



# For Immediate Release: Mankato's Indigenous People's Day 2023 "Common Cook"

Mankato's Indigenous People's Day Committee is hosting Mariah Gladstone founder of [Indigikitchen](https://www.indigikitchen.com) to speak about "Sustainability & Food Sovereignty." Join us ahead of the event for a "common cook" to learn more about Mariah and her recipes!

Step 1: Learn more about Indigikitchen and Mariah Gladstone

Watch: TEDxBozeman - "Indigikitchen: [Healing from trauma through traditional foodways](https://www.youtube.com/watch?v=...) featuring Mariah Gladstone"

Step 2: Plan your Meal - All recipes can be found at [www.indigikitchen.com](https://www.indigikitchen.com)

Appetizer –

[Wild Rice Flatbread](#)

[Maple Pecan Snack Mix](#)

Soup –

[Three Sisters Soup](#)

[Pumpkin Lentil Soup](#)

[Instapot Butternut Squash Soup](#)

Bread -

[Mesquite Blue Cornbread](#)

Sides –

[Maple Roasted Delicata Squash](#)

[Acorn Squash with Wild Rice Stuffing](#)

[Apple Cranberry Pecan Wild Rice Pilaf](#)

[Potawatomi Berry Rice](#)

Main Course –

[Layered Enchilada Bake](#)

[Bison Sweet Potato Poblano Stew](#)

[Butternut Bison Lasagna](#)

[Stuffed Peppers](#)

Dessert -

[Peanut Butter Cookies](#)

[Chocolate Pumpkin Seed Brownies](#)

[White Bean Coffee Cake](#)

Step 3: Gather together to cook and share a meal

Step 4: Take photos of your food and/or event and post to our Facebook Page

Step 5: Meet Mariah! She will be speaking Monday, October 9th at Ostrander Auditorium on the Minnesota State University Mankato Campus, 540 W. Road, Floor 1 in the Centennial Student Union Building. 6:00pm-8:00pm. This event is free and open to the public.



Since 2018, the city of Mankato has recognized the second Monday in October as Indigenous People's Day. For more information, contact the committee via their Facebook page or call Megan Heutmaker at 651-491-1122.