

# READINGTON MUSEUMS

## LENAPE PROGRAM

SUNDAY,  
OCTOBER 3, 2021

1:00 - 4:00 PM

BOUMAN-STICKNEY  
FARMSTEAD

GPS ADDRESS:  
114 DREAHOOK RD.  
LEBANON

908-236-2327

[readingtonmuseums@gmail.com](mailto:readingtonmuseums@gmail.com)

[www.readingtonmuseums.org](http://www.readingtonmuseums.org)

THERE IS NO ENTRANCE  
FEE,  
BUT DONATIONS TO THE  
MUSEUM ARE GLADLY  
WELCOME.



©Susan McLellan Plaisted

Susan McLellan Plaisted, proprietress of Heart to Hearth Cookery, a food history business based in Bucks County, PA, will be presenting a program on Lenape lifeways focusing on foodways, gardening and foraging. Plaisted grows Lenape corn, beans and squash from original seed and processes Puhwem (Lenape white flour corn) into hominy. She will be discussing the use, process, and preservation of grown, hunted, and foraged foods.

Plaisted was a Pennsylvania Commonwealth Speaker on Lenape Foodways for many years and has been interpreting Lenape foodways since 1988. She has a BS in Food and Nutrition and an MS in Health Education.

This program will be outside on the grounds of the **Bouman-Stickney Farmstead**.



The Readington Museums received an operating support re-grant from the Hunterdon County Cultural & Heritage Commission, with funds from the New Jersey Historical Commission, a division of the Department of State.