

**Finding Aid to the
Food Habits of Pioneers of the Red River Valley of the North
Oral History Collection**

Braaten, Ardith Marie

Food Habits of Pioneers of the Red River Valley of the North Oral History Collection, 1968
13 audio tapes
Collection number: Mss 387

[Provenance](#)

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OVERVIEW

Access: The collection is open under the rules and regulations of the Institute.

Provenance: Donated by Mavis Nymon, NDSU Dept. of Food and Nutrition, and Ardith Braaten, 1993 (Acc. 2334).

Property rights: The Institute for Regional Studies owns the property rights to this collection.

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Citation: [Identification of item]. Food Habits of Pioneers of the Red River Valley of the North Oral History Collection (Mss 387), Institute for Regional Studies, North Dakota State University, Fargo.

PROVENANCE

The audio tapes were deposited in the NDSU Dept. of Food and Nutrition after Ms. Braaten completed her research. In 1993 Mavis Nymon, department chair and Ms. Braaten's advisor on this study, formally transferred the tapes to the Institute for Regional Studies. No other research records related to this study were transferred to the Institute.

SCOPE AND CONTENT

The **Food Habits of Pioneers of the Red River Valley of the North Oral History Collection** consists of thirteen audio tapes of oral history interviews done by Ardith M. Braaten as part of research for her master of science degree in food and nutrition at North Dakota State University in 1968. Her research study “was undertaken in an attempt to preserve some of the food habits and customs of the early settlers in the Red River Valley of the North.” Taken from the Method of Research text in her final paper, “It was the purpose of this study (1) to determine foods commonly used by Red River Valley of the North pioneers in their daily meals and the source of their food supply; (2) to determine how their food was preserved for later use; (3) to obtain recipes which include the ingredients and methods of preparation for foods common to the pioneers; (4) to discover the kinds of equipment used to prepare the food and the kinds of eating utensils employed; and (5) to determine their meal patterns and any seasonal differences which occurred in their diet.”

Ms. Braaten interviewed a total of twenty-four individuals of which fifteen were recorded on reel-to-reel audio tape. All had lived in the Red River Valley most or all their life.

Mr. Braaten’s completed work was titled *A Study of the Food Habits of Pioneers of the Red River Valley of the North, 1870-1918*, submitted as a Plan B Research Paper at NDSU. This paper (77 leaves) includes sections on: The Purpose, Review of the Literature, Method of Research, Research Findings (by food type), Summary and Conclusions, Bibliography, and Appendix. The appendices includes a complete list of all individuals interviewed together with year and place of birth, generation of pioneer family, year settled in Red River Valley and ethnic origin; illustrations of early kitchen utensils; and questionnaire (10 leaves) used. A copy of this work is available at the Institute in its publications collection (GT2860.B7).

BOX AND FOLDER LIST

Tape	Content
1/1	Finding aid
1	Braaten, Annetta “Interview with Mrs. Annetta Braaten, born near Kindred, N.D., raised in Carborg Twp., Richland Co. near Wyndmere, N.D., June 13, 1968”
2	Bolstad, Lydia Christianson, Sarah “Interview with Mrs. Lydia Bolstad & Miss Sarah Christianson [sisters] who were born in the Gardner, N.D. area & lived near Crookston, [Minn.], June 14, 1968, Bethany Towers, Fargo, N.D.”
3	Gesell, Evelyn “Interview with Mrs. Ray (Evelyn) Gesell, formerly Evelyn Probstfield or rural Moorhead on June 14, 1968.”

- 4 **Gunkelman, Ada**
“Mrs. R.F. (Ada) Gunkleman, 501 south 7th St., Fargo, N.Dak. Lived near Grandin, N.D., born 1888 in St. Thomas, N.D. Parents were Father, Scotch; Mother, English.”
- 5 **Hammet, Anne**
Mrs. L.E. (Anne) Hammet, Glyndon, Minn. Born March 27, 1898 in Meland twp., Clay Co., Minn. near Glyndon. Parents came to Glyndon area from Houston Co., Minn. in 1871, five years before came from Telemark, Norway area. 5/3/68”
- 6 **Heifort, Mildred**
“Interview with Mrs. C.E. (Mildred) Heifort, President of Pioneer Daughters. Her parents settled near Wyndmere along Wild Rive River around 1886. June 20, 1968.”
- 7 **Hektner, Martha**
“Interview with Miss Martha Hektner, born near Mooreton, N.D., 1898. Conducted June 13, 1968 by Ardith M. Braaten.”
- 8 **Howland, Harry**
“Mr. Harry Howland, born in Fargo, Nov. 23, 1883, early Fargo grocery clerk & later owned the Fargo Bakery. June 18, 1968.”
- 9 **Kjonaas, Bertine**
 Braaten, Betty
“Interview with Mrs. Bertine Kjonaas & Miss Betty Braaten [sisters] on June 17, 1968. Parents homesteaded near Wyndmere, N.D. in 1891.”
- 10 **Mortenson, Josephine**
“Mrs. Peter Mortenson. Parents homesteaded near Argusville, N.D. in 1869. June 18, 1968.”
- 11 **Nymon, Clara**
“Interview #2, Mrs. Clara G. Nymon, 1517 North 5th Street, Fargo. Food habits study on Red River Valley of the North pioneers. March 22, 1968.”
- 12 **Ostby, Harry**
“Interview with Harry Ostby, born Jan. 30, 1893 near junction of Red & Sheyenne Rivers, 12 miles north of Fargo. Parents came to area in 1886. Conducted June 19, 1968 by Ardith M. Braaten.”
- 13 **Ostern, Olda**
“#3. Mrs. Olda Ostern. Born near Barney, No.Dak., April 29, 1898. March 29, 1968.”