



# 2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 12

Website: [GreatLakesIntertribalFood.org](http://GreatLakesIntertribalFood.org)  
Follow us on Facebook at Great Lakes  
Intertribal Food Coalition!

## FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

\*Beef Hamburger - Oneida Nation Farm - Oneida, WI

Ground Bison - Northstar Bison - Cameron, WI

Organic Dry Red Beans - Meadowlark - Ridgeway, WI

Organic Eggs - Milo's Poultry Farm - Bonduel, WI

\*Lettuce - Bodwéwadmí Ktëgan - Forest County Potawatomi, WI

\*Potatoes - Sterling Sports LLC - Stockbridge Munsee, WI

Organic Cranberries - James Lake Farm - Three Lakes, WI

\*\*Apples - Oneida Apple Orchard - Oneida, WI

Spaghetti Squash, Cabbage, & Shiitake Mushrooms - Chippewa Valley Produce - Elk  
Mound, WI

Organic Carrots - Cattail Organics - Athens, WI

Organic Brussel Sprouts & Onions - Seasonal Harvest - De Pere, WI

Organic Kale & Lettuce Heads - SLO Farmers Coop - Seymour, WI

Organic Mixed Herbs - We Grow LLC - Westboro, WI

\*Corn Mush Flour - Ohelaku - Oneida, WI

\*Cultivated Wild Rice - Red Lake Nation Food - Red Lake Nation, MN

\*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!!

### YOUR FEEDBACK IS IMPORTANT!

*A survey will be given out with this newsletter that we will use  
to improve the Tribal Elder Box Program in future years. You  
may return your survey in-person at your distribution site OR  
submit your survey by mail to Feeding American Eastern  
Wisconsin: 2911 W Evergreen Dr. Appleton, WI 54913.*

*You can also complete the survey online at  
<https://forms.gle/SCMLFJ7733xHJ9qQ6> or scan the QR code.*



SCAN ME

# RECIPE CORNER | WILD RICE PILAF WITH CRANBERRIES, NUTS AND BRUSSEL SPROUTS

Recipe by Chef Leah Husby

Serves 6. Recipe takes about 1 hour to cook. \*This recipe freezes well.

T=Tablespoon, t=teaspoon, c=cup

## Ingredients

- 1 1/4 c Wild Rice
- 2 c Low Sodium Broth (Chicken, Beef, or Vegetable)
- 1 slice of Salt Pork or Bacon (if desired), thinly sliced
- 1 t Salt (Divided)
- 1/2 c Pecans (Walnuts, Hazelnuts, Almonds, or Pistachios can be substituted), rough chopped
- 2 T Olive Oil
- 2 T Butter
- 1 c Onion, small dice
- 1 small apple, chopped (peel if desired)
- 2 t Poultry Seasoning
- 8-10 oz Brussel Sprouts (~10-15 sprouts, depending on size) trimmed and finely sliced
- 1/2 c Dried Cranberries (any dried fruit can be substituted)
- 1 Sprig of Fresh Thyme (optional), leaves stripped from the stem

1. In a medium sized saucepan, combine wild rice, broth, and salt pork if using. If you are not adding the salt pork, add 1/2 teaspoon of salt to the broth.
2. Cook rice uncovered, over medium heat until the grains have fully opened, adding more liquid in small amounts if necessary. The rice will take between 15-40 minutes depending on what style of wild rice is used. When finished, set aside.
3. In a large skillet, over low heat, add the chopped nuts. Stir frequently to prevent burning. Cook until the nuts are evenly toasted and aromatic, about 5 minutes. Empty them into a small bowl and set aside.
4. Return the skillet to medium heat and add the oil and butter. Once it has melted, add in the celery, onion, and apple. Cook until soft, about 5 minutes. Stir in poultry seasoning, the remaining 1/2 t salt and pepper. Add Brussel Sprouts and cook for an additional 5-7 minutes. Stir in nuts, cranberries, and thyme if using. Remove from heat. Stir in wild rice. Serve warm.

## PRODUCER SPOTLIGHT | OHELAKU

Ohe.laku is an agricultural non-profit cooperative growing our traditional white corn on the Oneida Nation in Wisconsin. Our goal is to grow farmers, rekindle our relationship with the spirit of the corn and our inherit responsibility to care for her. We have many people and organizations to thank that helped us bring this food to you. Please enjoy!



Corn braids hanging in the barn to dry before processing.



Brenda and James working on bagging and grinding an order.