

# Yooper Super

**Wednesday, May 20, 2026 | 11 a.m - 2 p.m**

## Menu

- **Beef Pastys**
- **Kurkkusalatti (cucumber salad)**
- **Pannukukku (Finnish custard cake)**

**with guest chef and  
presentation by Chanda  
Campshure at 11:30 a.m**

Individuals age 60+ are invited to join us for this meal with a voluntary contribution of \$5. All others are invited to the program and to dine for \$11.50. Participants are welcome to dine any time between 11 am - 2 pm. Other senior dining options are not available on the day of a Local Heritage Meal.

**Senior meal slots are limited, registration is required.**

**Call 920-448-4300.**

## About the Meal:

Finland is a Nordic country known for its deep connection to nature, strong sense of community, and simple, balanced way of life. Often called the “Land of a Thousand Lakes” (with nearly 200,000 lakes), its forests and waterways shape daily life and traditions. Finnish culture values resilience, trust, and wellbeing—captured in the concept of *sisu*, a uniquely Finnish idea reflecting perseverance and quiet strength. Traditions like sauna highlight a focus on health, relaxation, and connection. Finnish cuisine reflects this simplicity, relying on fresh, seasonal ingredients like fish, root vegetables, potatoes, and whole grains such as rye. Meals are hearty and comforting, often featuring soups, casseroles, and rustic breads, with berries like lingonberries and blueberries used in both savory and sweet dishes. Finland’s influence can also be seen in Wisconsin, where Finnish immigrants settled in the late 19th and early 20th centuries, bringing traditions like sauna, baking, and a strong sense of community that continue today.