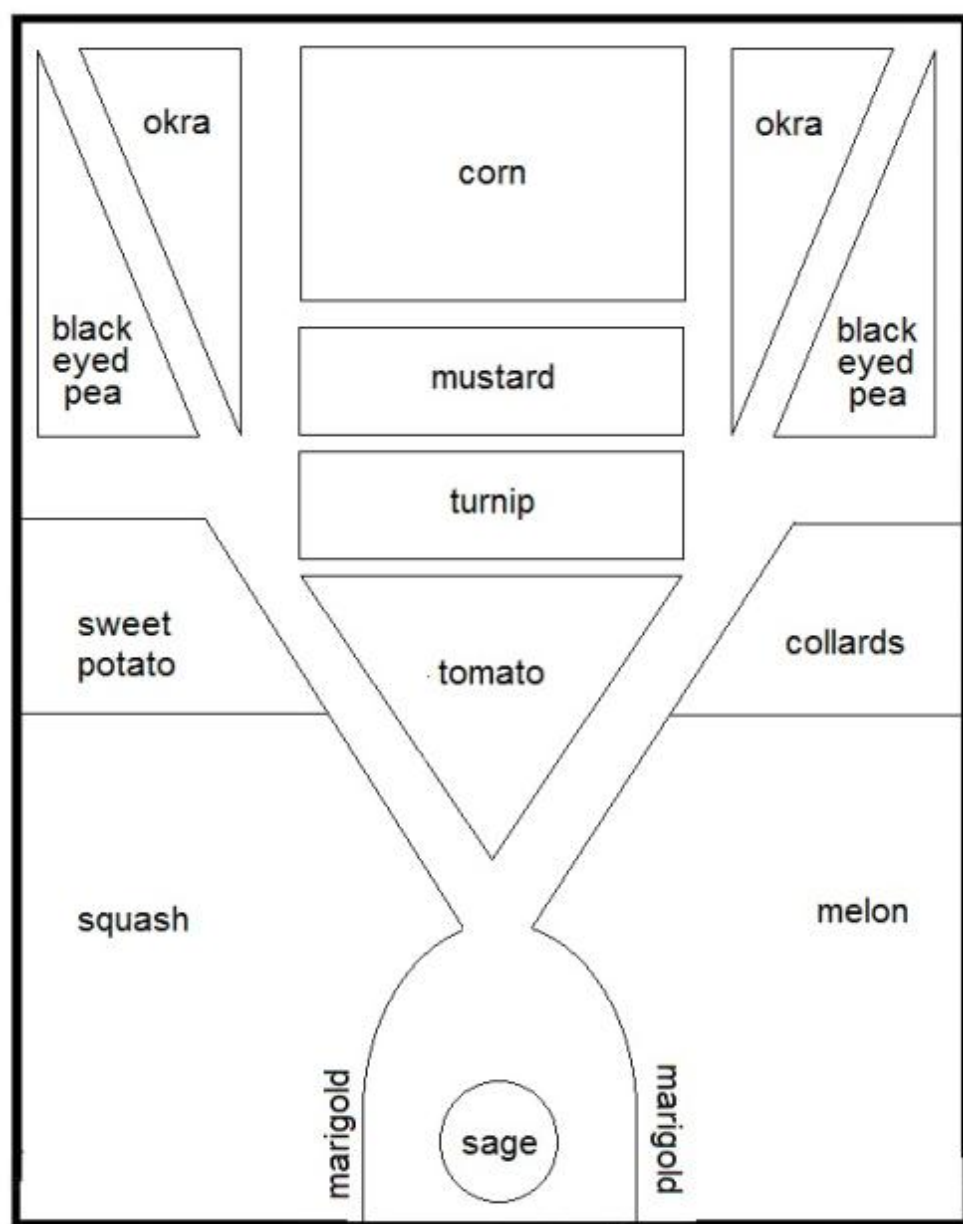


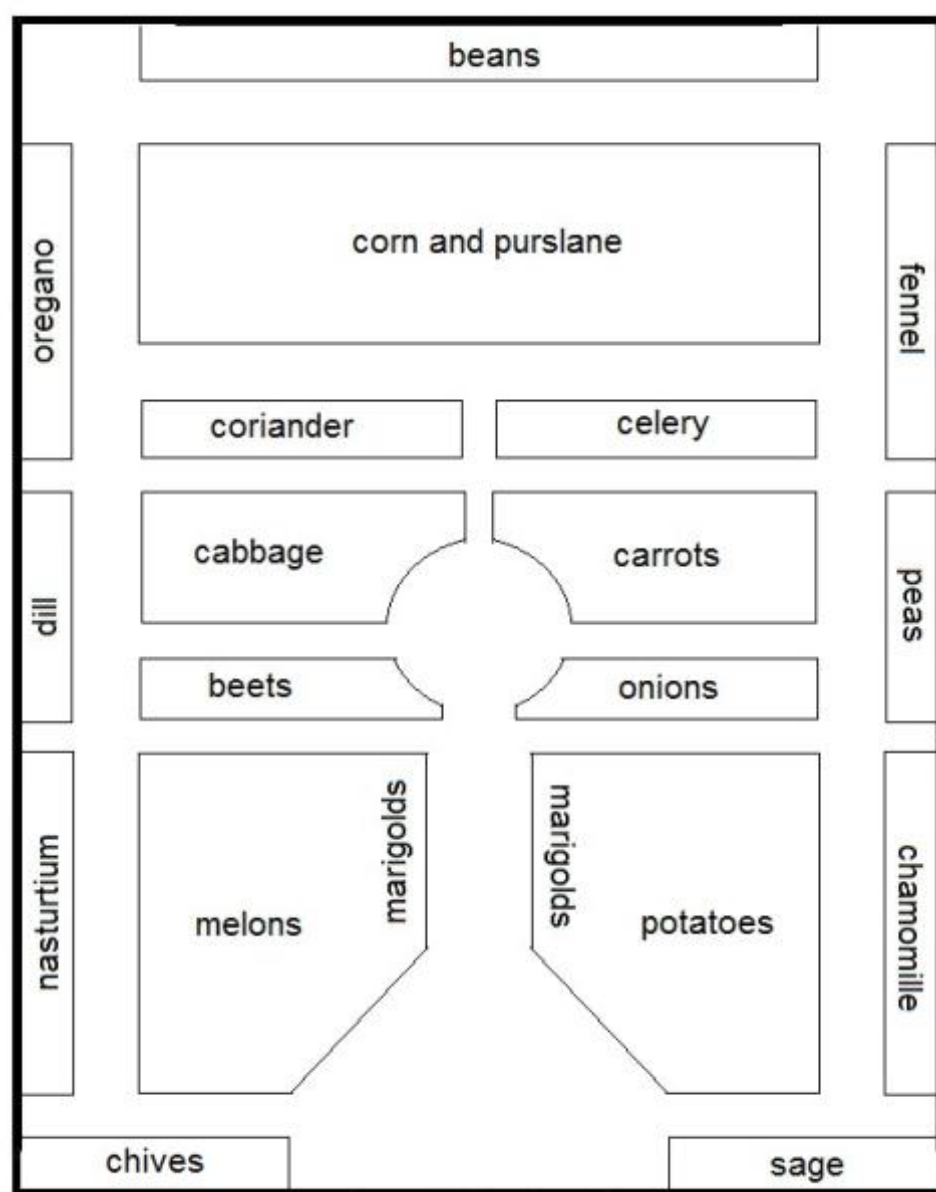
German Settler's Garden



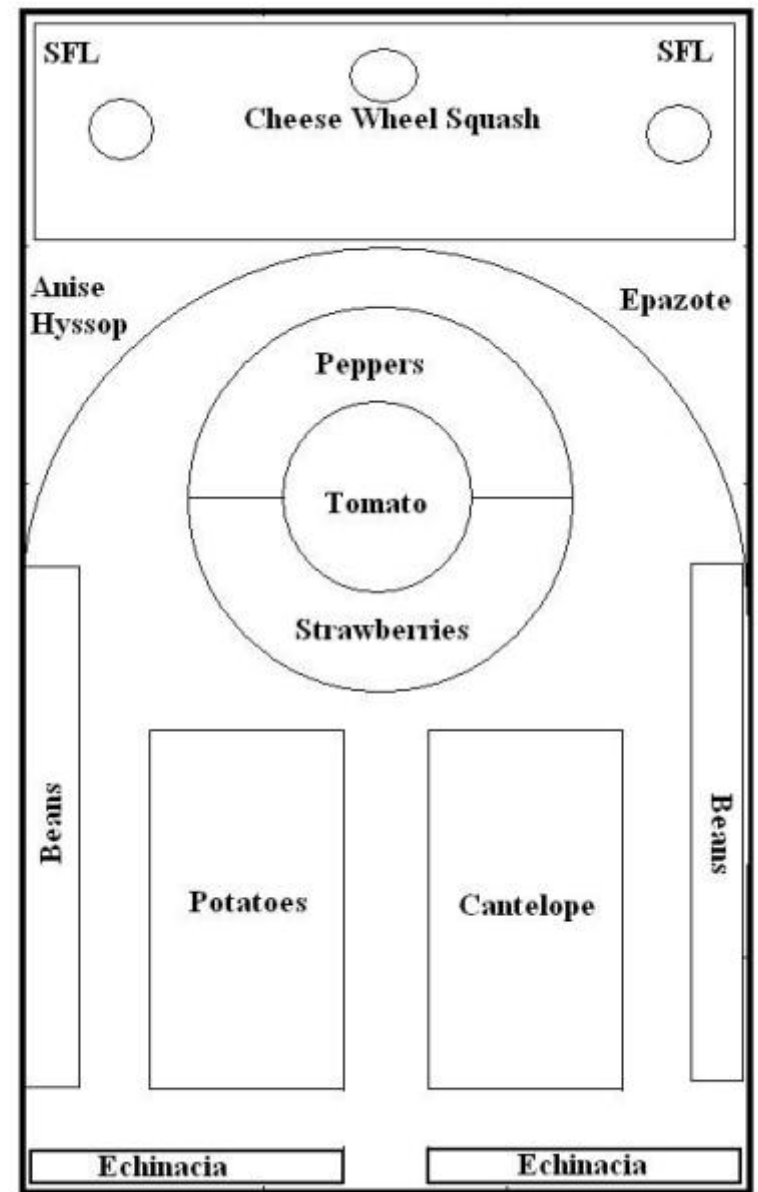


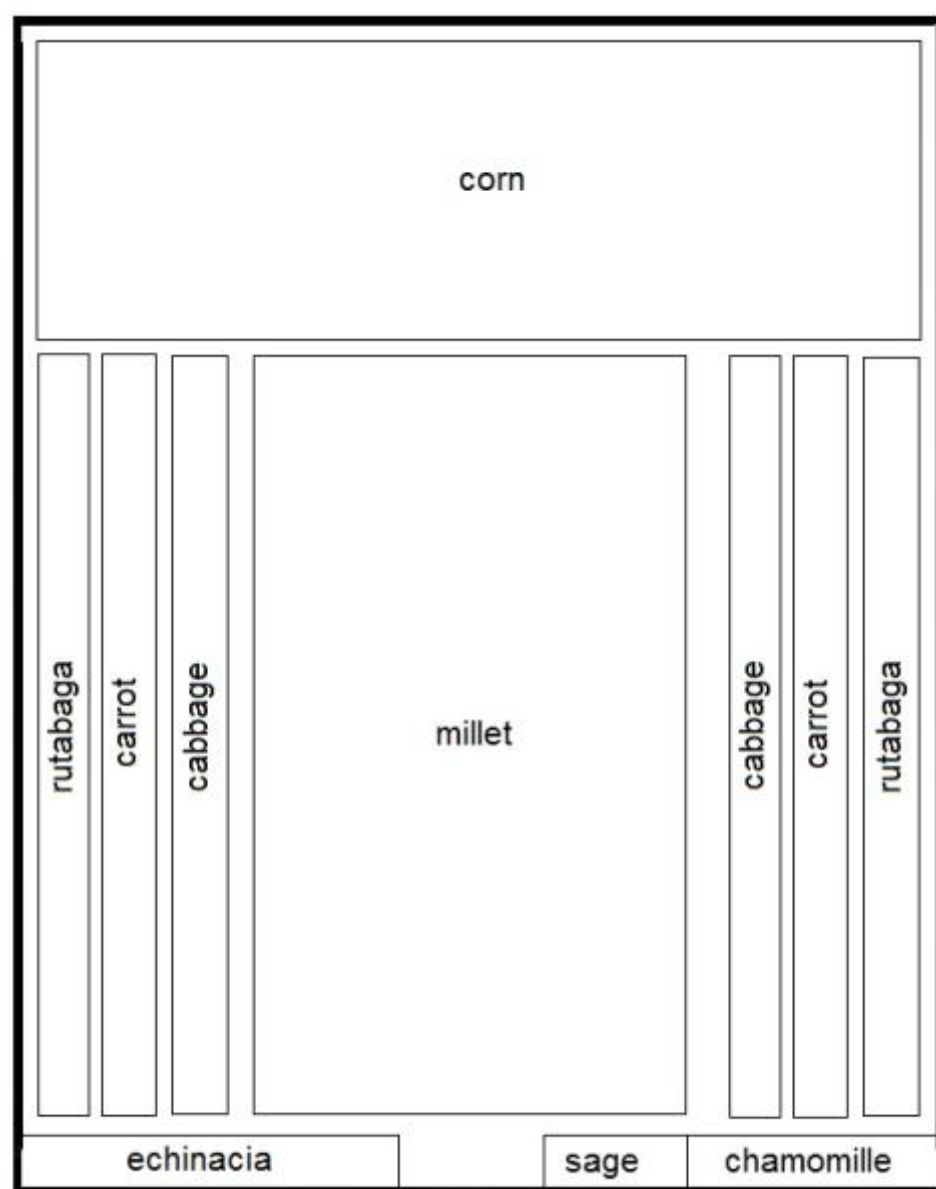
WWI Victory Garden





Grignon Metis Garden





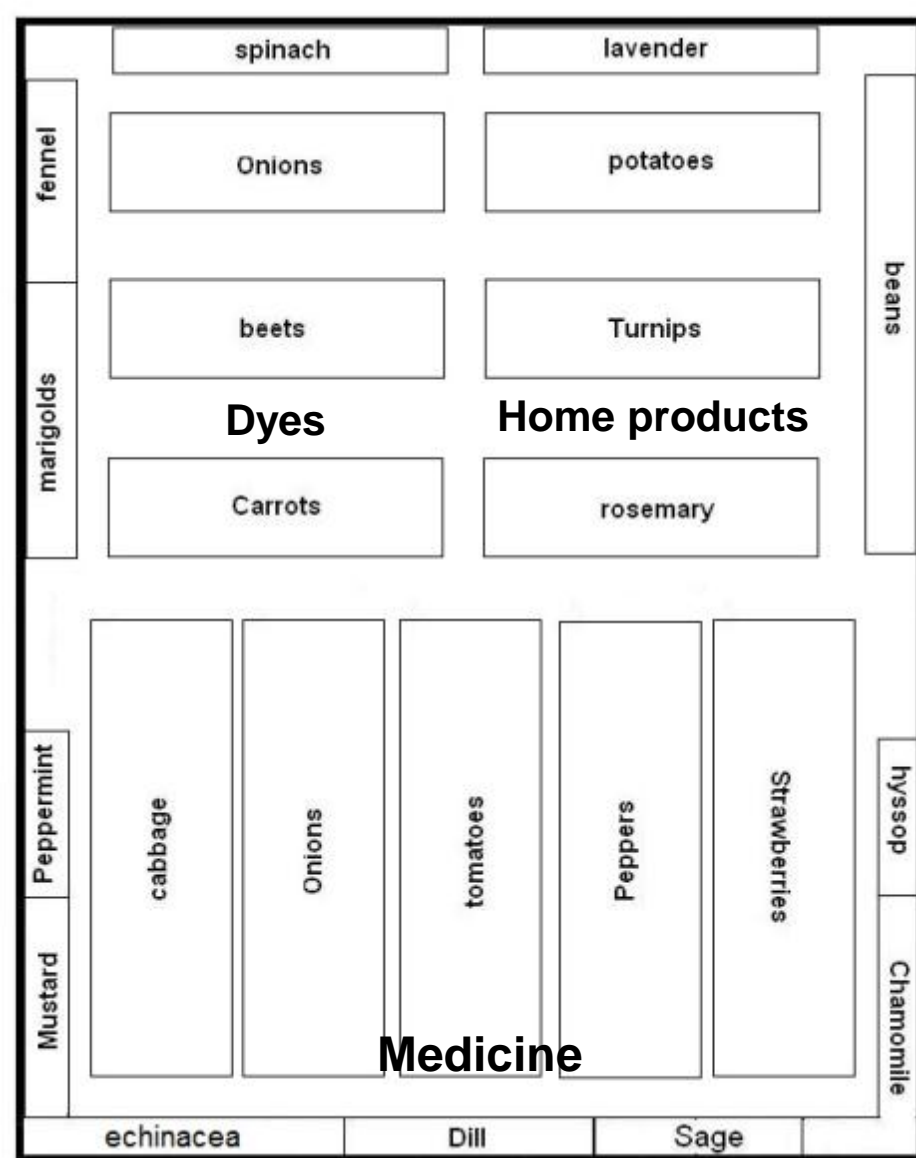


Spinach		Mustard		Kale	
Eggplant		Peppers		Basil Savory Rosemary Thyme	
Cabbage		Cauliflower		Broccoli	
Beet		Parsnip		Carrot	
Onion		Beans		Beans	
Echinacea		Chives		Mint Sage	





Beans, Peas, Corn, Squash		Cucumbers and Melons and Radishes	
leaf lettuce, spinach, early beets - celery, head lettuce Onions		Chamomile	
Early cabbage, leaf lettuce		Peppers, egg plant, tomatoes	
late cabbage and Potatoes		Carrots, beets, and parsnips	
Strawberries, turnips, beets, spinach		Herbs	
Rosemary		Chives Sage	
Coneflowers Dill			



“More than Food” Garden



Teaching with Food

- 4th Grade Students visit twice each year
- Focus: Native American Life
- “Spring Fling”
 - Collecting Wild Foods to Survive
 - Planting the Garden
 - Be an Archaeologist
- “Fall Fest”
 - Wild Food Recipe Cards
 - Harvesting the Garden and Storing Food
 - Surviving the Seasonal Round





Cattails *Wetlands*

The roots are great boiled, and can be ground into starchy flour to store. This plant will have many other uses as the year goes on!

