

In April I left Tennessee to go to Three Lakes, Wisconsin. I was going to the Teaching Drum Outdoor School to spend a year in the woods with a group of strangers. By the time it was over we would be as close as family, even closer.

Many things came up during the year. One of the most predominate subjects was FOOD. Over the course of the year, I collected several recipes. Some of them are here. I also have an assortment of other recipes; some that I wrote, others that I collected from books, news letters, and old family favorites. I started just to write down all of my collection, but as I went on I got this silly idea to make it a book about my 'year long' experience as well as a cook book.

I spent most of the year feeling hungry, so I think this makes a good combination.

==Eating Watermelon==

Carrot Oat Muffins

3 T. oil	½ C. flour
½ C. apple juice	2 tsp. baking powder
½ C. egg sub. Or 3 egg whites	1 tsp. cinnamon
1C. oat bran, uncooked	2 C. shredded carrots

Heat oven to 325*. Combine all liquid ingredients. Combine bran, flour, B.P., and cinnamon. Mix with liquids, stir in carrots. Spoon in muffin pan. Bake 20-25 minutes.

I first heard of the Teaching Drum through Wilderness Way magazine. At that time it cost \$3600.00. I thought I would like to go, but that is a lot of money, not to mention all the other expenses. I just didn't have the money and people thought it was crazy to do such a thing.

Then I got a letter from Bob G. I met him while taking a B.O.S.S. courses out in Utah. He was at the Teaching Drum for the Year Long course. He invited me to come up, and so I went.

While there I met some of the people that had taken the course at the school, along with the people in the course for that year.

Big John's Chocolate Cake

2 ½ C. flour	½ C. cocoa
1 pk. pudding mix, lg.	1 tsp. salt
1 T. baking powder	1 tsp. baking soda
2 C. sugar	4 egg whites
1 ½ C. apple sauce	1 ½ C. water

Mix all ingredients, stir well. Pour into a 9x13 greased and floured pan. Bake at 350* for 30 to 35 minutes.

Tip—add water gradually, as all may not be needed.

I had a good time. I got to see how they lived and some of projects they were working on, such as hide tanning and lodge construction. I helped tear down one of the lodges for rebuilding and worked on a craft project of my own. There was time for canoeing on the lake and just sitting around. I even sat in on a Talking Circle.

Then on the last night I slept in the lean-to so I would be ready to leave early in the morning. I woke up before the others. And as I was sitting there, I looked up in the sky over the clearing and saw an amazing thing. There was a circle, with a fetus in it, in the clouds. It was a very powerful sign/vision; a sign of new beginnings. No one else saw it. It was just for me. In the following few months I had many new beginnings. My life has changed.

Veggie Sloppy Joe's

1 can Sloppy Joe sauce	2 can kidney beans	mash
potato flacks		

Drain and crush beans. Stir in sauce. Thicken with flacks as needed. Serve on buns with cheese. Hot or cold.

I speak my own truths as they are revealed to me with trust that my intuition will show me, which actions are in harmony with my own destiny. (Unknown)

Apple Cake (1)

Mix 3C. flour, 2C. sugar, 1 tsp. salt, 1 tsp. soda
Add 1 C. oil, 2 tsp. vanilla, 3 eggs
Stir in 3 C. diced apples, 1 C. chop nuts, ½ C. raisins
Bake 1 hour in grs. 9x13 pan at 325*

Apple cake (2)

2 eggs	3 C. sliced apples
1 C. apple sauce	1 C. nuts
3 C. flour	1 tsp. nutmeg
1 tsp. baking soda	1 tsp. cinnamon
½ C. sugar	1 tsp. vanilla

Mix all ingredients; pour into greased and floured pan. Bake at 350*
for 35 to 40 minutes.

‘Not all those who wander are lost.’ JRR Tolkein

Sunny Corn Bread

2 C. corn meal	2 tsp. baking powder
1 C. white flour	¾ C. powder milk
1/3 C. sugar	2 egg whites
1 tsp. salt	1 C. water
½ C. apple sauce	

Mix all ingredients and pour into a greased 9x13 pan.
Bake at 350* It cooks fast, so watch it close.

I called and asked for an application to the school and got the info. The price had gone up. It was now \$5100.00 plus expenses. I had five months before the next course started. I would not be able to get the money together in time, so I set my sights on the next year. I then had 14 months to get ready. I made a plan and started putting money away. My goal was \$10,000.00 by the time I was ready to go, with no debt. The day I left, I had \$10,008.00 in the bank.

Crumb Cake from great grandma Wickman

3 C. rolled oats	2 C. flour
1 C. brown sugar	pinch of salt
1 tsp. soda	½ lb. melted butter

Mix dry ingredients and stir in butter.
Cook 1lb. dates, (boil with a little water)

Spread half of crumb mixture in a 9x13 pan, spread dates, and cover with other half of crumb mixture. Bake at 400* for 30 min. or until it starts to brown.

Some people were excited for me; others didn't want me to go. My employer, Cracker Barrel, didn't want me to go. Who would fill my position? Someone would do the job, but no one could replace me. I missed getting my 10 year pin by three months. O well.

Oat Crackers

Mix together ¼ C. oil, ¾ C. water, ½ tsp salt, and 3 T, whole wheat flour.

Add enough rolled oats to take up water.
Place mixture on a greased baking sheet, then roll or press to ¼ inch thick. Cut into squares and bake at 250* for about 1 hour, longer if crackers are thicker.
They are good with a dab of jelly or honey.

I sent out letters to notify people of what I was up to. I tried to see as many folks as I could. Then one day Mike W. and I went out to dinner. After that, we went to Warriors Path State Park. He talked me into going over to the Pavilion for some ping pong. I didn't know what he was up to. Something didn't seem right. It turned out to be a surprise party. I just stood there with my mouth open for a while.

Johnny Cake Crisps (A version of a cracker that the Colonists learned from the Indians.)

Combine 1 ½ C. yellow corn meal, ½ C. flour, ½ tsp. baking powder, and ½ tsp. salt.

Pour 2/3 C. ice water and ½ T. oil into a bowl and add the dry ingredients.

Mix well and kneed into a ball. Let it rest under a bowl for 10 minutes.

Roll out very thin on a cookie sheet, cut into squares, and bake at 375* for 12 to 15 minutes.

