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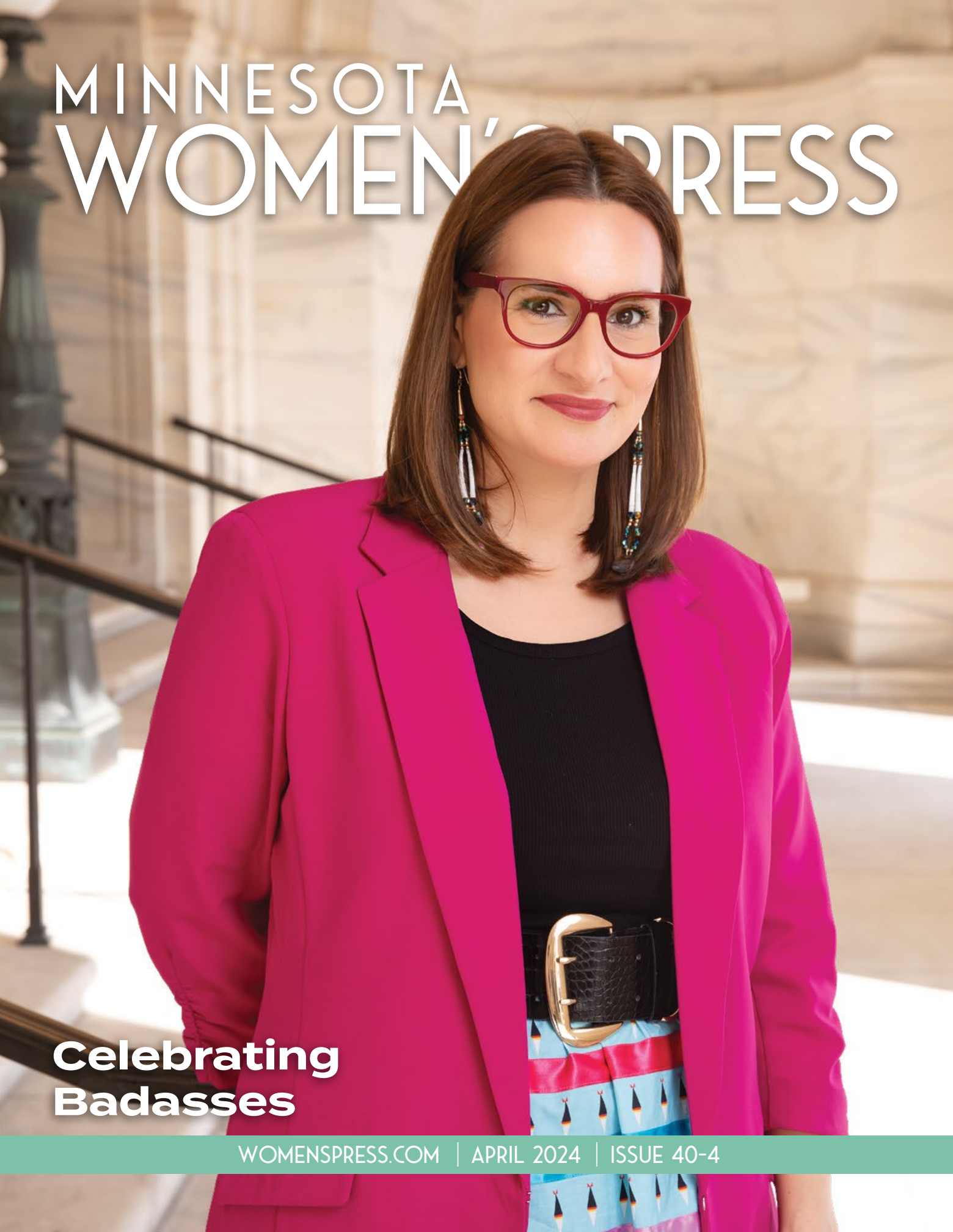

Celebrating Badasses

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Sponsored Content

Children's Mental Health

Celebrations

The ways we celebrate what we love.

Contributed by Twanna Anderson, Director of Community Engagement at MACMH

Thinking about the ways in which we celebrate what we love, my mind automatically goes down the path of least resistance. The easy adult celebrations that are deeply rooted in our culture: birthdays, graduations, personal and professional milestones, weddings, and all of the holidays in between. Admittingly, we can and do create long-lasting family traditions through the ways in which we celebrate our lives.

As busy career driven adults, we often fail to celebrate the little things that happen for us on a daily basis. We tend to miss recognizing many tiny accomplishments, robbing ourselves of countless opportunities to experience joyous moments throughout our day. A practice we began learning as children. And easily something we can change for ourselves while helping the children in our lives establish meaningful practice in theirs.

We can begin by pursuing and promoting resilience: in ourselves, the children around us, and our families. MACMH's publication A Guide to Infant & Early Childhood Mental Health covers this topic in-depth showing us that we can strengthen capabilities that underlie resilience at any age. When the adults in children's lives are emotionally resilient and understand the importance of having caring and trusting relationships for themselves, they can effectively parent their children with tools to enhance their child's ability to do the same.

It is the security that children feel from the caring adults in their lives that allows them to venture out on their own and discover what brings them joy. Adults in children's lives can help them identify their strengths through trial and error and find ways to encourage them to enjoy their small achievements and create meaningful moments along the way.

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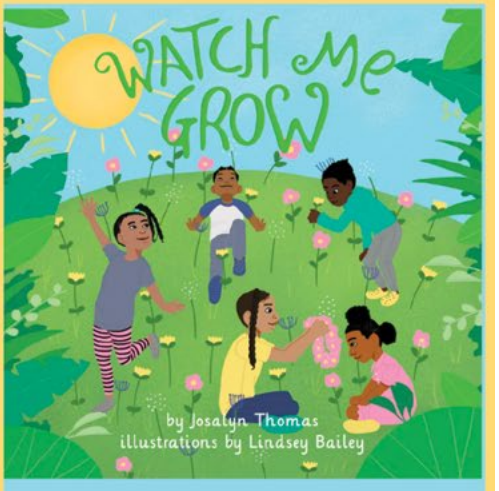

Featuring the children's book
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by local author Josalyn Thomas

Take a stroll around the lake and follow a story of growth, patience, and plant life. Stop and read each page that will be stationed along the path.

for more information

SCAN

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MINNESOTA ASSOCIATION FOR children's mental health

MACMH Minute

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Stay informed about our professional development opportunities, what's happening in the infant and early childhood space, new youth and family programs, and all of the ways we are engaging with our communities.

Infant & Early Childhood

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PHOTO SARAH WHITING

"The songs, the dances, the culture and traditions surrounding planting and harvests; the prayers that are sent upward for healing and peace; and the welcoming of children into our families, are all reasons for us to keep moving forward with optimism."

—Deb Haaland, U.S. Secretary of the Interior

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Minnesota Women's Press has been sharing the stories of women since 1985, as one of the longest continuously published feminist platforms in the country. It is distributed free at 460 locations.

Our mission: Authentic community-based journalism that amplifies and inspires the stories, action steps, and leadership of powerful, everyday women (cis and trans) and nonbinary people.

Our vision: We all are parts of a greater whole. Our stronger future will be built from the collective energy of people who shift narratives to effect change.

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Minnesota Women's Press earned six 2023 awards from the Minnesota Newspaper Association, including photography, editorial, social media, and community service leadership.

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The Power of Storytelling

by Mikki Morrissette, publisher

I have had several conversations lately about the backwards definition of weakness and strength, and how it plays a role in the inequities we see around reproductive rights, gender-based violence and other traumas, and the caregiving we offer from infant stage to elders.

In simplistic terms, these discussions reveal, society has been weakened by people who equate strength as a posture of power and control over others, financially and emotionally. Unexpressed fears, pain, loss, and frustrations can manifest as bullying and violence. People who feel erased or without worth do not become healed by being isolated in institutions such as prison.

Through it all, caregiving, to self and to others, is considered frivolous by some. Care and authentic conversation is considered a form of weakness.

The people in this month's issue know that strength comes from sharing the common stories of our vulnerabilities, and celebrating the ways we come together in times of both joy and sorrow.

Mary LeGarde says of the post-pandemic comfort she felt in a collective art project, "It felt like I was surrounded by relatives who just wanted what was best for me."

The people of Marnita's Table turn acknowledgements of vulnerabilities and values into group activities.

Lt. Gov. Peggy Flanagan tells us about women who make things happen around the state. "We've continued to organize and have conversations with Minnesotans about the kind of state that they want, and how they want to show up and care for each other," she says.

The foragers in a lyrical story this month indicate: "When we cook together, where we gather, all of the time put into making a dish, all of that time is love. One of our most precious gifts to give is our time."