+10



Collecting Wild Foods



Planting the Garden





Wild Food Recipe Cards

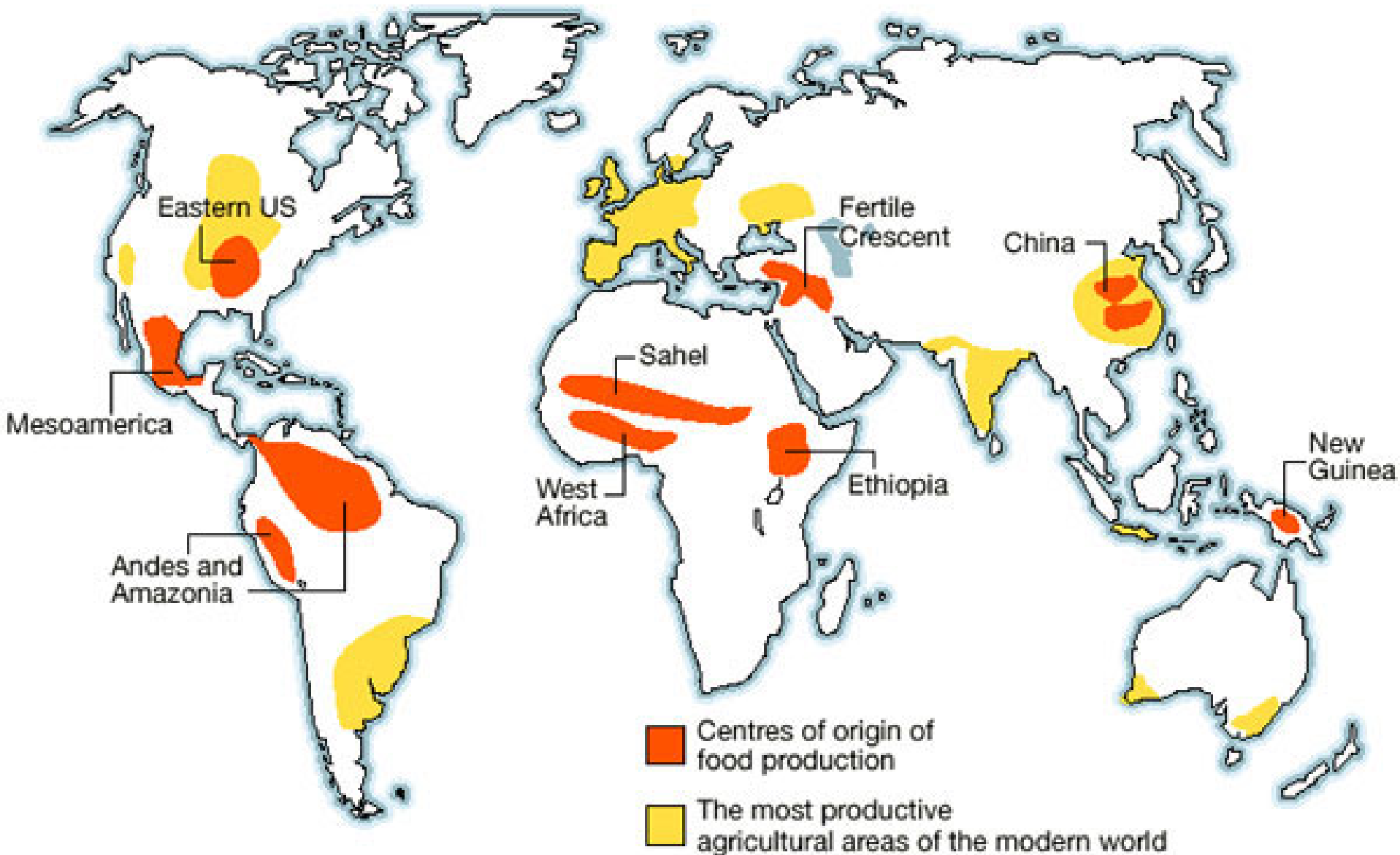






Surviving the Seasonal Round





Food is History!