Allow to cool completely before storing in an air tight container.

Pecan Pie

Make (or buy) a pastry for a one crust pie.

Beat together 3 eggs, 2/3 C. sugar, 1/3 tsp. salt, 1/3 C. melted butter, 1 C. corn syrup.

Mix in 1 C. pecans. Pour into pastry lined pan. Bake until set and pastry is nicely browned. Cool.

Bake at 375* for 40-50 minutes. Serve slightly warn or cold.

Lots of people were there. Some how, everyone managed to keep it a secret from me, even though there were several times when I could have easily found out. The best part was the little book that Mike and Anna put together. Several people wrote a page which then got typed up and placed in a photo album. I got all misty eyed when I looked through it.

Pie Crust

3 C. flour 1 tsp. salt 1 C. shortening

Cut together to make dough, (a sprinkle of water helps). Makes four crusts.

‘Happiness in not a destination, but a daily way of life.’

Church Windows

1 pkg. Chocolate Chips, 12 oz.
1 stick butter
1 pkg. coconut
1 pkg. colored marshmallows, 10 oz.
1 C. chopped nuts

Melt chips and butter, cool, add nuts and marshmallows. Divide in half and form 2 rolls. Place on coconut covered wax paper and wrap. Store in refrigerator. Slice and serve.

I got round trip tickets (to go one way), and on April 26, 2004 I headed for the Drum. I was picked up at the airport by April, who I thought of as 'a woodsy looking gal'. She was just one of the many people I would get to know during my stay. I arrived a week early so I could get settled in. There was only one other Seeker at the school; Peter Redgiweld from Australia.

Crisp Pastel Cookies

3/4 C. shortening or butter	1 tsp. vanilla
1/2 C. sugar	2 1/2 C. flour
1 pkg. fruit flavored gelatin	1 tsp. baking powder
2 eggs	1 tsp. salt

Heat oven to 400* Mix thoroughly, shortening, sugar, gelatin, eggs, and vanilla. Blend in dry ingredients. Roll dough into 3/4 inch balls. Place 3 inches apart on baking sheet. Flatten with a glass bottom dipped in sugar.

Bake 6 to 8 minutes.

On my first day there, a road kill deer was brought in. Peter and I got our first lesson on how to butcher a deer. It was a bit messy, the gut was busted. I was eager to learn how to butcher, and was able to get much practice while there. The first part we ate from a fresh butcher was the lung. So for our first meal we had lung stew, with the heart for good measure. It was surprisingly rather good.

Russian Tea Cakes

Mix 1 C. soft butter, ½ C. XXXX sugar, 1 tsp. vanilla.
Stir in 2 ¼ C. flour, ¼ tsp. salt.
Mix in ¾ C. finely chopped pecans.
Chill dough, roll in 1 inch balls. Bake until set, not brown.
While warm, roll in XXXX sugar, cool and roll again.

Russian Tea

2 C. Tang, 1 C. instant tea, (half reg. half lemon flavor),
1 C. sugar, 3 tsp. cinnamon, 2 tsp. ground cloves.

Mix together. Spoon into cup. Serve hot.

During the next few days the rest of the group showed up. One person did not get there until two weeks into the course, because of college exams.

Veggie Quiche

2 C. cooked veggies	¾ C Bisquick
4 oz. shredded Swiss cheese	3 eggs
3 T. minced onion	1 tsp. salt
1 ½ C. milk	¼ tsp. pepper

Sauté onions. Cook veggies. Lightly grease 9” pie pan. Put in veggies, onions, and cheese.

Mix milk, bisquick, eggs, salt, and pepper. Then pour over veggie mixture. Bake at 400* for 35-40 min.

Lay stand for 5 minutes before serving.

Before we headed off to Nishnajida, we went to town to get a few things that we needed. We had one last meal at the Wal-mart snack bar. (Ooooo!) It was supposed to be the last one, but.....well; some people went to town from time to time. Peter never went. Others learned all the good places to go, like Dairy Queen, Cindy's, Bob's, Billy's, and the bakery.

Tip=== for Better Apple Pie===

Stew apples in sugar and water with pie spice. Use a blend of Macintosh and Granny Smith apples. Macintosh tends to break down so you don't need as much thickener.

Stewing pre shrinks the apples.

Orange Smoothies

1 C. orange juice ½ C. yogurt 1 banana 3 ice cubes

Combine ingredients in blender, mix till smooth

Be creative. Try other things. Enjoy.

We hiked in to camp over land (not on the road). It took about three hours. When we got to the boat landing, our canoes and stuff were waiting for us. That is when we were told what camps we would be in. I was going to Wabanon with Travis Young, whom we called Ty, Travis Williams, Kai-Petra Stich, and Chris. I never did learn his last name; I never had a chance, as he left after only one week.

The rest would be going to Niingabian. They were; Franz Joseph Shoemaker, Peter Redgiweld, Surg (?), David Haddow, and Katie Doyle (she arrived later).

As we got in our canoes to head over the lake, a snow storm blew up. It didn't last long, but I thought, "What a way to start!"

Pumpkin Bread

3 C. sugar

2 tsp. baking soda

3 tsp. nutmeg

3 ½ C. flour

3 tsp. cinnamon

1 ½ tsp. salt

1 C. shortening

2 C. canned pumpkin

4 eggs

2/3 C. water

Mix dry ingredients in large bowl. Mix together wet ingredients and add to dry. Mix well.

Bake 1 hour at 350* in a greased and floured bread pan.

Walnuts are a nice addition. For the holidays add dry mince meat.

I felt a little nervous in the solo canoe. It was very responsive, which means 'tippy'. The lake was choppy, because the wind was blowing. My canoe was full, but Ty had a bigger load than I. We all

made it to camp safely. It was late in the day so our first task was to find a spot and put up our tents. I picked the same spot that I used when I was here for a visit.

After we got our dwellings in order, it was time to get the hearth area tidied up. I set about cleaning up the fire pit. I found some rocks to make a rock tri-pod, but I was overruled when Chris made a stick tri-pod. Before it was over we were using a rock tri-pod for all of our cooking.

Funny Pudding

Mix together, 1 C. flour, 2 tsp. baking powder, ½ tsp salt, ¾ C. sugar, 2 T. cocoa.