Why Badass?

Our new Badass membership community is given that term because it celebrates the swagger of confident feminists who have a vision of what is right and do the work together to get there.

According to "How 'Badass' Became a Feminist Word," a 2015 essay in the Atlantic, the term "badass" originated to describe the rugged male who is "brutally efficient when fighting back." Yet the term badass now "celebrates women not just for their appearances, but for their accomplishments."

With this month's magazine, and our big Badass event on April 13, we not only recognize Minnesotans for the work they do, but celebrate the 39th anniversary of Minnesota Women's Press. We begin a new phase of supporting solidarity, starting with a public safety discussion guide for conversations around the state.

When people are isolated and fearful, they tend to fill that void by joining cults of personality. The Badass movement we are building alongside statewide partners is designed to offer connection, collaboration, and cooperation that can come from understanding more than we do now — expressing vulnerabilities and values.

Transforming neighbors into friends and township borders into communities require the strength that comes from sharing stories with each other. The process of discovery breaks down polarization in ways that positions and postures do not.

Sometimes, as you will read, those moments of connection involve tiaras, cake, and the sharing of good food.

Become a Badass member

What's New Online: Policy, Health, Values, Politics

story development designed for stronger conversations about statewide values, solutions, and action steps

PHOTO SARAH WHITING

Catherine Squires is working with us on re-imagining Collective Health.

Collective Health: Black Women, At-Risk Youth

Catherine Squires shared a commentary that will be the centerpiece of a June 2 Minnesota Women's Press forum: "I cringed at the attacks on [Harvard's] Claudine Gay and sobbed at the heartbreaking suicide of [Lincoln University's] Antoinette Candia-Bailey. In the last two weeks, three of my Black women friends — all esteemed scholars and leaders — have shared diagnoses of cancer, heart failure, and more that erupted as they tried to make progress at their institutions. They had been asked to reform and renew under the sign of equity, only to face roadblocks, resentment, and retrenchment."

We also share a Q&A with Shea Holt about the pathway to violence that might have been avoided when he was young. After growing up in a detached family and dropping out of high school, at age 17 he participated in a violent crime that put him in prison for 24 years. Today he works with Hennepin County youth, among others, as a facilitator for Alternatives to Violence Project (AVP).

He told us, "I know my traumas from youth that stuck with me were mentally based. A bruise I can feel today, tomorrow, maybe the next day. But the things that are harder to heal from are unseen. … To know that you're not just by yourself is an incredibly huge thing. When you feel isolated, that's when you close yourself out. 'If nobody cares about me, why should I care about anyone else?' Within AVP, we really try to build a small community. Just to know that you're not alone is a huge relief."

womenspress.com/series-collective-health

Hometown Values: Saint Paul's Past & Present

We share the second part of our conversation with Saint Paul mayor Melvin Carter, focused on the city's co-created public safety model that involved meetings with 750 people. "We built this Community First Framework with the police union president and Black Lives Matter leaders sitting at the table in conversation with one another," he says. "We ask, 'How does this make sense? What about that?' You become more capable and smarter if you listen to people other than yourself, particularly when they have a different opinion than you."

A commentary submitted by local researcher Karen Sieber shares her discovery that underground railroad leader Moses Dickson lived in Minnesota in the 1850s. She writes that Dickson — who had been missing from records elsewhere in the country for several years — was found to have been living and working in Saint Paul alongside other known key figures from his secret Black abolitionist circles. She writes that this points to the likelihood that Saint Paul may have been a more important stop on the Underground Railroad than previously thought.

womenspress.com/ hometown-values-vision

Thanks to underwriters for making these Changemakers Alliance series possible:

African American Leadership Forum, Minneapolis Foundation, Minnesota Alliance on Children's Mental Health, Seward Co-op, University of Minnesota Press, Valvoline in Northern Minnesota, Vote Run Lead, Women Winning, and Badass members.

Policy: Housing, Gun Safety, End-of-Life Option

We have a story about why legislators are seeking to reduce investor ownership of local housing. In Minneapolis alone, 30 percent of single-family homes are owned by corporate investors, particularly downtown and in Northeast. In Fridley and Hopkins, close to 25 percent of single-family houses are owned by absent investors.

We also covered the gun safety debate among legislators, responding to the rise of U.S. pediatric firearm deaths since 2018 from homicide, suicide, and accident — which have increased by more than 40 percent. In Minnesota, from 2018 to 2021, 73 percent of all firearm deaths were suicide, while 23.6 percent were homicide.

The End-of-Life Option Act under discussion in the Minnesota legislature would enable terminally ill people to choose to die by medication, which is legal in several states. Christine Ogata writes about the simultaneous family celebration and loss held before her brother's death in New Mexico, which passed the legislation in 2021. "In that last week, we played and listened to music, told stories, and looked at old photographs. We cooked and enjoyed some great meals. It was beautiful."

womenspress.com/politics-and-policy

Diversity in Politics

Several women running for U.S. Congressional districts spoke at a Women Winning event in March about why they need support from Minnesotans — beyond votes.

Representative Angie Craig (DFL), of Prior Lake, has been a particular target of GOP efforts to flip seats. In the 2022 election, her District 2 was the focus of the fifth most expensive race in the country, with $30 million in outside money.

Rachel Bohman (DFL) of Rochester, who served on its township board until 2022, recently announced her campaign to run against anti-choice GOP incumbent Brad Finstad. Finstad and his wife co-founded a pregnancy center in New Ulm; he has co-sponsored pro-life bills in Congress.

Jen Schultz (DFL), who lives in Duluth, represented northeastern Minnesota in the House from 2015 to 2023, and is running to try to defeat GOP incumbent Pete Stauber for Minnesota's District 8 in the U.S. House. She points out that Stauber is anti-choice, is co-sponsor of a bill that would make IVF illegal, and has voted against access to birth control. He gave early endorsement to Trump for the 2024 presidential campaign, and signed on to the lawsuit attempting to overturn the 2020 election.

womenspress.com/diversity-in-politics-series

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Spring 6 Week Soul Painting Series: Awaken Your Creative Spirit! *w/ Liba Zweigbaum Herman*
6:30-9 pm CST For six Wednesday evenings beginning Wed, May 1| $225 at Studio Inside Out
Come experience process painting with some light discussion and writing on either end of the 2.5 hour session. Supplies are provided.

Spring Renewal: Creating with the Herd. Come blossom with us as we explore creative energy with our herd on the farm! *w/ Sarah Kiani and Molly DePrekel at Innisfree Farm in Hastings, MN*
9am-3pm CST | Sat, May 18 | $150
Participants will explore paint fabric and materials from nature, as we create a group pathway way to lead ourselves and our Horses, through with hopes of spring. Activities will include themes of renewal, healing, grounding and rejuvenation after the long winter.

Save the date for our Summer Solstice Celebration!
Free to the community - come and enjoy foodtrucks, music, a bounce house and spiritual resources and activities!
Fri, June 21, 4pm - 8 pm outside of Carondelet Center

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www.wisdomwayscenter.org

Celebrating Unity

The Experience of Reducing Social Isolation

PHOTO SARAH WHITING

reported by
Mikki Morrissette

Some of the festivities at the Imagine Act 2024 event included tiara-making.

Marnita Schroedl and her team know how to throw a party. At Imagine Act 2024, a recent women's empowerment event at Westminster Presbyterian in Minneapolis, halls were filled with food and drink catered by women-led businesses, glitter tattoo artists, materials to make tiaras, question prompts on tables to spark conversations, a group photo station, and interactive activities to get people mingling on their feet.

Since 2005, Marnita's Table has brought together thousands of people to help transform individual or organizational behavior. Different levels of training serve neighborhoods, schools, governments, or businesses.

The events feature an Intentional Social Interaction (IZI) model that uses experience-engineering methods to build bridges across difference, counteract implicit bias, and adjust preconceived notions of the "other."

Events take place in homes, senior housing, and companies, and have even taken place at the Mall of America. The cities of Bloomington, Richfield, and Edina are collaborating on a youth mental health program using IZI facilitators. All involve food and getting acquainted, generally organized around a theme chosen by the host.

Training director Lauren Toussaint says, "IZI can be used to catalyze authentic relationships across differences, get community input on a particular issue, or create a unified vision with a diverse group. Post-pandemic, most IZIs have centered around the topics of social isolation, mental health, and healing from trauma."

continued on next page

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Schroedl says personal safety is a common concern raised in community conversations.

Discussion cards randomly available on tables offer prompts for conversation:

- If you had to pick two things about yourself that you value the most, what would they be?
- Have you had a conversation that changed your life?
- Do you know what relationships you need to move forward in your dreams, goals, and visions? Do you know how to find and develop those relationships?
- Are you skilled at placing boundaries? How did you develop that skill?
- Have you ever felt excluded from a space, group, or organization because of your gender?
- Change: love it, or not so much?