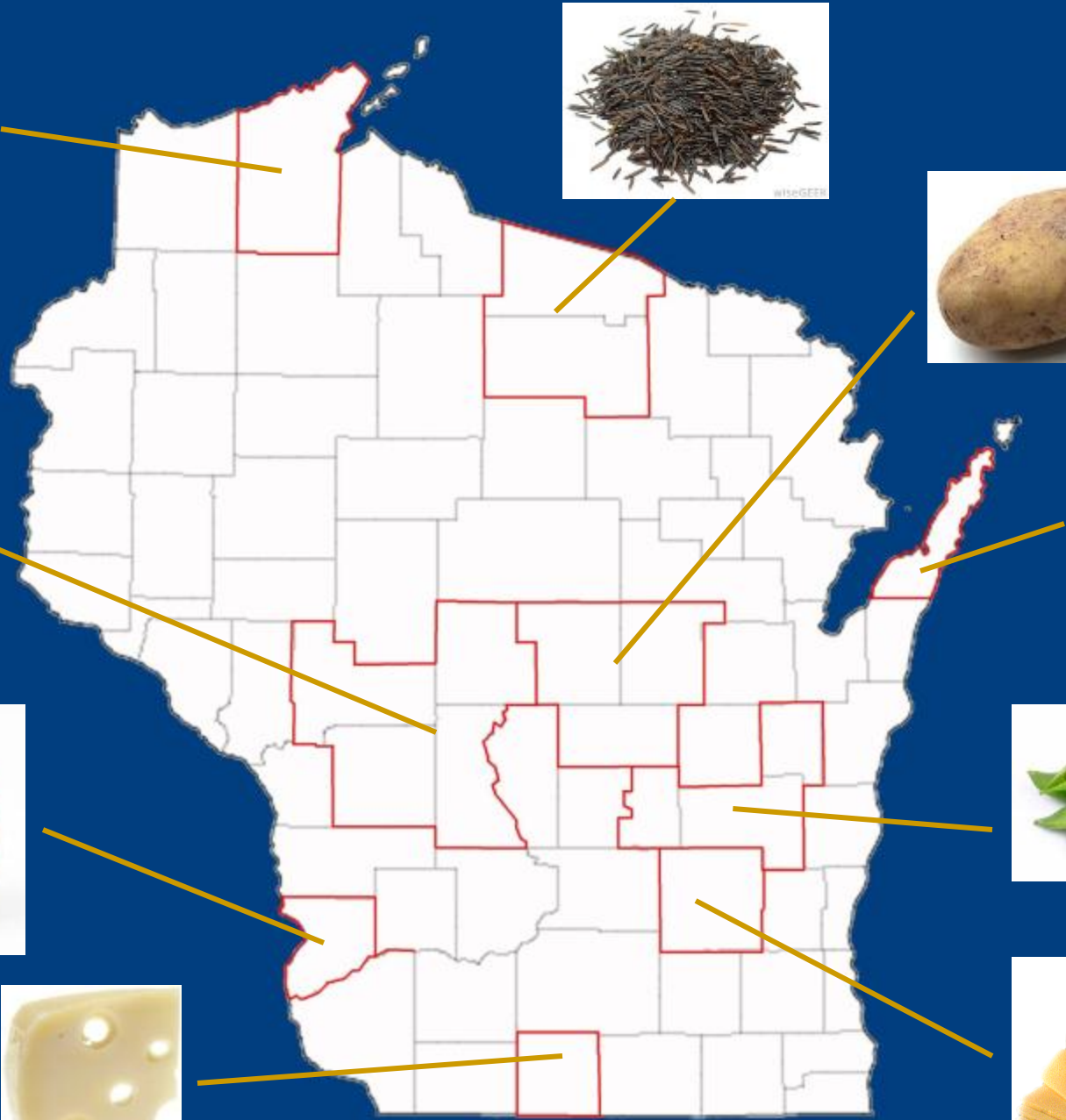
The Fruit Seller, Vincenzo Campi, 1580



Still Life With Vegetables, Egidius Ludvicus Menendez de Rivera, 1740



Maize and Coxcomb, Japanese artist, ca. 1615-1868





Cranberry harvesting 1955



Ojibwe blueberry harvesters 1910



Making cheese curds 1937



Food at the Wisconsin Historical Society

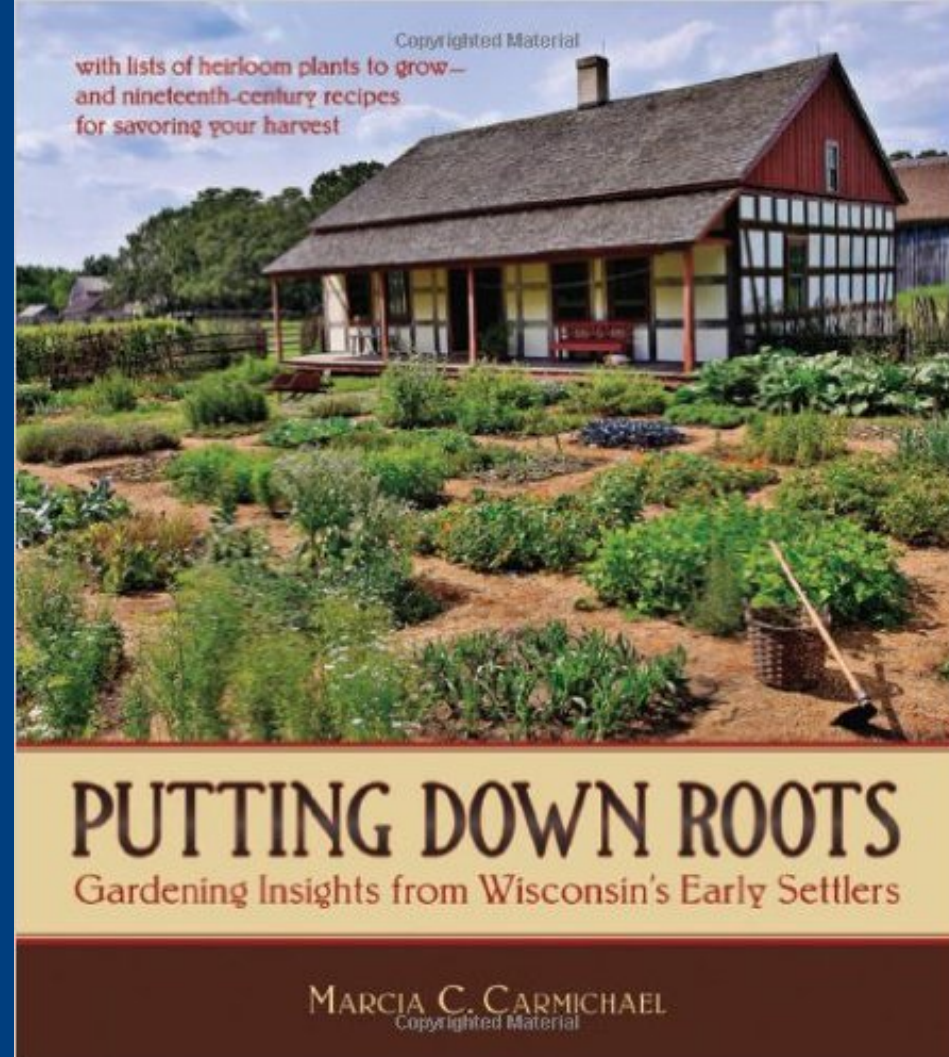
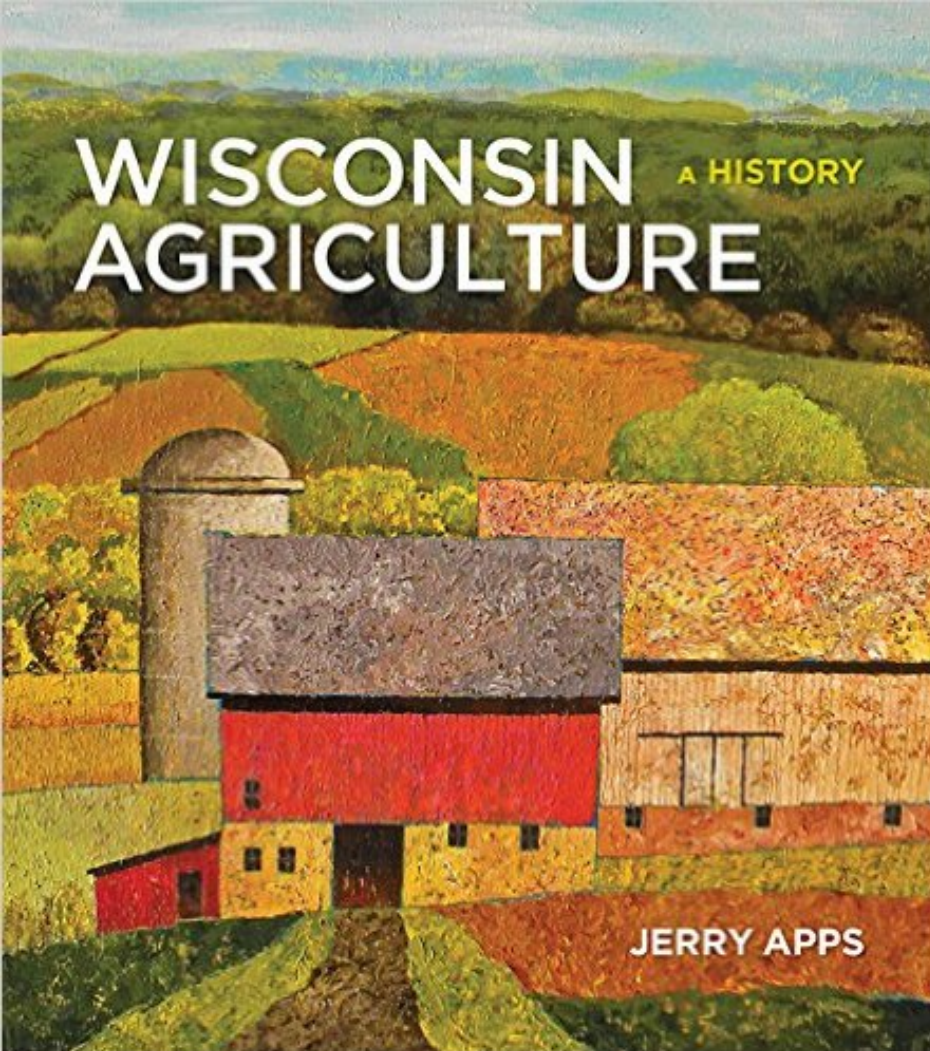
- Celebrate the harvest at Old World Wisconsin
 - *Autumn on the Farms*: help with the harvest!
 - *Harvest Bounty Buffet*: a harvest dinner in the Clausen Barn.
- The WHS Museum has *Taste Traditions*
 - Apple tastings, themed meals, fish-fries, supper club recipes.
- Dine at Villa Louis and Wade House
 - *Breakfast in a Victorian Kitchen, Breakfast at the Inn, Hearthside Dinners*: cooking workshops/meals



