

sen from Estherville along with pastors' wives Linka Preus and Elizabeth Koren, who lived in the orbit of Luther College.

These essays will repay careful reading, singly and as a set. Each yields new insights, even when returning to familiar materials, and reading them together produces a multi-layered conversation about the book's common concern for a gendered investigation of Norwegian American life. One longs to attend a conference where the authors discuss their findings, offering additional perspectives on their overlapping topics. Although the chapters on textile production, health, and work and community take up examples from across the Midwest and Texas, even the cases not from Iowa are suggestive about women's experience in that state. The location of Hansen's fascinating study is sharply bounded; it nonetheless offers provocative suggestions for a more nuanced understanding of interactions between Dakota women and white women who were also outsiders to American culture. Urberg's use of the folkloric notion of a "hungry heroine" adds depth to her reading of fiction by Norwegian American women and hints at ways to understand the experience of the characters' real-life counterparts. Adding census data and other quantitative sources to the usual mix of letters, memoirs, oral history, and material objects, Mauk is able to trace changes in urban work patterns between generations and thus suggest how women adapted to the American setting. His move from description to analysis is typical for the whole collection.

Putting Down Roots: Gardening Insights from Wisconsin's Early Settlers, by Marcia C. Carmichael. Madison: Wisconsin State Historical Press, 2011. xviii, 237 pp. Illustrations (most in color), sidebars, recipes, appendix, notes, bibliography, index. \$24.95 paper.

Reviewer Jill M. Nussel is a lecturer at Indiana University–Purdue University Fort Wayne. In her research and writing, she has used cookbooks to shed light on immigrants and their communities. She is completing a book manuscript, "From Stewpot to Melting Pot: Charity Cookbooks in America's Heartland."

Gardeners looking for gardening advice to create picturesque landscapes might be disappointed in this book, but historians and historical horticulturalists looking to increase the contributions to midwestern or rural historical narratives will appreciate Marcia Carmichael's *Putting Down Roots*, a book that examines the rich cultural heritage that European immigrants brought to Wisconsin in the nineteenth century. Carmichael is the historical gardener at Old World Wisconsin, where she specializes in the historical accuracy of the gardens at that 576-acre complex.

The historical record of beautiful gardens planted by wealthy Americans is fairly well documented in writing and art, but understanding how ordinary immigrants created their domestic space requires research into an uneven core of evidence and often has to be extracted from passing commentary in letters and diaries. Carmichael scours a wealth of sources gleaned from archives at Old World Wisconsin.

We often fail to distinguish among groups of Europeans who settled in the Midwest, and Scandinavians are often lumped together. Carmichael has deftly separated European foodways into specific ethnicities, comparing and contrasting German, Irish, and Polish settlement, and Scandinavians have been divided into Norwegian, Danish, and Finnish. Each chapter begins with a narrative of that group's challenges to reconcile the desire to preserve native food traditions with the reality of available produce. Each chapter ends with selected recipes of that immigrant group, including Irish soda bread, Polish pierogi, and Norwegian rhubarb custard. The recipes alone give significant insight into what was planted and how it was used.

Guiding readers through Old World Wisconsin's recreated nineteenth-century gardens, Carmichael shares drawings and photographs that provide insight into the practical and functional aspects of setting up housekeeping, planting a house garden, historical trends and practices, garden tools, popular plant varieties, and favorite flavors. This book not only illustrates how migrants who came here looking for a better life found it in Wisconsin, but it also tells a story of choosing which traditions were to be kept and discovering new ways to feed one's family. *Putting Down Roots* is not only an important contribution to the historical narrative, but will also satisfy those with a desire to return to organic and local foodways.

From the Jewish Heartland: Two Centuries of Midwest Foodways, by Ellen F. Steinberg and Jack H. Prost. Urbana: University of Illinois Press, 2011. x, 207 pp. Illustrations, recipes, appendix, notes, bibliography, index. \$32.95 cloth.

Reviewer Jill M. Nussel is a lecturer at Indiana University–Purdue University Fort Wayne. In her research and writing, she has used cookbooks to shed light on immigrants and their communities. She is completing a book manuscript, "From Stewpot to Melting Pot: Charity Cookbooks in America's Heartland."

I read and review a lot of books about food and cookery. Every once in a while a book comes along that fills in a hole in the historical narrative, and I want to jump up and exclaim, "Read this book!" *From the Jewish*