A concluding activity at this event tapped into feelings of not being seen. Everyone stood in a circle. One person started off by telling the person on the left how he or she wants to be seen. That person responded, "I see you," then shared her own way of wanting to be seen to the person at her left. This went on until the full circle of more than 50 women had spoken.

A few ways some of the people at the event filled in the phrase: "See me as…"

- "A singer of songs."
- "An authentic Black woman who's willing to share my lesson."
- "Someone at peace honoring my God."
- "Someone who loves you, unconditionally, my daughter."
- "Someone who accepts, respects, and protects fiercely."
- "Someone who is confident but empathetic."
- "A daughter of immigrants paving the way for her family."
- "A transitioning and evolving human being."
- "Someone who deals with life by randomly busting out dancing."
- "One who witnesses injustice and still has hope." MWP

Marnitastable.org

See our profile of Marnita Schroedl from 2018: womenspress.com/marnitas-table-a-recipe-for-cross-cultural-relationship

Join Our Badass Event of the Year

written by Mikki Morrissette

PHOTO SARAH WHITING

(l-r) PaHoua Vang and Becca Gilbuena, MNCASA; Guadalupe Lopez and Nikki Engel, Violence Free Minnesota; and Rosario de la Torre, Esperanza United, are helping us prepare a public safety discussion guide focused on gender-based violence that will be launched at the April 13 event.

The Minnesota Women's Press April 13 event "39 Years of Voice and Vision" will be a jam-packed Saturday afternoon event to celebrate Badass Minnesotans — and our survival as the longest continuously run feminist publication in the U.S.

This event is livestreamed and in person only for members of the Badass community (womenspress.com/be-a-badass). If you cannot offer membership support at this time, contact editor@womenspress.com for options to volunteer or be gifted from a member.

Session #1: Public Safety

We have been working with Violence Free Minnesota, Global Rights for Women, Minnesota Coalition Against Sexual Assault, Esperanza United, and a member of the Ramsey County attorney's office to create the first in a series of discussion guides for statewide conversations about public safety. The first guide is about gender-based violence, lifting up details from stories we have written over the past year so that they can lead to discussions in community centers, homes, and coffee-shop chats with neighbors.

At the event we will share details about these future discussions and invite Badass members to help us test and refine the guide before we make it available to the public.

Minnesota Women's Press has been writing about gender-based violence for decades. There has been some progress in how communities and law enforcement acknowledge domestic violence as more than a "private issue," but that does not mean society has gotten any better in reducing it.

In 2023, Violence Free Minnesota reports, there were more homicides resulting from domestic violence in Minnesota than any other year since they began tracking in 1989. The second-highest caseloads with the Hennepin County attorney's office since 2019 are domestic assaults, behind only drug cases.

Gender-based violence should not be considered "normal."

According to the National Coalition Against Domestic Violence, in one typical day there were 1,975 adult and child survivors of domestic violence in Minnesota who reached out for program support; an additional 325 were turned away because of lack of resources. In comparison, 2022 data from the Minnesota Bureau of Criminal Apprehension noted there were 598 carjackings and 182 offenses involving homicide — two crimes that tend to get more public and media attention.

After three emergency responders were tragically killed while responding to a long-time perpetrator of domestic abuse, the news focused on their deaths. The *Star Tribune* headline, for example, was: "Two Burnsville Cops, Paramedic, Shot and Killed; Gunman Dead." A stronger headline could have been: "Man Who Terrorized Women and Children for

continued on next page

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Years Kills Three Emergency Responders in Burnsville."

We would like to see — from traditional media outlets that have more resources than we do — a story about how the seven children and ex-partners traumatized by this man are being helped by community. Or a story about why Judge Dannia L. Edwards rejected a plea by this man to own guns legally, and how he got firearms anyway. Or a story of the judge who gave this man primary custody of three of his children despite an ex-partner's testimony that he was dangerous.

Gender-based violence survivors and advocates have been trying to change systems of media attention, law enforcement prioritization, and funding options for decades.

Minnesota Women's Press kicked off its "Reducing Gender-Based Violence" series in January 2023 with an interview with Diane Rosenfeld, Harvard-based author of *The Bonobo Sisterhood*, who promotes a collaborative approach to domestic violence — named after the females of the bonobo species that collectively thwart male aggressors. She says, "In 1994, I said this kind of violence is so predictable as to be preventable. I'm still saying the same thing."

Rosenfeld wrote in a 1994 *Chicago Tribune* commentary: "Often, she considers herself to be a victim only to the extent that society considers him to be a criminal."

Recently, we offered the commentary of Violence Free Minnesota after the Burnsville story was in the news. An excerpt: "There is a profound tiredness in recognizing that every year domestic violence victims in our state are murdered brutally and with little public outcry. … The gravity of investing in alternative responses to the criminal legal system cannot be understated, and has remained a call to action for decades now, particularly from Black and indigenous leaders in our movement. When community-based advocacy is adequately funded and resourced, survivor and community safety increase and domestic violence calls to police decrease."

At Minnesota Women's Press, we believe the role of media is to help elevate conversations that can lead to policy changes and provide resources to grassroots organizations that are working on solutions *before* an emergency response is required. We believe that by talking with — not simply to — community, a shift in culture mindsets can finally become more effective at dealing with everyday traumas that people face: financially, emotionally, logistically.

The April 13 event will discuss how community can be part of the solution in 2024. Thanks to new underwriting from Minneapolis Foundation, and ongoing support from a woman-owned Valvoline franchise in northern Minnesota, we are able to begin deeper work on how media and community can talk more comprehensively about the realities of and solutions to gender-based violence.

Session #2: Diversity in Politics

Vote Run Lead and Women Winning will share insights about how people can support 2024 candidates and campaigns in Greater Minnesota, where women, young adults, and residents from BIPOC and LGBTQ+ communities have difficulty getting seats at decision-making tables. They will outline some of the campaigns attempting to unseat incumbents who are anti-choice and who support undemocractic ideas.

Session #3: Collective Health

In May, we launch an ongoing Changemakers Alliance online series called Collective Health. It will focus on all the interlocking puzzle pieces involved in a healthy Minnesota ecosystem: housing, mental health, strong local economies, youth well-being, and addressing health disparities.

PHOTO SARAH WHITING

Patricia Cumbie from Global Rights for Women edits the public safety discussion guide that is being co-created for the April event.

A panel discussion at the April event will include Dr. Catherine Squires of African American Leadership Forum; Shea Holt of Alternatives to Violence Project; and Joyce Tofte, of Southwest Minnesota State University in Marshall. Tofte works as an advocate for gender-based violence survivors and co-leads anti-racism work that centers BIPOC residents in southern Minnesota.

Three Performances

- Junauda Petrus will do a reading from her Minnesota Book Award–nominated storybook, *Can We Please Give the Police Department to the Grandmothers?*
- Deneal Trueblood-Lynch and cast will perform from her play *Secrets*. The play is about trauma that impacts a majority of women — imprisoned instead of healed — at the Shakopee Women's Prison.
- Spoken word artist Muna Abdulahi will offer insights. At the January inauguration ceremony of an all-women Saint Paul City Council, she shared: "The truth is, to be a woman in a space that was not built for you is to know how to build space with your bare hands, to demand the attention of any room you step into."

First Annual Badass Minnesotans Awards

Badass members voted for the first annual Badass Minnesotans Award, whose recipients will be recognized at the event.