Add, ½ C. milk, 1 tsp. vanilla, 2 T. melted shortening (or oil), ¾ C. chopped nuts. Mix and spread in a cake pan (8x8).

Mix, ¾ C. brown sugar, ½ C. cocoa. Sprinkle over batter.

Cover with 1 ¾ C. hot water.

Bake at 350* for 40-45 minutes. Double for a 9x13 pan.

The wood arbor was falling down, so we fixed it up. Then we had a constant task of keeping it full. We tried different kinds of wood. The various conifers put off many sparks, so we only used them if we had to. The hard wood forest, also called the Sweet Forest, was further away, but the wood was much better to use. It burned hotter and didn't put off sparks.

We couldn't burn any wood or cook anything without fire. Everyone had matches, so we could start fires easily. However, we needed to learn how to 'make fire'. I searched for just the right piece of wood for a bow drill set. It was only a few days in that I had a set and made the first friction fire at camp. For some reason, after that, my set did not yield fire. The search was on again for wood to make a new fire board.

The quest for fire.

Beef Pasty

Dice up beef or use ground beef, brown in frying pan.

Dice up potatoes, carrots, onions, turnips and or rutabagas. Put meat and veggies in a deep enough pot with a little water and stew them a little, (just past the raw stage). Sprinkle on some flour, salt, pepper, and garlic. Get a nice gravy going, but don't make it too runny. Dump everything into a pie shell or make individual pasties. Bake in the oven until they are nice and brown at about 350*

Every three days we got a food drop at the boat landing. There were cabbages, carrots and various other veggies like broccoli, kale, and squash. We got meat, eggs, and nuts. We also got fruit. We used to keep the fruit at the hearth and we were supposed to remember what we ate. However, from time to time our math was off and someone ended up short on fruit. After this happened too many times, I got out some bags so each of us could be in charge of our own fruit so it wouldn't be eaten by someone else. At first there was some resistance to this, but after they saw how it worked it became standard practice.

Rye Crisps

3C. rolled oats, 1C. rye flour, ½ tsp. salt, ¼ C. oil, 1C. water

Grind oats coarse in blender. Mix in dry ingredients. Add oil to water in blender and emulsify. Pour over dry ingredients and mix while stirring to distribute moisture evenly.

Divide into 3 balls, one per ungreased cookie sheet, and press flat. Dust with flour and roll thin. Score into squares.

Bake at 300* for 50 minutes (or 250* for 1 ¼ hours)

They are done when they are dried well.

Some of our food did not come out in the food drop. We trapped it. Figure-4 traps were set up around camp to catch mice, voles, and squirrels. Then the little critters got smart and managed to take the bait and get away with their lives.

I will tell you later how to cook a mouse.

Graham Crackers

2 C. W. wheat flour

¾ C. water

1 ½ C. unbleached flour
2 T. starch
1 T. coriander, ground

¼ C. oil
1/3 C. molasses
½ tsp. salt

Mix all dry ingredients. Mix all wet ingredients in blender.
Combine. Knead a little. Roll to ¼ inch on baking sheet.
Cut, and prick with a fork.
Bake at 275* for 35 minutes.

We found some good combinations of food. Banana omelets with nuts are very good. Fruit and nuts are always a winner. Mango peels fried till they are crisp are tasty, too. Now for mice; skin them, leave the guts in and fry them with walnuts and a little bear fat, until they are firm. If there is no fat handy all you need do is sharpen a stick and 'insert tab A into slot B', which means shove a sharp stick up the mouse's butt. The hair will burn off, mostly. Cook until it is firm and enjoy. (This is a cook book after all.)

Sesame Straws

¾ C. water 2 C. W. wheat flour
2 T. oil ½ C. sesame seeds
½ tsp. salt

Mix ingredients and let rest 10 minutes.
Roll out on an un-oiled baking sheet.
Cut into straws 4" x 1/3"
Bake at 250 for about 45 minutes.

Water -- we all need water. Due to the nature of 'wild water' we could not drink right from the lake. We had to become adjusted to the environment first. For the first moon, water came out in the food drop. After that we started on one sip of lake water adding a sip each day for two weeks. After that we were on lake water for the rest of the time. The adjustment period was very interesting, more on that later.

Oat Crackers

Mix together ¼ C. oil, ½ tsp. salt, ¾ C. water,

**3 T. W. wheat flour. Add enough oats to take up the water.
On a greased pan, roll or press out to ¼ inch thick.
Cut into squares and bake at 250* for about an hour, (longer is good)**

We all had some interesting dreams, I did have one about food, I will mention it later, but Tamarack would not say anything about dreams until the White Season. We wanted to get into it sooner but it wasn't going to happen. I had a lot of dreams where I was the passenger and the drivers were taking me places where I wouldn't normally go. I must have felt that I was not in control, (are we ever?) and that someone else was calling the shots.

Oatmeal Thins

**Mix 1/3 C. oil, 2T. Peanut butter, 1T. Honey, 1 ½ tsp. salt,
1 tsp. grd. Coriander, ¼ C. water
Mix in 4 C. rolled oats, ¾ C. W. wheat flour**

**Place on baking sheet and roll thin.
Cut into squares and poke with a fork.
Bake at 275* for about 35 minutes.**

One of the first cravings that came up was for chocolate, all kinds of chocolate. When one is taken away from their comfort foods, the addictions call out. A person may not have any idea how attached they are to a substance, whether it be sugar, tobacco, caffeine, news, sports, or movies. The cravings are the same. The person wants their 'fix'. Anything can be the 'drug'. Part of our being at the Teaching Drum was to learn how to deal with these issues. The feelings came up all the time. Sometimes we were able to deal with them and sometimes we ran away to town to satisfy our belly. It was a rough road and it didn't take long before contraband came out to camp. I don't remember what actually came out first, but one of the first things was Oreo Cookies. We had some one night. Oh! They were so good.

Then one evening as I was walking past the person's tent that had them, and I 'heard' them calling out to me. But I was fooled; the cookies were long gone, they had been devoured.

Most of the time I didn't have any cravings, (I might be lying) until someone mentioned an item, then I WANTED IT. This happened too

often, it seems. We were told to sit with our feelings. But how long do you sit with a thing before you get up and take it for a walk?

