Menominee Mecem Community Cookbook Project

Our Food - Our Stories - Our Teachings

CMN's Department of Continuing Education is developing a community cookbook to honor the foods that have nourished our people for generations. This project gathers and preserves the recipes, stories, and memories that have been passed down through families, kitchens, and community gatherings.

We respectfully invite **tribal elders, families, and local cooks** to share:

- A favorite traditional or family recipe
- A story or memory connected to that dish
- Teachings, seasons, or loved ones tied to the food

Contributors may also choose to join small demonstrations, teaching younger members while cooking together.

Your knowledge matters. Your stories matter.
Please reach out if you would like to participate.
Sharing names, stories, or photos is always optional and will be handled with care and respect.

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