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News Release

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## **Second Annual Foodways Symposium Focuses on Native American Culture and Cooking**

The Second Annual Kalamazoo Foodways Symposium will be held at the Kalamazoo Valley Museum and the Culinary and Allied Health building of Kalamazoo Valley Community College on April 6 and 7, 2018. The focus will be food history, culture, and systems, with lectures, demonstrations, community discussion, and food tastings. Participants from the Gun Lake Band of Potawatomi, FireKeepers Casino and Hotel restaurants (Nottawaseppi Huron Band of Potawatomi), and others will discuss Native American food history, culture, and what food sovereignty means today.

Larry Plamondon (Grand River Band of Ottawa) will help kick off the weekend with traditional stories from the Anishinabe. He will be joined by FireKeepers Chef James Thomson (Sault Ste. Marie Tribe of Chippewa Indians), who will talk about traditional foodways and the need to return to healthy foods. Chef Thomson will provide tastings at the Kalamazoo Valley Museum during the Friday Night Art Hop, from 5 to 7 p.m.

Cooking demonstrations, cooking classes for youth, and several workshops, plus food tastings, will be available for free on Saturday from 9 a.m. to 4 p.m. at the CAH. Saturday's lineup will feature a creative recipe-writing workshop for youth with Read and Write Kalamazoo, and a variety of workshops and discussions. Topics range from collecting stories to seed-saving and bee-keeping, permaculture, vegan foodways, and other good-health issues; all are open to the public free of charge. Check the Museum's website for details of Saturday's activities at the CAH.

This year's event is benefiting from the generosity of FireKeepers Casino and Hotel, which is donating Chef James' time and the food that will be served on Friday night at the Museum and at Chef James' cooking demonstrations on Saturday at the CAH. FireKeepers is committed to being a vibrant part of Southwest Michigan.

For more details about the event, see the website at [www.kvcc.edu/kalamazoofoodways](http://www.kvcc.edu/kalamazoofoodways).