This was one of the many lessons we learned while at camp. The food issue was first for most of us. It was also a gateway to other things that came out over the course of the year. So, with that said, how about some fudge?

Postal Fudge

In large bowl combine;

½ lb. soft butter

3 pkg. 12 oz. cho. chips

1 bar German chocolate, broken up

16 oz. marshmallow cream

1 tsp. vanilla

2 C. chopped nuts

Mix together 4 ½ C. sugar and one 13 oz. can evaporated milk

Heat to boiling in a non-stick pan.

Pour over mixture in bowl and stir with wooden spoon.

Spread in a buttered pan and cool in fridge.

(Now go shoot your mouth off as to how good it is)

“If anyone has any answers, I would like to question them.”
This is a quote from Coyote 3 feathers while at the Teaching Drum Outdoor School.

Here are a few books that I heard about while there.
The Voice of Knowledge by Don Miguel Ruiz
The Seven Spiritual Laws of Success by Deepak Chopra
Stillness Speaks by Eckhart Tolle

Pumpkin Pie

3 egg whites, beaten

1 cn. (16oz.) pumpkin

¾ C. sugar

½ tsp. gr. ginger

¼ tsp. gr. cloves

1 tsp. allspice

½ tsp. salt
1 tsp. cinnamon

1 tsp. vanilla
1 can evap. skim milk

Combine ingredients and mix.

Bake in a preheated 425* oven for 15 minutes, then reduce to 350* ,
bake for an additional 40 to 50 minutes or until a knife stuck in center
comes out clean.

Makes one deep dish pie or two reg. pies

Tip: use cookie sheet to catch drips, if any.

The Four Agreements by Don Miguel Ruiz

- 1-Be impeccable with your word.
- 2-Don't take anything personally.
- 3-Don't make assumptions.
- 4-Always do your best.

Chocolate Zucchini Sheet Cake

2 C. sugar	¼ tsp. baking powder
1 C. apple sauce	¼ tsp. salt
3 eggs or egg substitute	½ C. milk
2 ½ C. flour	1 T. vanilla
¼ C. cocoa	2 C. shredded, fresh zucchini
1 tsp. baking soda	

In large mixing bowl combine sugar, apple sauce, eggs, milk, and
vanilla. Mix well.

Combine flour, cocoa, soda, powder, and salt.

Gradually stir the dry into the wet.

Fold in the zucchini.

Bake at 375* for 25 min on a baking pan (15x10x1)

(Cont.)

Frosting: ½ C. butter, 6 T. milk, ¼ C. cocoa, 1 lb, xxxx sugar, and 1 T.
vanilla. Mix it up and put on cake when cake is still warm.

There was much talk of food while out in the woods. Some of these
recipes are from there. When we were not talking of food, we were
talking about Da'i.

Corn Fritos

2 C. fine corn meal, 1 tsp. salt, 1 T. oil, 4 C. boiling water

Blend last three ingredients and pour into the corn meal while stirring in a large mixing bowl. Use enough water to make thin enough to pour. Spread ¼ inch thick on greased baking pan. Sprinkle with a dash of spice if you wish or sesame seeds. Bake at 250* until completely dry and crisp, about 1-2 hours.

Well, now that I mentioned Da'i, I might as well tell you about it. It is referred to as the 'Daily Honoring', in a word; pooping. We had to find a spot out in the woods far from camp. At first we all found a spot that seemed far enough away, but later we had to locate a new spot that was at least a ten minute walk from camp. This made things interesting, because that news came at the time that our system was getting adjusted to the water. Several of us thought it was the nuts that were causing the trouble. We called it the 'emergency Da'i'. That is when you gotta go and you gotta go NOW. That's why we started using Da'i trays. We could do our business (almost anywhere) and then take 'it' to our spot and bury it there. There was much talk about this subject, and a few misadventures. The tiny life in the water caused trouble in our gut. Nearly everyone had to wash their underwear at least once before it was over. Oh, the joy!

Sphagnum moss is a wonderful thing. It is moist and it is abundant. In north Wisconsin there are bogs all through the woods, (or is that the other way around?). There are several things that can be used; user's choice.

However in the white season.....we have snow. Ty called them 'snow tickets'. A slightly wet snow ball or a crusty chunk of hard snow worked well. It was cool and refreshing at the same time.

Peanut Butter Ice Cream

2 C. sugar 1 small jar of peanut butter
1 can evap. Milk milk

Mix first three ingredients in blender. Pour into ice cream freezer, add milk to fill line. Freeze. Makes one gallon.

This looks like a good spot to mention Ben and Jerry's Ice Cream. It was a favorite. I first heard about Chubby Hubby and Chunky Monkey from Dave. Then there were flavors like Phish Food and Cherry Garcia. It was a special treat that I got for the first time while on Christmas Break. I got New York Chocolate Chunk Fudge. It's almost too good.

Grapenut Ice Cream

6 eggs	¼ tsp. salt	1 tsp. vanilla
1 pt. half&half	2 C. sugar	1 cn. Carnation milk

**Blend and pour into ice cream freezer.
Fill to top with milk and add 2 C. Grapenuts Cereal**

Mosquitoes, or as they are called in Ojibwa: Zageme, were quite a challenge. Mosquito season came and it was a good one, which means there were a lot of them. We spent most of our time completely covered with cloths, except for our eyes. Morning and evening were the feeding times. And it was not uncommon to be engulfed in a cloud of blood sucking buzz, actually it was more of a 'bizz' sound. We could not put our life on hold, so we went about our daily activities. Two of the hard times were baring our backside for Da'i, and swimming. 'The buffet is now open' seemed to be broadcast through the woods.

As the season wore on a strange thing started happening. Their power to annoy grew less. We were able to watch them land on us, fill up, and fly away; with no adverse affect. It was fun watching them struggle to pull out and fly. Then, they would exert a lot of effort to gain altitude because they were heavy.

One day while butchering a deer with Travis and Ty, we were in a swarm. I couldn't swat them away, so I just kept working. Finally, I had to take a break. My arms, and most likely my face, were one solid welt. It didn't itch much and about an hour later, there was no sign that I was ever bitten at all. Immunity was taking affect.

