

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*

Heartland: Two Centuries of Midwest Foodways is one of those books. For midwestern, rural, or culinary historians or anthropologists, this book by Ellen F. Steinberg, a researcher and anthropologist living in suburban Chicago, and Jack Prost, an associate professor of anthropology at the University of Chicago, makes a significant contribution to the growing literature of immigrant studies in the heartland.

Historians know much about Jewish migration to the East Coast, but information about migration beyond that is often anecdotal. In addition, writing about culinary experiences in the Midwest is expanding, but attention to Jewish foodways is often a sidebar. How did families keep a kosher home when they were far away from Jewish population centers? How did Jewish mothers decide what had to be packed for religious observations when they were traveling by steamer or covered wagon into the nation's interior? Melding faith and tradition with the Midwest's available produce, Jewish women created a host of delectable foods: baklava studded with cranberries, rye bread coated in cornmeal, Sephardic borekas made with Michigan sweet cherries—and all of the recipes are in the appendix of *From the Jewish Heartland*. Readers see that Jewish women were often perplexed by the meaning of kosher, but also that what they chose to eat or what they believed to be taboo defines them as a community, an ethnicity, and a faith.

Most historians have a story about chasing down impossible leads and coming up with a great source. Beginning researchers should read Steinberg and Prost's story of purchasing a tattered manuscript recipe collection compiled by "Mrs. L. F. D." Their unrelenting search in some unorthodox places led to the discovery of Ruth Dunnie, a Lithuanian immigrant who spent most of her adult life in St. Louis and whose recipes provide a keen understanding of what it meant to be Jewish in the early twentieth century. In addition, the authors scoured several handwritten manuscripts, many scribbled in the back of commercial or fundraising cookbooks, recipes published in Jewish newspapers and magazines, and oral histories taken from homemakers, bakers, and delicatessen owners.

The book begins with the earliest known Jewish settler to Mackinaw City, Michigan, before the American Revolution, and then traces Jewish migration through the big cities of Detroit, St. Louis, and Milwaukee as well as through midwestern small towns and hamlets. Even though we know little about Jewish foodways in the Midwest, probably the most successful charity cookbook of all time was the *Settlement House Cookbook*, which was compiled for the benefit of Jewish Settlement House in Milwaukee in 1901 and went into subsequent printings for nearly a century. Its recipes, including recipes for shell-

fish and Easter dishes, were not always kosher, but it raised funds for countless Jewish projects.

Collectors of Jewish cookery will treasure the recipes. The book as a whole fills many holes in the narrative of Jewish immigration, and the appendixes and bibliography are invaluable for scholars. This is a "must read" for any cultural scholar.

Creating Dairyland: How Caring for Cows Saved Our Soil, Created Our Landscape, Brought Prosperity to Our State, and Still Shapes Our Way of Life in Wisconsin, by Edward Janus. Madison: Wisconsin Historical Society Press, 2011. xi, 208 pp. Illustrations (many in color), sidebars, notes, bibliography, index. \$26.95 paper.

Reviewer Barbara J. Dilly is associate professor of anthropology at Creighton University. Her research and writing focus primarily on ethnocultural issues related to the sustainability of farming communities in northeast Iowa.

In *Creating Dairyland*, Edward Janus argues that over the years those Wisconsin dairy farmers who succeeded in the dairy industry did so because they became missionaries of the "Gospel of the Cow." By professing faith in cows to improve their way of life socially and economically, they also dignified their labors and saved their soil. Through detailed historical analysis of the Wisconsin dairy industry and nine comparative ethnographic accounts of contemporary dairy farmers and their families Janus reveals the central themes of their lives: sustainability and prosperity, both of which are central values in midwestern family farming.

This study offers an opportunity to examine Iowa family farming experiences with social and economic reform agendas compared to those of Wisconsin farmers. According to Janus, the "Gospel of the Cow" emerged out of a progressive reform movement during the "Golden Age of Agriculture" to redeem a fallen agriculture. Speculators and frontier farmers had worn out the soil by growing wheat for quick profits. The reform agenda promoted a new kind of "yeoman farmer-entrepreneur-intellectual" who would apply scientific principles to more efficient management of the local environment with the aid of improved dairy cow herds. Increased milk production for urban markets would bring them prosperity and social advances. As was the case with all scientifically driven reforms in midwestern agriculture, however, greater efficiency meant more control by capitalists, cheaper prices for commodities, and less profit for farmers. Janus explains in detail how farmers learned that profits were not just a matter of over-