Coming Up in June

After Dr. Squires published a column with us about her experience as a Black woman in academia, it resonated with readers around the country. With support from the African American Leadership Forum and University of Minnesota Press, we will host a June 2 discussion with Dr. Squires; Dr. Rachel Hardeman, who leads the Center for Antiracism Research for Health Equity at the University of Minnesota; and Taiyon J. Coleman, author of the forthcoming *Traveling Without Moving: Essays From a Black Woman Trying to Survive in America*. MWP

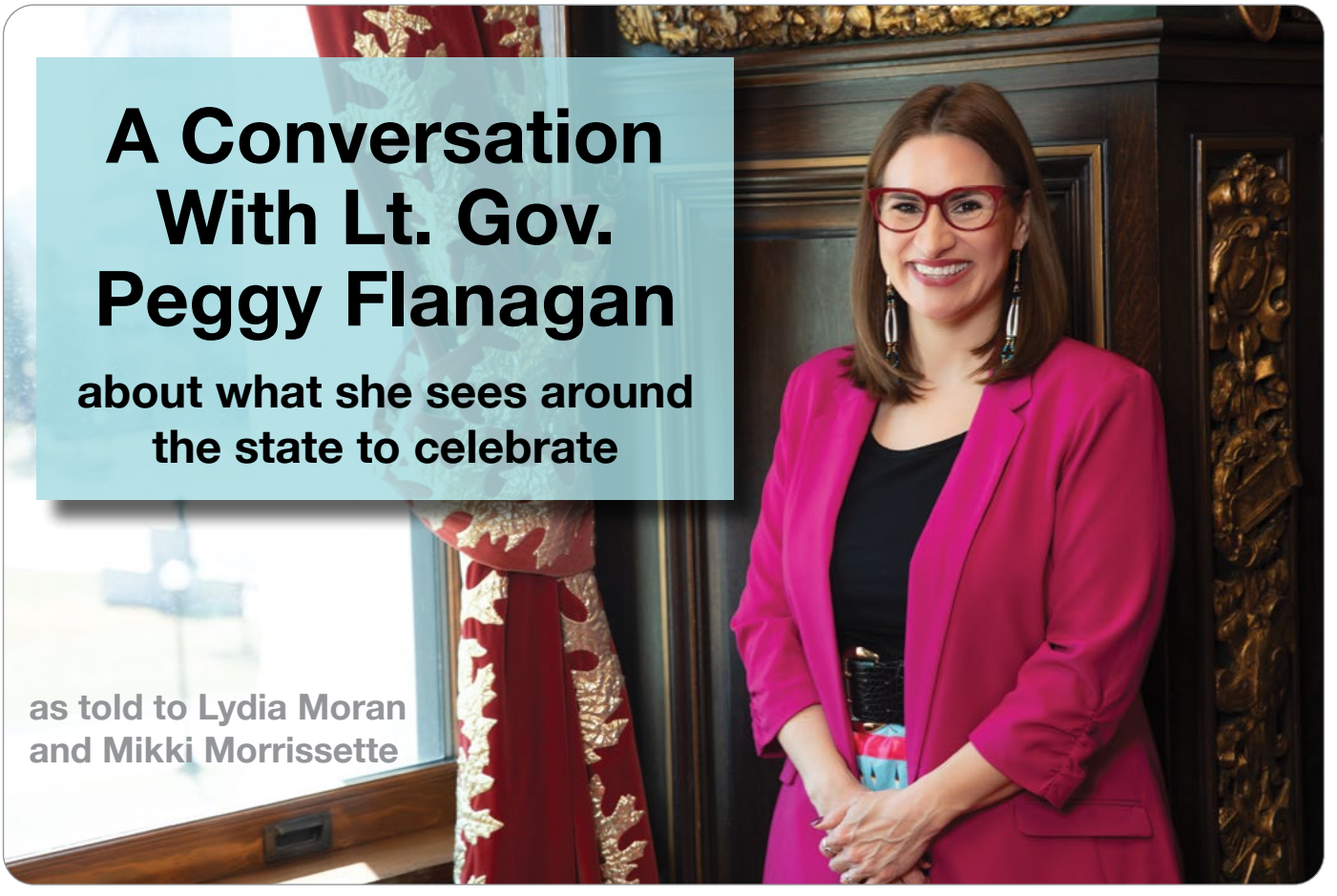

PHOTO SARAH WHITING

A Conversation With Lt. Gov. Peggy Flanagan

about what she sees around the state to celebrate

as told to Lydia Moran and Mikki Morrissette

You championed legislation in 2023 to provide free breakfast and lunch in schools. What stands out for you from that productive year?

This past year has been just incredible. For me, I literally ticked off all the policy priorities I've ever had — we got them done. That's a beautiful and powerful thing.

I was pretty overwhelmed when we did our school visit recently and saw all these kids come through the line to get lunch. Instead of needing tickets or a number to eat, kids were simply eating, smiling, and laughing. We've heard anecdotally that it is making a difference with school attendance, increasing the students' ability to concentrate and be present, and reducing the overall stress level in the classroom. There is also the quantitative data that tells us there is a 30 percent increase in students who are getting breakfast and lunch.

The child tax credit, paid family medical leave — the system will be built over the next few years. Things don't always move quickly in state government, but some things have. We'll be feeding kids this summer. The full spectrum of investments we made in housing are linked and impact children directly — from our relatives who are sleeping outside; to those who are seeking shelters, transitional housing, and supportive housing; to those in need of rental assistance; to first-time homebuyers.

Our priority is to make Minnesota the best place in the country to raise a child. We've always had a hypothesis about what would happen if government were focused on that. We are in the middle of that experiment, and I think we're going to get good results.

The things that remain, of course, are disparities. I think about the disparities around Black and Native maternal health and birth outcomes. We'll be looking at that. Our Office of American Indian Health and our new African American Health State Advisory Council will be important for research and policy ideas to help close some of those gaps. Helping families stay on Medicaid and medical assistance will be important for those outcomes. So, we're doing good work.

In the grand scheme of the country, when we look at rates of poverty or well-being, we're doing well in Minnesota. But for us, "well" is not good enough, until we make sure that we're closing all the gaps that our children are falling through. The new Department of Children, Youth, and Families is going to offer the foundation for making sure that we're continuing to move this work going forward.

How do we actually pay for everybody to have well-being?

You pay for it now, or you pay for it later, right? We are nerdy research-based people in Minnesota. We know that early investments pay off in the long run with reading scores, high school graduation rates, and going on to get an advanced degree. The proof is in the proof — we make these investments early, and the state saves money in the long run.

I truly cannot wrap my mind around how people object to feeding children at school. As Minnesotans, this is who we are. We should feed kids. We can't afford not to.

We recently did a story with the University of Minnesota's Center on Women, Gender, and Public Policy, talking about the gender wage gap. You were a champion of legislation about that. What are you excited about in terms of closing gender gaps?

I want to make sure that we have the best paid family medical leave program in the entire country. In order to do that, we have to roll it out intentionally, very carefully, so it can be a model for everywhere else.

The policy area that is my priority is making sure that landlords can't discriminate about sources of income. It absolutely is a woman's issue. My mom and I moved to Saint Louis Park when I was a baby because she had a Section 8 housing voucher that was allowed there. It completely changed the entire trajectory of our life; being in the community of Saint Louis Park gave me tremendous opportunities. We shouldn't deny that to any other family. I think that will be the policy that I'm championing.

We're focused on gender-based violence. What would you like to see happen statewide about teaching young boys healthier masculinity?

We don't talk about it enough — how we teach young men and boys about healthy masculinity and what it means to be a man, which includes being caring, supportive, and tender. People have to have those conversations in their homes. I see Native men having these conversations in places like Duluth.

I am a survivor and a child witness. For me, it has also been about breaking the cycle, [making sure] my daughter sees what a healthy, loving relationship looks like so that she doesn't have to endure what, frankly, generations of women in my family have gone through.

I invite you to look at the comments online after any woman in politics says anything, especially a woman of color or indigenous woman. There are attacks on looks, grounded in gender-based violence. How do we have conversations around the toxic environments that are created there? Social media is not real life, but it seeps into reality.

The Red Flag Law that just became law on January 1, led by Cedrick Frazier (D-43A), was about gender-based violence, because of how many women die at the hands of an intimate partner with a firearm. So there are policy solutions as well, yet it's not just one thing that we do. It has to be a cultural shift. It is about how men demonstrate respect in discourse — what happens in committees, how the governor and I conduct ourselves. It's all part of how we model what this can and should look like, especially for our young people.

What are you seeing around the state, particularly in Greater Minnesota, that gives you hope in terms of moving the needle in electing more representative voices?

I think about being one of the founding members of the People of Color and Indigenous Caucus in 2016. And now what we're seeing is growing and really powerful. I want to mention my new Saint Louis Park mayor, Nadia Mohamed. We were at an event at Westwood Hills Nature Center on racial healing. It really did look like the city — super diverse, age-wise, race-wise, different schools.

I think about Liish Kozlowski (D-8) in Duluth, who has taken tremendous risks in their leadership, and how they've shown up as their authentic [two-spirit] self. Sometimes it's been really difficult, but I also have watched people feel like they are reflected in a way that they just haven't been before.

I look at the work AICHO [American Indian Community Housing Organization] is doing in Duluth, investing in housing for survivors of domestic violence and their families. The art that's there, the garden on the rooftop — while not directly related to elected leadership, they're changing the conversations that are happening in the community.

We just did a tour of shelters, listening to people who have experienced being unhoused as well as advocates, to talk about culturally relevant and supportive housing that wouldn't have happened if the conditions hadn't been curated in the community. Representative Kristi Pursell brought new housing to Northfield; women were the developers building that housing.