Popcorn Idea

Pour ½ inch of oil in large pot. Toss in a couple kernels of corn, heat till they pop. Then add one layer of corn.

Season with crushed red pepper, thyme, mustard seed, and salt. Try other spice combinations.

I got a few care packages while in the woods; well, by the time it was over I got 18 boxes. One of them contained a pan of fudge and a jar of popcorn. Another had all the ‘fixens’ for a Thanksgiving Dinner. But the one thing that showed up most often was peanut butter. One day, I felt that if I only had one spoon full of peanut butter, I would feel better. My energy was low and some how I just knew that PB would hit the spot. I mentioned it in a letter and by the time it was all said and done, I had 16 pounds of peanut butter. I bought a couple jars myself, but the rest came in the mail. I still have one jar left as I write this.

Although I did get several packages, Ty got three very large boxes that weighed 25 to 30 pounds each, and as Ty would say, “Crazy!!” It got to a point that we did not want them to bring packages out to camp. They should just leave them at the Center. The goodies got in the way of us learning about ourselves. There is a big emotional attachment to food. So the idea was that we remove ourselves from the familiar to get in touch with what is going on inside us. It was fun to get stuff, but we didn’t spend all that money to go the Teaching Drum just to do the same old things we always did.

We went there to step out of our comfort zone, to see what drives us, to grow, to heal. It took us about half way through the year to finally figure that out, and denying ourselves of ‘comfort foods’ was a major step. Though we all enjoyed the packages, it was not really the best. I don’t think I could have said that during the course, while my appetite screamed at me for goodies.

Peanut Butter Pudding

2 T. cornstarch
¼ C. sugar

1 egg, beaten
2/3 C. non-fat dry milk (cont.)

3 Remove peels and slice bananas length ways half way through. Fill with 2 T. of the mixture and top with whip cream. Serve immediately.

We often got sucker fish in our food drop. We had quite a time with those fish, and it seemed that we ended up eating them after dark a lot. Somehow it just worked out like that. The difficulty was with the bones; there were many of them. Sucker fish are full of bones. We tried different ways of cooking them: on hot rocks by the fire, under the fire, over the fire. All methods seemed to have their drawbacks. Then one day while prepping them, one of the ribs slipped out. So I tried another. The bones just came right out. It took some experimenting, but I devised a way to have boneless sucker fish. I showed my camp mates and later on I taught the other camp the process. I was able to do a fish in five minutes and it made eating suckers much more enjoyable.

Snow Camp Smoothy

**Peel and mash several ripe bananas and pears.
(More people = more fruit, less people = less fruit)
Toss in some mashed raspberries for the fun of it.
Add coconut milk, (use what looks right)
Freeze and eat. You can freeze it in a snow bank as long as the weather stays cold, or you can add snow to make it thicken up like we did.**

‘When a man lives where he can not draw a long breath,
He must look beyond the circle that is his life.’ (From a video)

April’s Fruit Cake

**Carrots and zucchini, grated Nut flour
Dried fruit asst. and diced Eggs
Baking Powder or Baking Soda and Lemon juice**

**Milk or yogurt can be added Mix it up to make a nice batter
You know how to bake a cake, so do it up right.**

Visitors came out to camp on a regular basis. Most were interested in coming to the school, (a visit is a requirement for attending the school), and others came to visit family and friends in the course. And when they came, they brought treats. Things like mangos and pineapple, or garlic and ginger; good stuff. But one time a guest brought out a very special treat; Nanaimo Bars. They are mostly sugar, chocolate, and butter. And they are sooo good. We just had to have the recipe. I made some while on Christmas Break. Wonder no more, here is the recipe. Enjoy!

Nanaimo Bars

=In double boiler, melt and mix:

½ C. butter, 5 T. sugar, 5 T. cocoa, 1 tsp. vanilla, 1 egg

=Stir until butter has melted and mixture is the consistency of custard.

=Add 2 C. graham cracker crumbs, 1 C. chopped nuts. You can also add coconut just for fun.

=Pack into an ungreased 9” pan. Chill.

= Cream 4 T. butter, add 2 C. xxxx sugar alternately with (2 T. custard powder mixed into 3 T. milk)

=Pour over first layer and put back in fridge.

=Melt 3 sq. semi sweet chocolate and 1 T. butter and spread it over the top of the sweet luscious goodness.

= You got to let it chill first so keep your fingers out.

There will be time enough later.

Here is an interesting saying from Kai, “I tried to be in the moment, but it only lasted for a second.”

Fake No-Bakes

3 spoons of oat meal, 1 spoon of peanut butter, 1 spoon of Nutella, 1 spoon of frosting, coconut, and chopped nuts. Mix it all up while hiding in your tent so the others don’t know you have a secret stash of goodies. Of course, they have their own stash of stuff, except Peter.

I must mention Peter here. Peter was a 32 year old from Brisbane in Queensland Australia. He vowed to stay strictly on the ‘school diet’ until the year was over. He did not eat anything that did not come out in the food drop. He never went to town, except one time to get a pair

of boots for winter. He really didn't want to go then either but warm feet are important. So it is safe to say that he had no stash. He did well. He had his first taste of sugar after the certificates were passed out at the end of the last meeting. And what did he have? ; A Nanaimo Bar, a special treat from the kitchen of Ty's Mom on Vancouver Island, B.C.

Coyote's Egg Bread (for one person)

**1 rounded table spoon of each of the following
Corn meal, whole wheat flour, pancake mix
Add an egg and stir it up. Batter should be thick.
Render two strips of bacon in skillet, if too much grease, drain some off.
Crumble up bacon and add to batter.
Sprinkle top with raisins, sun flour seeds, nuts or chopped fruit. Do it up, try other things.
Cook in skillet over med/hi heat, not so hot that is burns.**

One day when we were coming back from collecting wiigwaas (birch bark), someone spotted a road kill. It was a fawn. The death just occurred, and the doe, with her other fawn were on the other side of the road waiting for it. It was fresh meat, so we stopped and picked it up. When we got back, I asked who wanted to butcher. There were no takers, so I did the job. I would guess that the fawn was about 50 pounds and she still had her spots.

I ruined one hide that I wanted to keep as a 'hair on', so I was very careful not to ruin this one. I was successful and have a nice fawn skin rug.

