

# Tule Lake Community Cookbook

## Interview Prompts & Recipe Template

### Getting started

The project is a community cook book that includes stories and recipes from people who care about the history of Tule Lake and Japanese American incarceration during WWII

Purpose of project:

- To help more people to understand the Tule Lake history with the stories from internees and from “pilgrims” who were inspired by the Pilgrimage
- To share recipes that capture the resilience, courage, and creativity of the community
- To create something that will garner support for the Tule Lake Pilgrimage (donations, volunteers, more participants for future)

### Background Questions to Tule Lake prisoners

Name and age of person being interviewed

When were you in camp?

Where did you come from? What was your work or family's occupation?

What do you remember about the experience?

What were the best/hardest memories?

Have you attended the pilgrimage? When? What was it like for you?

### For non-prisoners

Name and age of person being interviewed

How did you learn about the camps/Tule Lake?

What was meaningful about the experience to you?

Have you attended the pilgrimage? When? What was it like for you?

### Food

What do you remember eating in camp? (Did you cook? Who cooked for you?)

What are your food memories from camp/after camp? (Anything particular special or weird you ate?)

Was it ever difficult to get food? Anything you missed eating the most while you were in camp?

Did you grow your own food (either inside or outside of camp)?

What was a favorite recipe? OR

What was a recipe that was memorable to you? Why? Can you share it? (see below)

### The Recipe

If person agrees to share recipe, try to get measurements and as much detail as possible: name of recipe, ingredients, instructions by steps, serving size, notes on special ingredients that may be hard to obtain

### Background of Interviewer

Name, and age

Why interested

Pilgrimage attended?

### For more information, contact:

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