Building new housing — it's mostly women who are doing this work, finding these solutions, and bringing people together to craft the policy.

All the victories that we had last session didn't happen just because of the 2022 election. That would be the easy part of the story. It's actually because many of us have been working on these issues for two decades, and we are now seeing the fruit of that organizing.

When we talk about ecosystems, one of the most important ecosystems we have here is of progressive

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movement leadership. I'm looking at my picture of Senator Paul Wellstone, thinking about how many of us grew up on that campaign — Saint Paul mayor Melvin Carter being one of those people — moving into positions where we could pull the levers to get things done that we wanted to see.

It's been really important that we're having intentional conversations together. Of course there are tensions that are very hot for people, but when it comes to getting things done at the state capitol, we have been clear that we are moving toward something together.

One of the most powerful stories of women in Greater Minnesota is the passage of driver's licenses for all. It has been from the beginning a woman-led movement — women who kept the faith, women who would not give up, women who would testify and hold space, leading conversations in the basements of churches.

Another woman I adore is Anne Schwagerl, who is the vice president of the Minnesota Farmers Union. I watch her work in an industry that has been historically dominated by men, bringing the voices of women in, talking about child care, paid family and medical leave — bringing in emerging farmers and more people of color, more indigenous folks, and creating the ecosystem. Agriculture is changing. The Minnesota Farm Bureau just had an urban agricultural conference focused on the work around emerging farmers.

So we're in this moment — the ecosystem and the culture that we have built around moving big things here. Yes, there are people who are pushing back, but there are always people pushing back.

We've continued to organize and have conversations with Minnesotans about the kind of state that they want, and how they want to show up and care for each other. We'll continue to take big strides forward and move back a little, but we have consistently moved forward. That's part of who we are. MWP

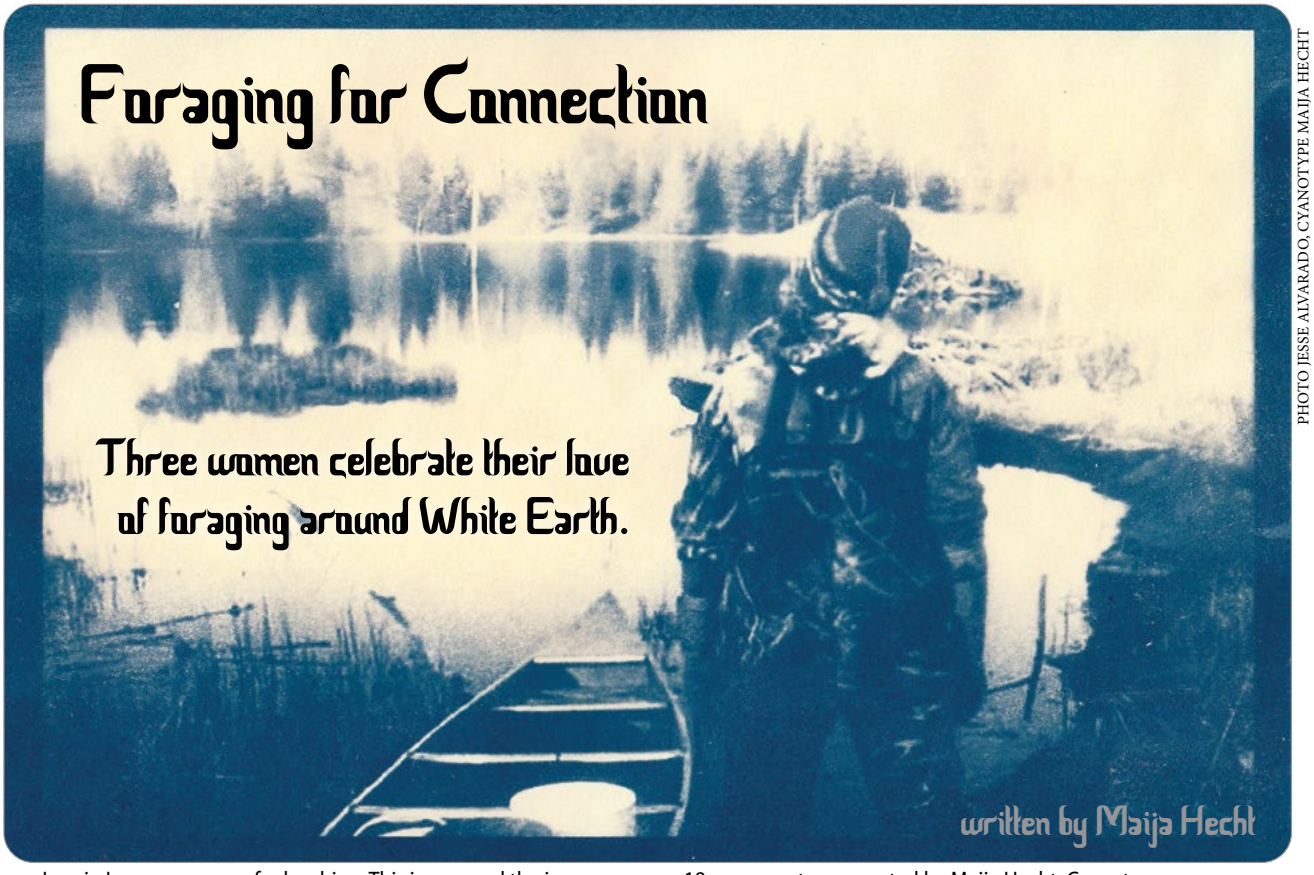

PHOTO JESSE ALVARADO, CYANOTYPE MAIJA HECHT

Jasmin Larson prepares for leeching. This image and the image on page 18 are cyanotypes created by Maija Hecht. Cyanotypes are made using using a slow-reacting photographic printing method with materials sensitive to UVA radiation.

Sumac

In the warmly lit living room of her house on the edge of White Earth Reservation, Jasmin Larson returns from her pantry, holding a jar of dried sumac berries. "Would you like to try this?" she offers, spooning a small ruby pile into an empty tea sachet. She drops it into a jar of cold water, and hands it to me. I look down with a bit of trepidation.

"Staghorn sumac," she adds. "It's not the same as poison sumac. You won't have a reaction, I promise," she says, and laughs. "I would know."

Like many Minnesotans, Larson grew up wary of the common trio of poisonous plants: poison ivy, oak, and sumac. The reputation of the latter often overshadows the showy medicinal shrub that favors roadsides and wooded prairieland, sour-sweet like pink lemonade and chock-full of vitamin C and antioxidants. Larson credits brewing staghorn sumac tea with her students with staving off bouts of seasonal sickness in local schools where she has been an Ojibwemowin (Ojibwe language) teacher and outdoor educator. Sumac is only one of many medicines filling her winter pantry, but the journey to that abundance was a long road that began with a bad case of poison ivy.

Poison Ivy

"One fall day I took my little cousin [who is deaf] out to the woods. She signs to speak, so I was doing things with her that we didn't need talking to do. Back then, I was always driving dirt roads to find out where they went. And, of course, poison ivy grows on the edge of the forest."

Larson recalls a warm, rainy day when the changing leaves looked so beautiful that the pair forgot to look out for poison ivy's telltale jagged trio of leaves.

"The [rash] spread really, really bad. When I went to the hospital they gave me a shot. The next day I woke up and I could not close my hands."

Her mouth and hands were swollen shut from the rash and an allergic reaction to the injection. Larson called her best friend, who drove her back to hospital, where a group of medical staff circled her, at a loss for what to do.

"They sent me home like that," she says. "So, [my friend] brought me to Sunfish. Sunfish was a medicine man. I could barely see when he walked me outside. He brought me straight to the lake, next to this big tree where hoary alyssum

continued on next page

PHOTO AUDRIANNA GOODWIN, CYANOTYPE MAIJA HECHT

Blueberries

was growing all around. Once I stopped to look, I realized it was growing everywhere. He told me 'boil it until it's the color of Mountain Dew,' and I thought that was so funny. You know how you'd expect a medicine man to be all professional or serious about this stuff? But no, he said boil it until it looks like pickle juice and put it on your face as hot as you can stand till it goes away."

Hoary Alyssum

Within hours of following his instructions, the swelling had almost completely disappeared. Hoary alyssum, a flowering member of the mustard family, is especially drought tolerant and favors the dry soil of pastures, hay fields, and disturbed areas. It is listed as an invasive species in Minnesota and toxic to grazing horses, so most farmers work against its encroachment. However, as declared by Peggy Hemingway, an Anishinaabe tradition bearer who contributed to a 2017 study on recontextualizing invasive species, "everything is good for something."