Resources

- Period gardening and farming guides
- Historic diaries, interviews, other first-person accounts
- Historic images (Wisconsin Historic Images, etc.)
- Wikipedia
- Industry websites and materials



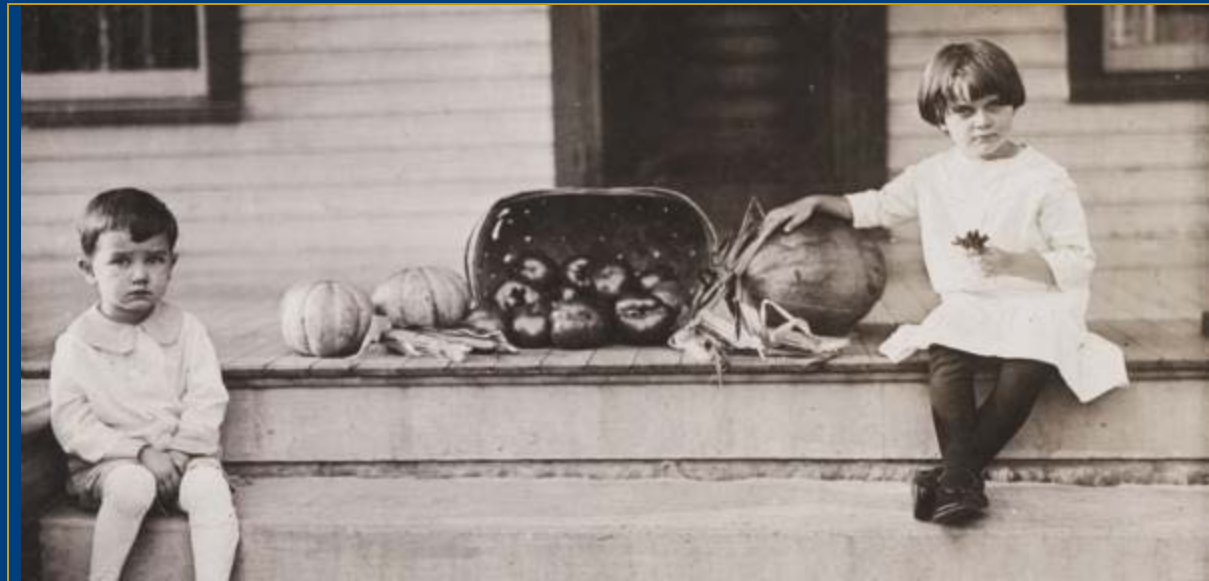


Find more at
www.wisconsinhistory.org/whspress/



Getting Back to our Roots

- Many American children are at least one generation removed from farming.
- In a 2009 survey, children in Mississippi could only name an average of four vegetables.
- First-hand experience makes a difference!



Thanks to:

- **Mel Pope and the Pope family**
- **The Town of Middleton, Dane County**
- **Barb Esser, Stephanie Williams, and Jane Ilgen**
- **Children, teachers, parents and administrators of the Middleton-Cross Plains school district**





Thank You!

Collecting, Preserving and Sharing Stories Since 1846

wisconsinhistory.org

What do you do with food?



Student food drive, Milwaukee, Wisconsin, 1965

“Everybody Eats”: Brainstorm Session

Hands-On Activities and Demonstrations

- Hands-on butter making activities
- Hands-on corn grinding with a millstone
- Made a grist mill and had a hands-on exercise grinding wheat; talked about flour And it's uses
- Hands-on experiences for children with kitchen tools (historic tools or not)
- Gingerbread house making in shapes of local historic buildings
- Hands-on experience with cornhusking and corn shelling machine
- Hands-on experiences with historic garden tools, historic cutlery, plates and glassware
- Food preservation demonstrations



“Everybody Eats”: Brainstorm Session (continued)

Eating/Cooking Events

- Cornbread-baking competition (Jiffy Company donated cook books)
- Depression Era soup line experience
- Hardtack, chicory, and/or stew served at Civil War event
- Post-War cocktail tasting event
- Members potluck event – encourage sharing traditional family recipes
- Made Haymakers Punch/Switchel and partnered with local bar to make an alcoholic version for an event
- Mid-century BBQ event using time period recipes

Exhibits/Displays

- Display of historic cookbooks and/or recipe cards
- Pantry stocked with 1890's food goods
- Table setting display with historic plates and cutlery



“Everybody Eats”: Brainstorm Session (continued)

Oral History/Preservation of Knowledge

- Videotaped Grandmother preparing a traditional favorite family meal
- Digitized historic recipe card collection
- Partner with local restaurants (still active or defunct) to have them share recipes and make cookbooks to share with the community

Resources

- Austin Foodways website is a good resource
<http://www.main.org/foodways/>
- Book resource: *Consuming Passions: The Anthropology of Eating* by Peter Farb
- Book resource: The Culinaria Series by Konemann

