



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 2

Website: GreatLakesIntertribalFood.org
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FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Frozen Lake Trout - Blue Harbor Fish Company - Green Bay, WI

Chicken Drumsticks - UW Provisions - Middleton, WI

Aquaponic Lettuce - Bodwéwadmi Ktëgan - Forest County Potawatomi, WI

Mushrooms - Chippewa Valley Produce - Elk Mound, WI

Tomatoes on the Vine, Organic Rhubarb - Wisconsin Food Hub Cooperative -
Waupaca, WI

Organic Strawberries - AJ Produce - Sheboygan, WI

Russet Potatoes, Yellow Onions - Alsum Farms & Produce - Friesland, WI

Maple Sugar Pecans - Binesi - Oneida, WI



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: EASY STRAWBERRY RHUBARB CRISP

TOTAL PREP AND COOK TIME: 55 MINS

SERVING SIZE: 6-8



INGREDIENTS

FOR THE FRUIT:

- 4 CUPS FRESH STRAWBERRIES
- 3 CUPS CHOPPED RHUBARB
- 3/4 CUP GRANULATED SUGAR (OR SUB MAPLE SUGAR/MAPLE SYRUP!)
- 2 TBSP UNBLEACHED ALL-PURPOSE FLOUR

FOR THE CRISP TOPPING:

- 1 CUP ROLLED OATS
- 1/2 CUP UNBLEACHED ALL-PURPOSE FLOUR
- 1/2 CUP BROWN SUGAR, PACKED (OR SUB MAPLE SUGAR)
- 1/2 TSP GROUND CINNAMON
- 1/4 TSP SALT
- 1/2 CUP BUTTER, CHILLED AND CUT INTO CHUNKS

DIRECTIONS

1. Preheat the oven to 375 F with the oven rack in the middle position.
2. Put the strawberries & rhubarb in a medium bowl and toss together. Sprinkle with sugar & flour, toss to coat.
3. Place oats, flour, sugar, cinnamon, and salt in a bowl and stir together. Add chunks of butter. Using your fingers, rub mixture together until blended and crumbly.
4. Spill the fruit mixture into an 8x11 - inch or 8x8 - inch oven-safe baking dish, spreading it out in even layer. Scatter the topping over the fruit mixture.
5. Transfer to oven & bake for 45 minutes or until the fruit is soft & bubbling, and the topping is pale golden & crunchy. Serve warm & enjoy!



Binesi Bead & Stone Creations

facebook.com/binesibeadandstonecreations

PRODUCER SPOTLIGHT: BINESI

Pamela Johns Danforth is a member of the Oneida Nation of Wisconsin which is where she resides. Previously, she taught 25 years with Saint Paul Public Schools in Minnesota, and is a former Associate Professor with the University of Wisconsin- Green Bay.

Pamela creates and sells beaded stonework, but her main focus is on creating healthy snacks using whole grains, nuts, and Indigenous products such as maple syrup, wild rice, and white corn. She is a member of Ohelaku - Among the Cornstalks - and also grows and processes her own corn and other Indigenous plants. Please visit her Facebook page from the link above or via the QR code. Food products Pamela makes include: maple sugar pecans, maple sugar fruit and nut mix, maple sugar granola, white corn mush flour, and so much more!

To contact Pam, you can email her at: johnsdanforth@gmail.com