"I find it really special that a weed you see in the ditch all the time, even something called invasive by the DNR, can cure poison ivy," says Larson. "It's just that no one teaches most people how. Why are we living in a world where this isn't common knowledge and the way of life? Once you realize how many things are put on this earth to heal us, and how many things we don't utilize, no one needs Walmart. Later on, with Sunfish, I was able to attend Ceremony and see how we [Anishinaabe] deal with things. That was a huge turning point in my life."

Larson began directing her energy into research. Through community, online resources, books, and friends, she began learning more about medicinal plants and experimenting with preservation methods. As a schoolteacher at Naytahwaush Community Charter School at the time, Larson began incorporating foraging into her classroom. She found that combining lessons on traditional medicines with her language classes gave kids an outlet to burn off energy while earning their interest in a way the indoor classroom couldn't. Not only did sharing those lessons benefit her students, it also cultivated what will likely be a lifelong friendship.

Jazzmin Blackwell, from Grand Portage Band of Lake Superior Chippewa and Muscogee (Creek) Nation, was introduced to Larson when she was assigned to her classroom as a paraprofessional. She grew up in a family of manoomin (wild rice) and medicine harvesters, and along with her father, she credits Larson for getting her back into the woods.

"I never knew how much I missed the woods until I was covered in ticks," she says with a laugh.

Together, they hiked and foraged all over White Earth for berries, mushrooms, and herbs such as yarrow, rosehips, and wild mint. While Larson continued learning about new plants and their uses, Blackwell began a detailed record of their harvest locations, species, and abundance. When teaching students to forage, Blackwell said they repurposed mesh bags from onions or oranges because "the shaking from kids running around replanted those seeds for next season."

Dandelions

In 2022, Blackwell was diagnosed with stage four endometriosis and prescribed a string of medications for post-surgery maintenance. After enduring their many side effects, she decided to supplement her healing with plants she and Larson had learned about together. Months of trial and error eventually led her to dandelions.

"I haven't had a flare-up in almost two months now," she said. "I want to say it's that dandelion tea."

Dandelions are cited by the *Clinician's Handbook of Natural Medicine* as a botanical support for endometriosis. Dandelion root extract is known to support liver function and gallbladder detoxification — and aid in regulating estrogen, the excess of which is one of a few causes of the disease. Larson emphasized that they're careful when picking dandelions, because many people spray them with herbicides.

After years of foraging and teaching together, and Blackwell's documentation of their findings, the pair began to notice how certain plants they harvested responded to seasonal precipitation and climate shifts. In a year of record-high temperatures in Minnesota, Blackwell expressed her uncertainty about what's to come during the 2024 growing season.

Strawberries

"As a harvester, you notice those things," says Audrianna Goodwin, longtime friend to Larson from their years as students at Leech Lake Tribal College. Now, Goodwin splits her time between serving as the Tiwahe Initiative specialist for the Red Lake Nation and living in the Twin Cities, where she is a researcher for the TRUTH Project, a collaborative research assessment of the University of Minnesota's historic relations with the 11 Tribal Nations of Minnesota.

"Last summer, Jasmin and I went looking for blueberries in an area where she had been before," says Goodwin. "When we arrived, there were barely any. We talked about that for a little while, and then she introduced me to a couple plants. That's also the nature of our relationship, we share with one another.

"Berry picking is an act of love. Harvesting with your family is love. When we cook together, where we gather, all of the time put into making a dish, all of that time is love. One of our most precious gifts to give is our time."

For Goodwin, that love remains the root of her professional work. Lately, her time has been invested in research for the TRUTH Project. During that research, she read a report by another tribal research fellow that detailed the story of a boy and his dad who were "picking berries in [what was] a contentious area around the 1860s," says Goodwin. "It was a place they had known to go," but when a group of colonizers came across the pair, they shot and killed the father in front of his son. "They were doing such a simple thing, picking berries, that act of love."

It's only one story of many, says Goodwin. "When the trees were taken, when the ecosystems were altered, when the dams were put in, that changed how we were able to harvest. There's a lot of sadness in that. For so many generations, there has been a disconnect. It's harder than ever for us to engage with those parts of ourselves, as we should be able to."

Engagement, through actions as simple as spending unstructured time outdoors, is scarcely available within the structure of westernized work-life schedules, explains Goodwin. Actions, as simple as listening to flowing water, stories, and the quiet in between, make up the ripples of "a shift [that is] happening, especially in indigenous communities."

In conversation with Zoe Allen for her thesis, "Ginanaandawi'idizomin: Anishinaabe Intergenerational Healing Models of Resistance," Kim Anderson, an Ojibwemowin speaker and educator at Naytahwaush Charter School, discussed how "one of the greatest solutions in remedying the intergenerational pain underlying addiction is returning to traditional pathways, including Anishinaabe ceremonies [and] seasonal traditions such as harvesting."

"We [White Earth Nation] need more relatives that are helpful in ways that are more geared toward Ceremony," Anderson added.

"It was the third week in June," recalls Goodwin. "We were picking berries at my auntie's house in what they call 'the backfield,' an open area of sandy ground and low grass, the perfect environment for strawberries to grow. Those strawberries were the size of the tip of my pinky. Tiny, juicy, wild strawberries. The kids and other people were picking too. Then, my auntie Bambi shared the Story of the First Strawberry as she knows it. It's a story about love and forgiveness."

The story is one she recalls often when picking berries. It reminds her of the joy she felt as a child, being out in the woods with family, Goodwin explains.

"It's also knowing my ancestors did these things," says Goodwin. "That there have been women picking in these places for generations, for as long as the sun has risen in the East and set in the West. That's how long these relationships with the plants and the earth and the water have been nurtured. Just being able to take care of one another, because they need us, too, to help take care of them and to take care of them in a good way." MWP

PHOTO MAGGIE THOMPSON

Maggie Thompson's *Sharing Honors and Burdens* Installation Celebrates the Lives We Lead After Grief

written by Phoebe Young

Studio assistant Mary LeGarde works on a loom for the piece "I Get Mad Because I Love You."

When Maggie Thompson calls, the Twin Cities answer.

Last February, Thompson put a call out on social media for volunteers to help her create beaded works that would be displayed in the Smithsonian American Art Museum in Washington, D.C. Volunteers were welcome in Thompson's studio anytime from sunrise to sunset. No beading experience was needed; participants were taught the stitch and loom techniques when they arrived. The only requirement was to show up and give what you could to the project.

More than 50 people across the Twin Cities, ages 11 to 80, answered the call. Over the course of three months, they logged hundreds of hours of beadwork for the show's final pieces.

Thompson might be best known for her knitwear, cowls and hats with bold linework, sold under her Makwa Studio brand. Born and raised in Minneapolis, Thompson has been working locally as a textile and multimedia artist for over a decade. After receiving a bachelor of fine arts in textiles from the Rhode Island School of Design in 2013, she returned home and debuted her first solo show at All My Relations Gallery. Since then, her fine-arts work has been shown across the country, and her knitwear brand has gained national popularity.

Thompson, who is a citizen of the Fond du Lac band of Lake Superior Chippewa, was one of six indigenous artists invited to exhibit multimedia pieces for the Smithsonian's Renwick Gallery invitational last year. Curated by Lara M. Evans (Cherokee Nation), *Sharing Honors and Burdens* was an exploration of the responsibility of representation, tradition, and innovation that indigenous artists hold in their communities.

"It wasn't feeling right to be working on [the pieces] on my own," Thompson says. "I think it was always meant to be built within the community."

Contemplative Beading

One of the two pieces, "On Loving," is a trio of vinyl body bags, each adorned with an eight-point-star quilt pattern at the center. Volunteers and assistants hand-stitched rows of copper beads around each of the stars in the months leading up to the exhibit.

The idea for the body bags "came from thinking about Covid and collective loss" and its impacts on indigenous communities, Thompson says.

"I Get Mad Because I Love You" required a custom loom that could seat up to three people at a time. The final piece, standing four feet wide and six feet tall, was painstakingly assembled with rows of opaque and translucent white beads repeating the title words. Meant to convey the verbal manipulations

used within psychologically abusive relationships, the piece is an optical illusion — the words "I love you" are clearly visible in white beadwork, as the translucent beads that spell out "I get mad because" almost slip away into the background.

Meticulously creating these tributes to personal and collective grief created a space of healing for indigenous and non-indigenous volunteers.

When the pandemic first hit, volunteer Lauren Beuckman had just moved her family back to the U.S. "I had been feeling quite isolated and disconnected when this project started up, and it created a beautiful third place [outside of home and work] for me to interact with friends, acquaintances, and strangers."