Now about the meat; it just so happened that we were going to have a feast. The fawn went into the stew and a good stew it was. The meat was so good I was hoping to get another bite, but that amount of meat doesn't go very far with fifteen people wanting some.

We had other special feasts through the year. We also had a feast after every sweat lodge ceremony. They were always yummy. Our practice at meal time was as follows. If we had any guests, they were served first, starting with the oldest. The elders were served next, followed by the women. After that the men passed there bowl, going from oldest to youngest with children last. One person served. The

bowls were passed around the circle in a sun wise direction, which is to the left. When all the bowls were passed we could then eat. It was hard to eat with a steady stream of bowls coming.

Kai's Salad

Dice up an avocado, apple, and tomato, and onion.

Shred or grate a carrot.

Mix olive oil, balsamic vinegar, garlic, and Italian seasoning.

Toss it in a bowl. Make enough so you can have seconds, or when you go back for more it will be all gone and you will have to lick the bowl.

We had another special tradition at feasts. That was the Ancestor Dish. It was usually a piece of bark. It was passed around with a small portion of food on it and then it was placed in the fire.

We sat in a circle and held hands, left hand palm down and right hand palm up. We then had a moment of silent thankfulness followed by "Aho", except at feasts when Tamarack spoke a thanksgiving statement.

" Omiibadiiziiwin Miigwejck Kiigwejch Ahpengii
Ninzagiiawiiwawin Aho"

Ruth's Pumpkin Soup

Sauté onion and garlic in olive oil.

Add chunked pumpkin and carrot. Cover with water and boil. Cook till soft then mash it all up. Use an in-the-pot type blender to get it smooth and creamy. Add a dash of salt.

Stir in some cream. Sprinkle on some dried parsley and croutons.

I should mention some of the wild greens that we gathered during the summer and fall. The plant that was most abundant was stinging nettles. There were several patches in the area, but the largest was about a half hour walk away. Most of them grew on the other side of the lake from my camp. To pick them all we needed to do was pinch the top off. Then two new sprouts would grow. That way we could have fresh greens longer and the plant would delay going to seed. Other foraged plants were sweet cicely, clintonia, spring beauties, and

raspberry leaves. We also picked milk weed, but it was not a favorite. Some complained of stomach unrest after eating it. Some greens were eaten raw; others were added to the stew when it was almost done. Whenever we cooked nettles we didn't waste the water, it was a delicious tea.

Many buds were good to nibble on in the springtime. One would never get filled up on them, but it was a nice snack as one was hiking along.

In the spring we went to gather leek leaves. It was a ten mile hike one way, so we spent the whole day there filling our bags. We dried them for storage and added them to our meals, mostly sprinkled on eggs. Then in the fall, when the bulbs were ready, we went back to dig them up. We used digging sticks and got a good supply.

Wild foods can add spice to your meals. They are best when you gather and eat them on the same day. Better yet, they are free. When people hear that I go out and pick wild things to eat, I get this look like I am about to poison myself. I think they are projecting their fears on me. There is no reason to be afraid, just do your homework and go with someone that knows what they are doing.

Luke's Cranberry Sauce

Dice 2 apples and 2 pears

=Sauté until soft, then add a bag of cranberries. Cover with water and cook slowly till the cranberries pop.

=Use a potato masher to help them along.

=Toss in a handful of walnut pieces.

=Sweeten with half a cup of maple syrup.

Try to be humble when everybody goes on about how good it is, even those people who don't like cranberries. Really!

Kai often talked of how she just loved candies. I like candy, too. But candy is candy. It is nice to have some now and then. (Have some now and then when it is gone, have some more☺) I guess I didn't understand. Then one day, she got a package from her home in Germany. It contained marzipan candy. I heard of marzipan but never had it. Once I tasted it, I understood what Kai was talking

about. That stuff is GOOD! So, with that in mind, here is a recipe that will get you started. WARNING=Not for those with weak willpower. Proceed at you own risk.

Marzipan Candy

First get yourself some marzipan and chocolate bark.

Melt the chocolate. Make little balls out of the marzipan.

Coat the balls or what ever shape you ended up with.

Use a tooth pick to stick in the shape and dip into the melted chocolate, let cool and harden on a tray.

=Don't stop there, coat other things, too. Like peanuts, chow mein noodles, Kix cereal, strawberries stuffed with marzipan. Go nuts; just don't eat them all at once.

I must tell about Peter. He had no sugar all year, then after the last day he had some chocolate. We warned him to take it easy, but he went overboard. Then, while at the Wal-mart, the revenge of the sugar happened. He asked an employee, "Where's your toilets?" The response was, "We don't sell toilets." The good news is, he made it.

Dream Bars

1 C. flour, ½ C. butter, 2 T. brown sugar

Mix and spread in cake pan. Bake for 10-15 min. at 375*

1 ½ C. brown sugar

1 tsp. vanilla

¼ C. flour

1 C. chopped nuts

½ tsp. baking powder

½ C. shr. Coconut

2 eggs, beaten

Mix and spread over baked crust, Return to oven and bake 20 minutes at 375*

Once a month or so Jon M. (who was part of the school) would come out to camp for a visit to see how we were doing. He always brought apple pie. So we called him 'Jon Apple Pie'. One time he brought Dream bars and another time he brought a ham. These treats never did last very long.

Apple Crisp

5-6 apples, sliced ¼ tsp. salt
1 C. brown sugar ¼ tsp. cinnamon
1 C. flour ½ C. butter, melted

Fill well greased deep dish pie pan with apples. Mix together the rest of the ingredients and spread over the top.

Bake at 350* for about 45 minutes or until brown.

There is another version that adds 1 C. oat meal to the topping. How about corn flakes or some other cereal instead of oatmeal?

I noticed a funny thing part way through the year. It was about the places in town that we frequented. They all started with 'B'. There was Bob's IGA, Billy's Third Hole Bar, the Bakery, The Book Store, and Cindy's (yes, that is a 'C' but we went there for Breakfast). I called these the 'Town B's'. For my Birthday celebration, I went to most of these places and had things that also started with 'B', like Belgian Waffles, Bagels, Brewed Beverages, Bismarck's, and Brandy.

I mentioned dreams earlier and said that we didn't get into dream talk until the White Season. On Thanksgiving night it started to snow and we had snow for the rest of our time in the woods. Then, at our first meeting after we got back to the woods, Tamarack said, "It's the White Season."

