



# 2023 TRIBAL ELDER FOOD BOX NEWSLETTER

Website: [GreatLakesIntertribalFood.org](http://GreatLakesIntertribalFood.org)  
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## FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

- Frozen Whitefish Filets - Red Cliff Fish Company - Red Cliff, WI
- Ground Beef - Bodwéwadmí Ktëgan - Forest County Potawatomi, WI
- Chicken Breast - UW Provisions - Middleton, WI
- Aquaponic Lettuce - Bodwéwadmí Ktëgan - Forest County Potawatomi, WI
- Ramps - Bodwéwadmí Ktëgan - Forest County Potawatomi, WI
- Mushrooms - Seasonal Harvest - De Pere, WI
- Tomatoes on the Vine - Wisconsin Food Hub Cooperative - Waupaca, WI
- Russet Potatoes, Yellow Onions, Asparagus - Alsum Farms & Produce - Friesland, WI
- Frozen Strawberry Drink - Oneida Cannery - Oneida, WI



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### FEEDBACK FORM - YOUR INPUT IS IMPORTANT!

*Please feel free to share your thoughts to improve this effort. Please cut at the dotted line & return this form to your distribution site!*

- 1) What was your favorite part of the last food box?
- 2) Is there anything you didn't use? If so, why?
- 3) Is there anything you would like to see in the future? Do you have any other comments?

# RECIPE SPOTLIGHT: WEWAAGAGIN SOUP WITH CHICKEN AND SPRING GREENS - GLIWFC COOKBOOK

ORIGINAL CONCEPT FROM CLEORA AND DENNIS WHITE, LAC COURTE OREILLES

PREP: 15 MINUTES X COOK: 35 MINUTES X TOTAL: 50 MINUTES  
SERVING SIZE: 1 CUP X YIELD: 8



## INGREDIENTS

- 1 TSP OIL
- 1 MEDIUM ONION, DICED
- 1 TSP SALT
- 1/8 TSP BLACK PEPPER
- 5 CUPS CHICKEN STOCK
- 5 CUPS WATER
- 4 BAY LEAVES
- 2 SKINLESS, BONELESS CHICKEN BREASTS CUT INTO 1 INCH CUBES
- 2 CUPS FIDDLEHEAD FERNS
- 10 STALKS OF ASPARAGUS
- 2 CUPS RAMP LEAVES

## DIRECTIONS

1. Heat oil in a small stock pot over medium-high heat
2. Add onion and cook under soft, about 5 minutes. Season onion with salt and pepper
3. Add stock, water, bay leaves, and chicken to pot and bring to a simmer, about 10 minutes
4. When chicken is partially cooked, add fiddleheads and cook until chicken is fully cooked, about 10 minutes. Add asparagus.
5. Continue to simmer until asparagus is just tender, about 5 minutes. Turn off heat
6. Stir in ramps leave and serve hot

## CHEF NOTES:

- If you weren't able to harvest fiddlehead ferns this spring, you can still make this tasty soup. Substitute the 2 cups of fiddleheads for 2 cups of asparagus cut into 1-inch pieces. Asparagus is not quite as tasty or fun looking but it still makes a great soup.
- Watercress can be substituted for ramp leaves in equal amounts. Can't find radishes? Try another leafy green like dandelion greens, kale, beet greens, chard, turnip greens, spinach, or any other leafy green.
- Remember: Lukewarm soup is a perfect breeding ground for germs. So if you are not going to be able to use all the soup within 2 hours, either keep it above 139 degrees F for up to 4 hours or cool it to less than 41 degrees F within 2 hours and refrigerate or freeze it.

## STORAGE

Refrigerate soup up to 4 days or freeze up to 3 months

# Welcome to the 2023 Tribal Elder Food Box Program



Dear Tribal Elder Food Box Recipient,

We are excited to bring these nutritious and delicious foods to you! This program was built through a partnership between Bad River Band of Lake Superior Chippewas, Forest County Potawatomi, Ho-Chunk Nation, Lac Courte Oreilles, Lac du Flambeau Band of Lake Superior Chippewa, Menominee Indian Tribe of Wisconsin, Oneida Nation, Red Cliff Band of Lake Superior Chippewa, Stockbridge-Munsee Community Band of Mohican Indians, St Croix Chippewa Indians of Wisconsin, and Mole Lake Band of Sokaogon Chippewa Community, Feeding Wisconsin, Feeding America Eastern Wisconsin, Wisconsin Food Hub Cooperative, Department of Ag, Trade and Consumer Protection, Wisconsin Tribal Conservation Advisory Council, UW-Madison, and healthTIDE.

When possible, we will be sourcing food from Indigenous and local producers and food will be representative of traditional, Indigenous foods. The contents of the boxes will change for each distribution based on what is available seasonally. The average box will be 14-16 pounds and will contain a combination of protein (meats and fish), produce (fruits and vegetables), and shelf stable items like white corn, maple syrup, and wild rice. Each box will be accompanied by a newsletter containing weekly producer profile spotlights and recipes contributed by Indigenous chefs and home cooks.

We encourage you to continue picking up these boxes as scheduled by your tribe through the second week in December. We also welcome your feedback about the contents of the box. Please share your food preferences with your food distribution coordinator via the feedback forms included on each newsletter.

PLEASE NOTE: Food provided is for Wisconsin Tribal Elders. This is a project funded through a Feeding America National Regional Agri Food Distribution Grant, a contribution from the Feeding Wisconsin American Rescue Plan Act (ARPA), and an Intertribal Local Food Purchasing Agreement (LFPA) grant.