



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 10

Website: GreatLakesIntertribalFood.org
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Intertribal Food Coalition!

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

- *Pork Chops, Aquaponic Lettuce, & Butternut/Acorn Squash - Bodwéwadmī Ktëgan - Forest County Potawatomi, WI
Wisconsin Pork Association - Pork Chops - Lancaster, WI
 - *Frozen Lake Smelt - Blue Harbor Fish Company - Green Bay, WI
 - *Apples - Oneida Apple Orchard - Oneida, WI
 - Mixed Bell Peppers - Red Door Family Farm - Athens, WI
 - Cucumbers - Seasonal Harvest - De Pere, WI
 - *Garlic Heads - KnL Organics - Teejop, WI
 - *Sweet Corn & Potatoes - Sterling Sports LLC - Stockbridge Munsee, WI
 - *Frozen Apple Juice - Oneida Cannery - Oneida, WI
- *Denotes Native-owned Business*
- **Oneida Orchard Apples are organic so may be smaller and have cosmetic blemishes - please rest assured they are healthier than ever!!*



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 CORNER | OVEN BAKED SMELT

Recipe by Chef Leah Husby



Ingredients:

- 1 pound of smelt, thawed and cleaned.
- 2 eggs, beaten
- 2 c Italian Style Breadcrumbs
- 1/2 c Flour
- Olive oil to drizzle over fish before baking
- Salt and Pepper to taste
- Lemon wedges for serving (optional)
- Tartar Sauce for serving (optional)

Directions:

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper or lightly grease with oil or a release spray like Pam. Set aside.
2. Prepare a battering station by placing 3 bowls on your work surface. The first bowl will contain the cleaned and dried smelt.
3. Bowl #2 will contain the egg. The last bowl will hold the breadcrumb/flour mixture. Working from left to right, dip a smelt into the egg mixture, then into the breadcrumbs and then to the prepared baking sheet. Sprinkle with salt and pepper and drizzle the breaded smelt with a small amount of oil.
4. Bake for approximately 20 minutes total, turning smelt halfway during the cook time so that both sides are evenly golden brown in color.

PRODUCER SPOTLIGHT | STERLING SPORTS LLC

ABOUT US

Sterling Sports LLC is a native owned and operated business located within the Stockbridge-Munsee Reservation. Our venture into growing local foods started out with the intent to grow cleaner and healthier foods for our family. To keep up with the neighbors and locals that approached us to buy our extra produce, we kept increasing our spring plantings and our operation kept expanding each year.



HARVEST

On harvest days, those who drive past our farm will see a scene from Days Gone By as our family along with a few dozen Community Members for hire hand pick our produce. An elder from our Community told us it reminds her of the old days when the women from our Tribe travelled to Sturgeon Bay to pick crops. Their children would often accompany them and worked alongside them.

MISSION

In the age of factory farming where more and more mass produced crops are genetically modified and sprayed with all sorts of chemicals, we take pride in knowing that while our fields may have plenty of weeds growing between the rows and a few insects flying around, that we are producing cleaner crops and in turn helping to create a cleaner future.