Even in a city that is well-known for its indigenous arts community, a space where up-and-coming indigenous artists create a shared project while expanding their craft can be rare. For studio worker Renee Belanger (Red Cliff Band of Chippewa), the project provided a place where she could build connections within the Twin Cities indigenous community while deepening her beadwork skills. As the owner of a small beadwork business, she had experience with loom beading and stitch beadwork — but the scale of this project was new.

"There was a physicality to it that I couldn't have predicted," Belanger says. "At times we were literally shoulder to shoulder and knee to knee inside of the loom while creating this intensely personal and beautiful piece."

Studio assistant Mary LeGarde (Grand Portage Band of Lake Superior Chippewa direct descendant, Fort William First Nation) saw how beading created intimacy among beaders. "It was this beautiful time of being open [with others]," she says. "Beadwork gets you into this really mellow state, and it's easier to share. You're working with your hands, and it becomes meditative."

PHOTO MAGGIE THOMPSON

Volunteers bead "I Get Mad Because I Love You."

PHOTO PIXELME STUDIO

Visitor looks at "On Loving" at the Renwick Gallery in Washington, D.C.

As one of the younger people working on the project, LeGarde also found guidance in the stories and advice people shared with her during the work. "It just felt like I was surrounded by relatives who just wanted what was best for me."

While there are different cultural traditions around beadwork, some indigenous cultures teach the inclusion of a spirit bead in a work that deviates from the overall pattern. This is the beader's way of stitching humility and imperfection into a final piece. There was a spirit bead in one of the body bags, but Thompson says the larger act of humility was allowing the imperfections that come with collaborating to weave throughout the works.

The different techniques people used to stitch throughout the work became "one of the most beautiful parts," Thompson says. "I found that the stories hidden behind the work were just as, if not more, important than the end product."

"People really loved being a part of something that felt 'big,'" says Belanger. "Working on a project that is now displayed at the Smithsonian isn't something that most of us will have an opportunity to do again in our lifetime."

When LeGarde arrived at the exhibit opening, she was taken aback by the feeling of being in the gallery with the finished pieces. "You know that, being Native, these pieces are alive," said LeGarde. "They're not just artwork for people to look at, they're like our relatives." MWP

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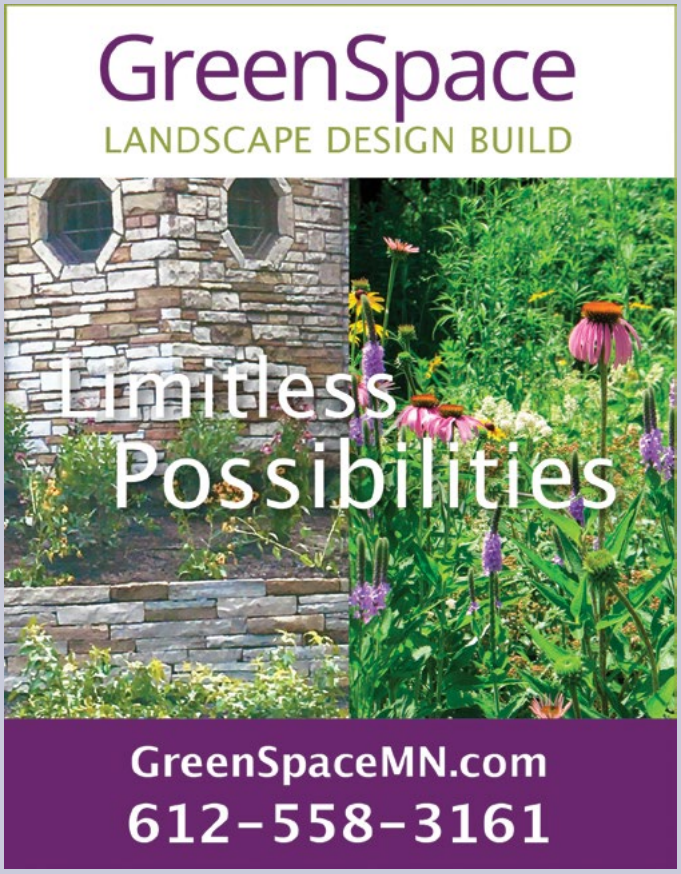

"Let Them Eat Cake"

A Tasty Glimpse at How Minnesotans Celebrate

reported by Amy Gage

COURTESY PHOTO

When Becky Xiong left her health care career and opened a Saint Paul bakery, she built the business concept around her Hmong elders, who had no experience with buttercream-frosted birthday and wedding cakes. "Our cake is different from American cake," explains Xiong. "We don't use a lot of flour." At her PaJai Fruit Arrangements and Bakery, sponge cakes are "inspired by French pastries," and topped and filled with a variety of fruits — mango, kiwi, pineapple, berries. The watermelon image above is from a wedding.

PHOTO RACHEL TRAXLER PHOTOGRAPHY

Cake art is the specialty at Perfect Piece Sweets Co., based in North Minneapolis, which aims to "redefine old-school desserts." Owner Melanie Lewis has created culturally significant desserts for Somali and Ethiopian celebrations, and confections for a 15-year-old girl's quinceañera. Shown above is a Parisian-themed dessert table for a bride who wanted to pay tribute to her Parisian parents.

PHOTO PIXEL DUST PHOTOGRAPHY

At the 73-year-old Woodbury business Dorothy Ann Bakery and Café, Colleen Cicalello has produced cookies for Super Bowl parties ("Go Taylor's Boyfriend") and for divorces, vasectomies, and being cancer free. She says cake decorations look more like abstract paintings today than they did in the past, with "smears and watercolor effects."

PHOTO DULCE CALDERON

At Brick Oven Bakery in Northfield, fruitcake-like breads are popular among the town's Latine population for Día de los Muertos (Day of the Dead) in November and Three Kings Day in January. Rosca de Reyes is a soft, rich bread offered for Three Kings Day, celebrating the three wise men of the Bible story. It contains a baby Jesus figurine in the dough.

