



# North Dakota

## ETHNIC HERITAGE

### Religion

Religion was undoubtedly a large part of North Dakota's immigrant culture. Most immigrants chose to practice the same religion as they had prior to immigrating to the state. Early settlements didn't always have a standard place of worship; so houses, barns, schools or other available structures were used for church services and functions.

Some immigrants chose to attend church services regardless of the denomination or language. If an area had a church, members would often share it with community members of different faiths and beliefs due to a mutual respect for each other's religious affiliations.

As area homesteads turned into communities, churches were established and spread throughout the state. Some of the original immigrant churches of North Dakota are still standing today.

### Culinary History

When it came to food, the early homesteaders were limited to only what they could produce on the farm, which meant using resources on hand to make traditional dishes that they were accustomed to back home. This substitution of ingredients brought about hybrid versions of the dishes of immigrants' home countries.

When markets and general stores started to pop up in the state, traditional foods changed again with the availability of new resources. The passing of time and melding of cultures in North Dakota has led to the continuous evolution of the original food culture brought to the state by its immigrants. This unique history has given way to some new and exciting culinary dishes we still enjoy today.

### Keeping Traditions Alive

When people immigrated to the United States, they brought the culture and traditions of their heritage. Often the children would only speak English at school while their families spoke their native language at home. As people immigrated to North Dakota, they tried to locate themselves near family or other people from their homeland. This created clusters of cultures scattered around the state.

Today; the state has a number of organizations that help preserve the culture of our ancestors. Some of the larger organizations include Sons of Norway, Germans from Russia Heritage Society, Ukrainian Cultural Institute and Scandinavian Heritage Association.

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