



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.

Dani Tippmann is the Kiihkayonki ARPA Community Food Program Director at the Miami Tribe of Oklahoma's Cultural Resources Extension Office in Fort Wayne. She showed us how to prepare common milkweed, an ingredient found in many home gardens.

Milkweed



Basketful of Milkweed

- Harvest the top four leaves, they are the fastest growing and most tender.

Step 1

Look at the milkweed plant. Spend enough time to develop a relationship with the plant so that it can tell you if it's ready to be harvested.

Step 2

Using a knife, harvest the top four leaves from the milkweed plant stem. Thank the plant.

Step 3

Wash and inspect the milkweed for any insects that might have been living in the leaves. Return insects to the plant, if you are able.

Step 4

Boil the milkweed in a pot of water until the water turns a light green and the milkweed becomes tender in the pot.

Step 5

Enjoy mikweed on its own or paired with your favorite protein.

A note from Dani Tippmann

"I want people to get out there and explore and learn. First, go with a person who knows plants, so you don't run into any poisonous plants or anything, but just try a little, try something new and different and make that connection with your food."



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About Indiana Humanities

Indiana Humanities connects people, opens minds and enriches lives by creating and facilitating programs that encourage Hoosiers to think, read and talk.

Food illustration by Katie Ito | [@_sobremesapottery](#)