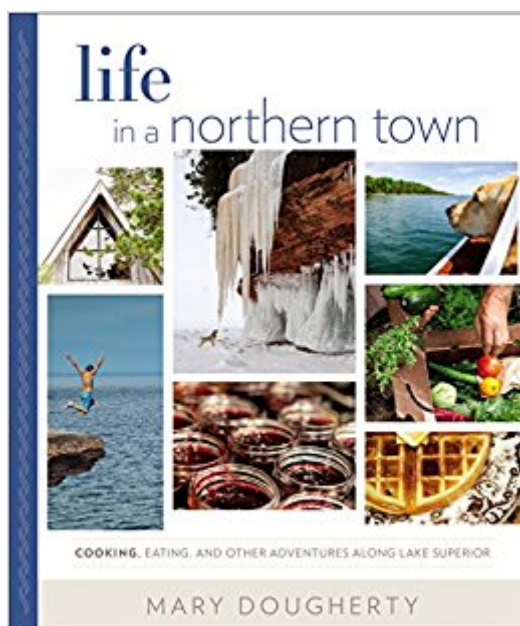


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# Life In A Northern Town: Cooking, Eating, And Other Adventures Along Lake Superior



## Synopsis

"Generations of men and women have stood on these beaches, listened to water rushing over these basalt rocks, and picked wild blueberries here well before I sailed into the Bayfield harbor. The families of those men and women are still here, tethered to a place where they can slip behind their ancestor's eyes and take in essentially the same view." —from the Introduction

In 2007, Mary Dougherty and her family moved from St. Paul to the tiny Bayfield Peninsula, surrounded by the waters of Lake Superior and Chequamegon Bay in far northwestern Wisconsin. There they set out to live their lives against a backdrop of waterfalls, beaches, farm stands, and a quintessential small town of 487 people. Through recipes, stories, and photos, this book explores what it means to nourish a family and a community. As Mary Dougherty incorporates what is grown and raised in northern Wisconsin into her family's favorite dishes, she continues a cultural tradition begun by immigrants hundreds of years ago. The result is a one-of-a-kind collection of globally and regionally inspired recipes featuring local cheeses, meats, and produce from the farmers in and around Bayfield: pho made with beef bones from a farm in Mellen, Indian meatballs with curry powder made in Washburn, chowder with corn and potatoes from a farm stand in Ashland. As she knits herself into the Bayfield community, Dougherty comes to more fully grasp the intricate relationship between food and community.

## Book Information

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## Customer Reviews

After a sailing trip to Lake Superior and the Apostle Islands, Mary Dougherty transplanted her family of seven (plus four dogs) to Bayfield. She opened and co-ran Good Thyme Restaurant, recognized

as one of the top dining experiences in northern Wisconsin, for four years. She went on to create the Cookery Maven blog and Words for Water, a photography project about the importance of fresh water. Founder of the nonprofit Farms Not Factories, she now serves on the board and is a rabble rouser for the Socially Responsible Agricultural Project. She was voted Wisconsin's 2016 Progressive Leader of the Year. You can find Mary most mornings at the beach with her dogs and most nights in her kitchen cooking for family and friends.

In the throes of a vacation in a charming, almost dreamy, village with views and beaches that defy description, have you considered giving up your "real" life and just staying in that heavenly spot? I think we have all had those day dreams, but for Mary Dougherty, her husband and their young family, those dreams over several summer sailing trips to Bayfield, WI became reality. After moving to Bayfield from Minnesota, the family expanded, Mary opened (and closed) a restaurant, and the whole family grew attached to this tiny town that leads into the Apostle Island National Lakeshore. Known for its fish, orchards, closeness to nature, and its famous Chautauqua Big Top music, Bayfield can almost claim its own culture. A photographer and a foodie, Mary's book combines her thoughts on the place she now calls home, the meals she prepares using local foods, and stunning photography into a delightful book. While smaller than a traditional coffee table book, LIFE IN A NORTHERN TOWN goes way beyond a regional cookbook and offers more than a book of photographs. In fact, many of the photographs are a bit small, making me wish each had their own full page spread. Arranged around the seasons, Mary's book gives us an insider's look into what it might be to live along the big lake. Imagine, getting a late summer day call from your spouse, saying, "Let's take a sail tonight. Gather the kids, pack a picnic, grab a bottle of wine, and let's go." Within an hour, you and the whole family are out on an uninhabited Apostle Island beach, and while the kids jump into the water from the rocks, you and hubby are unwinding! Or, how about taking Saturday morning excursions to find the unmarked waterfalls of the area and then returning home to your own special chili simmering on the stove? Those are just a few normal life-special memory stories that the author shares. Poetry and carefully selected quotations underscore Dougherty's musings on valuing one's friends, taking time to savor what one eats, and even planning now for winter's needs. While I must admit that I will probably only make a few of her recipes because most contain spices that aren't part of my diet scope, I still loved reading the stories behind each recipe. Despite already having a special affinity for the Apostle Islands and Bayfield (the spot where we honeymooned and have visited several times since), I gained a whole new layer of "LOVE" for the town. And just maybe we all need to think about our real hometowns,

little or big, in a new light. What evening picnic surprises are we missing? Where are our Saturday morning adventures and what favorite food can we share with neighbors and friends? This book was published by the Wisconsin Historical Society

I love, love, love this book and so does my family. I come down to the kitchen in the morning and my husband is reading an essay. Later, I might look for a recipe. He, and the kids, and I all love the photos. While it is a cookbook, food is not the star. A former restaurant owner, mother of five, dog owner, local foods advocate, and serious home cook (and wine taster), Mary Dougherty has written a love story about what it means to commit to a place and the people who live there. She divides the book into four sections to take readers through the seasons in Lake Superior country in northern Wisconsin. From a day of boiling syrup and making pancakes in sugarbush to whitefish cooked on an open campfire on a Lake Superior beach to fall herring harvest to the annual curry party in the home of a Norwegian soil scientist. You will love Mary Dougherty for her family, friends, region, dogs, food and her casual, fun style. Dougherty shares the joy of her kitchen, community, and region while encouraging the reader to connect to their own place, fire up the kitchen, and create their own magic. She writes as way of a disclaimer, "This book was written and photographed in a kitchen full of kids, dogs, backpacks, coffee cups, soccer cleats, opened wine bottles, and lots of papers: homework, permission slips, mail, and recipe notes. I'm a big believer that what happens in the kitchen is a strange brew of inspiration, intuition, and creativity, and up until I wrote this book, I rarely measured, used a timer, or followed a recipe.. ." Now that's a kitchen I want to hang out in.

Beautiful book. Excellent recipes, amazing photography and assortment of anecdotes that give you a glimpse into the life Mary has built in this small northern town. Having visited Bayfield and the Apostle Islands many times- it's nice to see such wonderful photos and meals inspired by the gorgeous backdrop of Lake Superior. Well done!

I have been visiting the apostle island area every summer since 1960 and found this book a wonderful read! I cannot wait to try the recipes. I love how the book is organized in seasons with the recipes and memories combined. I was lucky enough to attend the book signing in Washburn Wisconsin in August and meet the author. I highly recommend this book to anyone who is familiar with the area or anyone who likes good food and great recipes!

A gorgeous collection of fantastic recipes that are sophisticated yet easy to make. This is a jewel of a cookbook! And everything tastes sooo good.

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