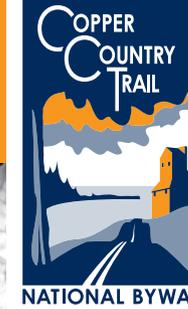




MICHIGAN'S  
KEWEENAW  
PENINSULA



Foodways &  
Traditions

# The Copper Country Recipe

*The foodways of the Copper Country are a colorful collection of seasonal favorites linked directly to the land and water. Individually, each food offers a unique flavor but together they form some of the regions favorite foods—thimbleberry jam, pasties, and Friday night fish fries. Like all great dishes, each experience is special and most importantly, timeless.*

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*Boiling Maple Sap  
Photo courtesy of Michigan Tech Archive*



Ice Fishing in the Keweenaw  
Photo Courtesy of James Klapperich



## The Essential Ingredients

Certified 100% Copper Country



Strawberry Harvest in Heinola  
Photo Courtesy of Finlandia University Finnish American Historical Archive

### WHAT THE SEASONS BRING

Nature's bounty in the Keweenaw is a reflection of the climate and what is able to grow successfully. Spring begins with the tapping of sugar maple trees for maple syrup and the delight of finding morel mushrooms in the forest. Summer is the berry season with raspberries and blueberries being highly sought, but the local favorite is the tart thimbleberry. Fall brings cooler temperatures and with it a plethora of mushrooms, apple picking, and the start of the wild game season. Winter welcomes plenty of snow to the area, but the residents do not stay inside; instead, it is the perfect time to cut a hole in the ice and go fishing.

### FOOD FESTIVALS

- **PASTY FEST**  
Enjoy all things pasty at this summer celebration. (Last weekend of June, Calumet)
- **HEIKINPAIVA**  
A Finnish-American mid-winter festival complete with Finnish fare. (January, Hancock)

### FLAVORS OF THE KEWEENAW

Local foods are not only found in the Copper Country's forests and waters; they are also in our local restaurants and shops! Look for these local staples to sample something truly special and unique:

- **PASTY**  
The pasty (PASS-tee) was introduced to the area by Cornish miners and has been beloved ever since! Similar to a pot pie, a pasty is a pastry that is typically filled with meat and vegetables and then baked. They were popular with immigrant miners in the Copper Country because of their portability, ease to eat, and nutritional value.
- **JAM**  
Since wild berries grow throughout the Copper Country, what better to do with them than make jam? Blueberries and raspberries are delicious, but for something unique, try a thimbleberry. Thimbleberries are typically ripe towards the end of the summer and resemble a blood-red sewing thimble. Their tart taste is unforgettable and makes a great jam to take home!
- **FISH**  
The Keweenaw Peninsula is surrounded on three sides by Lake Superior, which hosts numerous species of fish. Some of the most delicious include Lake Trout and Whitefish. Find them baked, broiled or fried at restaurants throughout the Copper Country.



Thimbleberries growing in the Keweenaw  
Photo Courtesy of Katie Keller