Soon we got a handout on dreams. I might add that Tamarack brought out articles in the form of a handout before we discussed a subject. The reason I mention dreams is that one night I had a 'food dream'. I was in a baking contest where I had to make a cake. It was five layers and each layer was about a half inch thick. Two were square and three were round. I also saw the recipe. And here it is.

The Dream Recipe

2 C. flour 3 eggs
½ C. sugar ½ C. oil
½ C. cocoa 1 C. nut flour or finely grd. nuts
1 ½ tsp. baking powder water
¼ tsp. salt

Mix it all up and bake in a shallow cake pan (greased and floured). Use just enough water to make a nice batter. Don't over do it. Bake at 350* till done. It cooks fast.

We went into the Center once every moon. It is also called Nad'mad'ewining. We were there during the Thanksgiving holiday. We went in staggered groups so we could do what we went there for and not be in one another's way. It was a cold morning when David, Kai, and I walked in. I was up first, so while I waited for the others to get up, I boiled some eggs to eat along the way. When the eggs were done, I put them in my pocket and we were on our way. Ice was forming in our beards in short order and Dave's water bottle was frozen shut. Then, before we got three miles, my eggs were starting to freeze. I say, it was a chilly morning.

We had a little side trip to make. We went to town to get pumpkin pie. But alas, the bakery was closed. So, we went back to the IGA and got a few goodies. Kai got one of her favorite items; a carrot cake.

I got a brownie, well, not just 'a brownie', I got the whole pan full; a 9x9 pan. I ate it all over the next two days. I liked it. I enjoyed it. But three days later (or should I say nights) it came back to haunt me as I lay sleeping. I will just say 'emergency Da'i' and leave it at that.

While in town, we found out that there was a Thanksgiving Buffet at the Oneida Inn. We went. But first I got a room so we could clean up. I ended up spending the night while the other two went back to the Center. I stayed because I wanted to stop at the bakery before going back in the morning. I just had to, really I did. I really did.

When I got back to Nad'mad'ewining, I found three boxes for me. One of them was a Thanksgiving Dinner. I cooked it up and Kai, David, and I had another feast.

Frozen Yogurt Pumpkin Pie

**1 can pumpkin
1 pkg. instant pudding, vanilla
1 ½ tsp. pumpkin pie spice**

**1 C. plain yogurt
1 graham crust pie shell
whipped cream**

Mix pumpkin, yogurt, pudding powder, and spice. Spread in shell and freeze. Let it set out about a half hour before serving so it just starts to thaw. Garnish with whipped cream.

There is another food related subject that occurred during our time at the Center. It was not discovered until we got back to camp. It was because of the snow that we were able to see what happened. It was a kill site about 100 yards from the trail head to camp. Wolves had moved through the area and dined on a deer. There wasn't much left when they got done eating, just a head, rib cage, and a couple legs. One of the wolves had paws the size of my hand. We saw other wolf sign that winter, and I was hoping we would hear them at least once, but we never did.

==I'm hungry=niin bakade, eat=wiisini, food=mijjim, fat=wiinin, come eat=bimajaan biiwiisanan, bowl=onaagan, meat=wiiyaas, pot-s=akik-oog, water=nibi

Yogurt Pudding

**1 pkg. instant pudding, any flavor
1 C. plain yogurt
1 C. water**

Mix it up and enjoy. Pudding tends to separate if not eaten the first day, but who lets pudding sit around for more than a day? Hummm!

Sometimes we would watch movies while at the Center. One of my favorites in the collection was Smoke Signals. I mention this because Victor's mom made the best fry bread. Everybody liked her fry bread. No one made fry bread like Victor's mom.

Fry Bread

**Version #1
2 C. flour
1 tsp. salt**

**Version #2
3 C. flour
1 tsp. salt**

3 tsp. baking powder
1 C. water

1 T. baking powder
1 ½ C. water
1 T. shortening (cut in)

Mix and let rest for 10-15 minutes

Break off small piece, squeeze thin, and then fry in hot oil.

Pat off excess oil, cover and cook more.

Fish came out in the food drop quite often during the year. In the summer it was easy to clean and cook. We would each fix our own fish as we liked. However, in the winter, with the cold and all seven of us in one camp, things were different. We had to thaw the suckers some how and then clean them. This was a slow and painful process. And it had to be done. Instead of a fish for each of us, we made fish stew. At first, the thought of it seemed unappetizing to me, but it turned out to be rather good.

Other meats were easier to prepare for cooking, as they only needed to be chopped up and tossed into the pot. Well, the muskrat was a little different. Of course they were frozen, so we had to get them thawed enough to separate as there were two or three to a package. Then we could gut them and chop off the feet and tail before cooking.

Musk rats have dark meat and their liver is rather large in proportion to the size of their body. When the meat is slow cooked to a well done state, it is very good. The flavor of the liver is rather pleasant, also. We even cooked the head. Whenever I got a head in my bowl, I would eat the meat off it and that was all. Others would crack it open and scoop out the brain. I didn't know if I wanted to eat brain or not.

Brain was not on my top 10 list of 'food I wouldn't eat'. I never even thought to eat it. As a result of being in the 'year long', I no longer had a list, since I ate everything on it. I figured that the next time I got a head in my bowl I would suck out the brain. It turned out to be rather creamy, like pâté. I wondered why I even had a list to start with.

Turtle Soup

1 ½ lb. turtle meat	½ sliced lemon
1 T. shortening	1 T. flour
1 can tomato sauce	small chopped onion
2 boiled eggs	1 tsp. cinnamon
1 tsp. ground cloves	1 ½ C. fruit juice
½ tsp. nutmeg	stock in which turtle was cooked

Clean and cut turtle in small pieces. Boil in salt water until very tender. Cut in smaller pieces when removing bones. Brown flour over low heat in the shortening, add chopped onion and brown.

Mash two hard-cooked egg yolks with cloves, cinnamon, and nutmeg. Blend well and pour into the tomato sauce. Then pour this into pot containing meat and stock. Boil about 40 minutes. Simmer 20 minutes longer with wine or fruit juice, lemon and a hint of garlic. Add cooked egg whites, sliced thin. Season to taste.