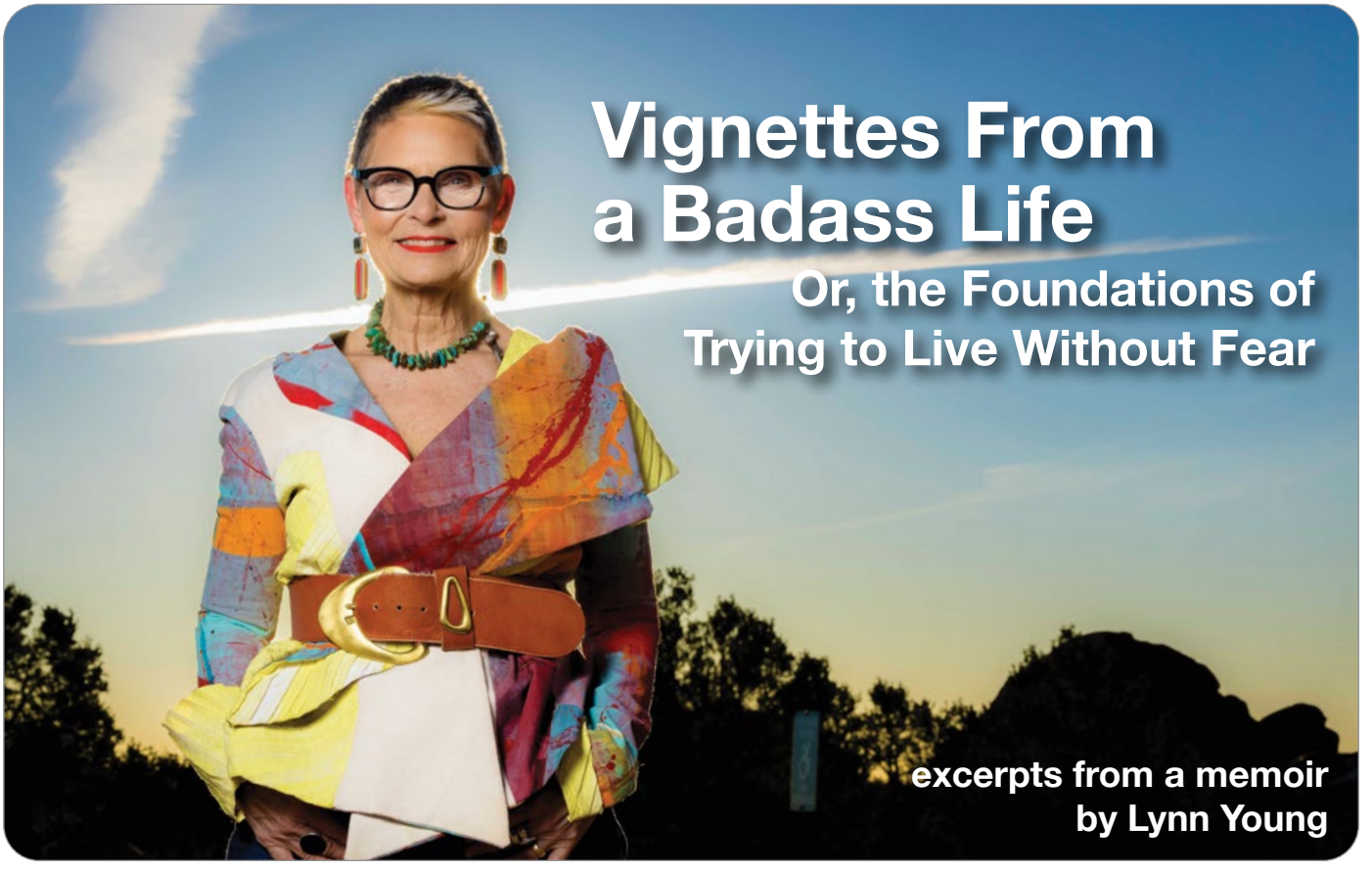

PHOTO CASA BAY PHOTOGRAPHY

Vignettes From a Badass Life

Or, the Foundations of Trying to Live Without Fear

excerpts from a memoir by Lynn Young

My badassery was spawned under the flight path in Richfield, my beloved free-range childhood home. I splashed down for a juicy year of life in Tasmania. Soaring over the Pacific, I launched newlywed life in piquant South Korea. Spice scandalized my Scandinavian palate. Ultimately, Colorado beckoned. Today, I write under her blue skies with the welcome soundtrack of coyotes' primal howls. I curl up with my guy. I celebrate my badass granddaughters. All the waters and places I've called home have richly nourished me, as have my various work adventures, from two different roles at Planned Parenthood — as training assistant and education program manager — to founding mama of the Badass Sagers (women who weren't born yesterday and are so not done). I'm wildly passionate about justice, finding joy when life gets lifey — and dark chocolate. Following are a few vignettes from the patchwork of my memories. I hope it inspires the tastes of your own sweet, badass life.

Coming of Age

It was 1967, and American culture was swinging wildly with the Vietnam War in full force, "hippies," and the emergence of "sex, drugs, and rock and roll." Girls were required to take Home Economics. We honed our domestic talents — blueberry muffin baking and A-line skirt sewing — with the soundtrack to *Hair* pulsating in the background. A thrumming, coming-of-age time to be alive!

To this day, I'd love to take a shop class. That was the boys' domain only. But tectonic shifts were rocking and dividing America. Within a year, we girls went from having to wear skirts that touched the floor when we knelt to my sophomore year in high school, when we were free at last to wear pants to school!

Young Adulthood at Planned Parenthood

I'd joined the Planned Parenthood team just after the office had been firebombed by anti-abortion arsonists and had burned to the ground. This was the late seventies, in a time of escalating anti-abortion protests. Our clinic was no exception. During the rebuilding, we all worked out of the basement. We were doused in wonderful staff trainings to gird us as we walked through the anti-abortion picket lines every day. We were aligned, alive, and up to good.

Two weeks before I left Planned Parenthood, a most surprising thing happened. My personal office was firebombed. It was a little pipe bomb — pitched by night from the shadows of a literal back alley next to Burger King. Luckily, no one was hurt.

Teaching in Korea

As political times darkened on the Korean peninsula, my walk from the bus to my teaching gig at the Cheonan Boys School grew more challenging. I marched through the public square, now pockmarked with over one hundred soldiers in full riot gear standing fiercely—replete with steel helmets and huge ancient metal shields. I wove through these warriors, wielding my way uphill. I'd never seen anything like this before. This was the season of the Gwangju Uprising, and it was shocking the nation.

Overnight, it suddenly became illegal for Americans to teach Koreans. Bam! The autocratic fist closed that sweet teaching chapter of my life, without even a chance to say goodbye to my beloved students.

The Big Shift

My 27-year-old face stared back at me from my bathroom mirror. Rugged and raw. It was Sunday morning, April 6th, 1982. It had happened again. The whole morning wasted.

[I was] tired of losing whole weekend mornings to hangovers. Tired of asking Ben to help me not drink too much before going out — and then flaring angrily when he did. Tired of being jolted awake, drenched by fear, and waking Ben to find out what I'd done. Tired of buying the cheap wine so I'd drink less because it would taste so bad. Tired of buying the expensive wine so I'd value it more and drink less. Tired of only getting respite when I'd drunk it all, or I "fell asleep" or blacked out. Tired of feeling increasingly depressed even though I had my dream professional job, a fab new husband, cool hip rowhouse digs, a supportive family, and an abundance of wonderful friends. Tired of the incessant cry of the mantra that wailed from my guts chanting, "Where's the joy?" Where. Is. The. Joy?

I actually don't know exactly what happened or why that day. Here's what I know, though. My dear friend Carol Johnson had invited me to a film on alcoholism. I remembered that it was tonight. I'd blown her off the last time. But…

Something in me shifted. As I faced my face in the mirror, I decided. This was my day. I called Carol and said yes. That night, there I was, a young feminist sitting on a hard folding chair in the Edina Public Library watching an old-time, corny black-and-white film with the alcoholic Ward Cleaver–type guy coming home from work, briefcase in hand. And I instantly recognized myself. My floodgates burst.

We drove in silence to an ice cream shop nearby. Clutching my chocolate milkshake, I looked straight through my tumbling tears into Carol's wide eyes and blurted *confessed *admitted, "I think I'm an alcoholic. I want help." She burst into tears and lovingly said, "I'm so relieved. I just couldn't watch you kill yourself."

That day, April 6, 1982, was my sacred threshold. I haven't had a drink since.

Peak Experience

Barack Obama walked out to thunderous applause. Anyone who was there can tell you that as he began to speak, we experienced what can only be described as a "thin place." So hushed that you could have heard a pin drop. We. Were. One. Breath. Tears streamed down our faces. This was one of the peak experiences of my life, and I know I wasn't alone. In this sweet fruition, I was one small particle who helped Barack Obama became the first Black person to receive a major party's nomination for President of the United States. He said yes. We roared! A new, fresher, more inclusive tune was rising — at least for now. MWP

These excerpts are taken from Lynn Young's memoir, *Red Hot Living: Becoming a JOYful Badass Sager* (Hybrid Global, 2023).

Young asks readers to think about: Is now your time to recover from something big or small? What is it time for "less of" in your life? What is it time for "more of"?

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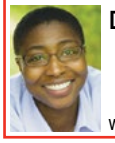
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Purple Rain Salad

intro from the "Bold Vegetables" chapter by Princess Titus

PHOTO ASHLEY MOYNA SCHWICKERT, STUDIO MOYNA

The women in my family were always growing and cooking food, no matter where we lived. My grandmother Odessa, or the "Big O," stood 4 feet 10 inches and got her culinary arts degree when she was 54 years old. My other grandmother, Laura or "E-ma," lived in the projects of Chicago's South Side, in a 16-floor cinder block building without any grass. E-ma loved to check in on the young mothers in her building. If they didn't have dinner plans, she would organize and feed the whole floor. After dinner she would teach women how to make tea cakes and darn socks. E-ma understood: food makes community.

DRESSING

½ cup extra-virgin olive oil
¼ cup pomegranate juice
¼ cup fresh or frozen raspberries
2 tablespoons white wine vinegar
1 teaspoon finely chopped fresh gingerroot
½ teaspoon salt

SALAD

1 cup shredded red cabbage
¼ cup chopped unpeeled purple daikon radish
½ cup coarsely shredded carrots
1 cup halved red grapes
½ cup blueberries
¼ cup finely chopped red onion
1 cup cooked brown rice
6 cups mixed salad greens
1 cup finely shredded raw, peeled red beets

To make the dressing: In a blender, process together the oil, pomegranate juice, raspberries, vinegar, ginger, and salt until smooth.

To make the salad: In a large bowl, toss together the cabbage, daikon, carrots, grapes, blueberries, onions, and rice. Then toss in enough of the dressing to lightly coat. Arrange the salad greens on individual plates or a large serving platter. Pile the tossed salad over the greens. Drizzle with a little more dressing, then garnish with the shredded beets.

To cook brown rice: Put ½ cup brown rice and about 4 cups water in a saucepan with a generous pinch of salt. Set over high heat and bring to a boil. Reduce the heat and simmer, covered, until the rice is tender, about 40 minutes. Remove from heat and allow the rice to stand, covered for about 8 minutes. Drain off any excess water.

Appetite for Change: Soulful Recipes From a North Minneapolis Kitchen will be available in July 2024 from University of Minnesota Press. © 2024 by Appetite for Change, Inc. Princess Titus is co-founder of Appetites for Change.

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