



Food FOR Thought

It's almost impossible to replicate the connections people experience around a dinner table — a place for breaking bread and breaking down barriers. Conversations flow from seat to seat, with momentary pauses to absorb flavors that transport you. Food has the power to teach us about our ancestors and our modern ways of life simultaneously.

Food for Thought invites you to consider the histories that have shaped our state's foodways. We hope you think about the impact of migration to and through our state, our changing traditions, and the legacy we're leaving for future generations.

We hope that as you try these recipes, you'll savor the stories served with them and add a spoonful of your own memories to the mix.

Maple syrup producers Arthur and Becky Harris welcomed us to their sugar camp near Greencastle to see how sap from maple trees turns into a variety of products. The Harris family has been sugaring for more than 30 years, but now worry about the tradition continuing.

Maple Syrup



Maple syrup may be part of a modern American breakfast, drizzled on your French toast, but the process of collecting sap from maple trees and turning it into the treasured, thick, golden liquid is a tradition handed down from generation to generation.

Making maple syrup is hard work. Day and night, Arthur and Becky Harris monitor acres of trees while ensuring the process of collecting, boiling, filtering, grading, and packaging meets sugar camp standards — fit to top fluffy pancakes or be molded into sweet maple candy.

Using maple syrup in your kitchen

While we know maple syrup goes well with pancakes or waffles, the magic doesn't stop at breakfast!

Cornbread

If you're looking to level up your family's cornbread, maple syrup can add buttery and sweet notes to your next batch.

Sweet Potatoes

Becky Harris recommends that after chopping up and cooking sweet potatoes, you roast or simmer them in a pan with some maple syrup and water to add depth of flavor.

Ham Glaze

To bring out a cooked ham's natural flavor, mix together ½ cup of maple syrup and ½ tsp of mustard and baste your ham with the paste for the last 30 minutes of cooking.

Cinnamon Rolls

Maple cream, which has a texture like butter, can make a great addition to frosting for cinnamon rolls.



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Food illustration by Katie Ito | [@_sobremesapottery](https://twitter.com/_sobremesapottery)