For one of the feasts, we had a special pot of stew. It contained a gift from one of our circle that left early in the year. It was a turtle. I didn't know this until I started to take a bit and found a leg on my spoon with the claws sticking over the edge. It looked strange, but it tasted very good. I saved the bone and still have to this day.

A couple times we had wild rice with a feast. After eating wild rice, I think a person would never go back to eating white rice again. And they surly would never even think of serving, let alone fixing, instant rice. Wild rice with a few select ingredients is nearly a meal in itself.

Health Nut Brown Rice

½ C. shredded carrots	¼ tsp. red pepper powder
½ C. shredded zucchini	1 tsp. margarine
3 T. unsalted sunflower seeds	3 C. cooked brown rice
3 T. sliced almonds	2 T. fresh or dried parsley

Cook rice with chicken broth; mix in some wild rice, too.

Cook carrots, zucchini, sunflower seeds, almonds, and pepper in a skillet over med/high heat until almonds are brown. Add rice and parsley and stir until heated.

With all this mention of feasts, I must tell you about Lety's Salad. These salads were some of the best I have ever eaten. Any greens that are good raw were in it. There were mushrooms, raisins, avocados, and sunflower seeds. There were things like broccoli, cauliflower, and zucchini. If there was meat and cheese, it would be a meal by itself. To make one, all you need do is go to the produce section and get some of everything that is good raw. But do not get iceberg lettuce. (Eew) Start with avocados and end with zucchini. If it is big make it small, if it is hard slice it thin. Don't be shy add stuff in. You can't go wrong. Then top it with a citrus dressing. Several times people in my group asked for a salad to be brought out with a feast. It was a sure winner. I made sure I got the recipe for the dressing. It went so well and tasted so good. I tried it a couple times while on Christmas Break and those who tried it liked it also.

Citrus Dressing

Juice from orange, lemon, and lime.

An equal amount of olive oil.

A dash of balsamic vinegar.

Fresh garlic and Italian spice.

Mix it all up and pour over salad. Sprinkle sunflower seeds on top for good measure.

For extra flavor, marinate garlic in a jar of olive oil for up to a month. Use this when making your dressing.

In the winter, deer were brought out for us to butcher at camp. We had to carry them in on a pole. A couple times they were already frozen. This made it a challenge to butcher. The hide was difficult to get off, but the guts came out easy enough. We then hung the carcass up in a tree near camp where we could go and chop off chunks for dinner. Who needs a refrigerator when the whole outdoors is a cooler/freezer?

We kept the deer covered with a tarp to keep things off it, like little birds and their droppings. But that didn't stop them from coming

around. They liked to pick at the scraps and exposed bones for a tasty meal.

We used as much as we could or so we thought until one day we were asked if we ate the head meat. I don't think it occurred to anyone. We did eat the tongue and Travis tried a couple other parts, like cheek, but we never made head soup. So into the pot went the head. Other times we threw in leg bones to get the goodness out of them. We nibbled on the outside and sucked out the marrow from the inside. It was really quite good.

Our last meal at Nishnajida was deer head stew. We were all packed up and ready to go when we sat in a circle at the lean-to for our last meal. We held hands, had a moment of silence, and then said, "Aho". I passed my plate and David filled it up. It was a good meal. Then Travis and Kai got a chance to try deer brain, right out of the skull. I was unwilling to try it. Deer brain is not 'food'.

Indian Pudding

3 C. milk	1 tsp. salt
2/3 C. dark molasses	3/4 tsp. nutmeg
2/3 C. yellow cornmeal	1/4 C. butter
1/3 C. sugar	1 C. milk
3/4 tsp. cinnamon	

Heat oven to 300*. Grease a 2-quart casserole. Heat 3 cups of milk and the molasses. Mix cornmeal, sugar, salt, cinnamon, and nutmeg. Gradually stir into hot milk mixture. Add butter. Cook over low heat, stirring constantly, about ten minutes or until thickened. Pour into casserole. Pour 1 cup of milk over pudding; do not stir. Bake 3 hours. If desired, serve with cream, ice cream, or whipped cream. Serves 8.

I almost forgot to tell of the little birds that hung around the hearth. At the summer camp hearth, there were little sparrows. Someone named them Bob and Bill. (Looking back on this I thought it was funny, because of Bob's IGA and Billy's Third Hole, two places we went from time to time.)

They would sit off to the side and when they felt brave; they would come in and look for little bits of food. Sometimes when they found a

big piece they would run quickly off to safety and eat. I thought it was funny how they would grab and run. We enjoyed watching them. They were part of our circle.

Then, at winter camp hearth, we had chickadees. They would hang out in the trees and take turns coming in to eat. At first they were skittish. Then they got brave enough to come close. Eventually they started to land on us and even eat out of our hands. (I jokingly called them Ben and Jerry, even though there were several of them.) One day while I was cracking some nuts for breakfast, a little bird spied the nutmeats. He came down and sat on the edge of my plate to get a meal. I pointed at him and told him to leave my food alone. And then he pecked my finger. They were such a joy to have around. It was nice to be able to see our winged brothers so close.

Date Turnovers

1 C. butter	1 ½ C. flour
1 C. brown sugar	¼ tsp. baking soda
1 egg	½ tsp. cream of tartar
1 T. milk	

Mix in order given. Sift dry ingredients. Roll out and cut into circles, about three inches. Put date filling on ½ of cookie. Then fold over and press edges together.

Filling: 1 lb. dates, ½ C. sugar, water.
(This is all I have of this recipe. Give it your best shot and guess.)

I thought I had better tell you about that ‘Top 10 List of Food I Wouldn’t Eat’. Now I just need to remember what was on it.

- ==1 Watermelon
- ==2 Asparagus
- ==3 Mushrooms
- ==4 Cantaloupe
- ==5 Watermelon
- ==6 Tripe
- ==7 Testicles
- ==8 Cucumbers

==9 Milk/Dairy
==10 Watermelon

Well, the list is no more. I was going to write a story about why I no longer have a Top 10 list, subtitling it 'I Sucked the Brains Out of a Muskrat Skull', but I feel I have woven that story into these pages, at least in part.

As we said out in the woods at camp when someone was departing, "Giigawaabamin", which translates, "See you later".

Journey Well