



# 2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 3

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

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

Ground Pork - Full Circle Farm - Seymour, WI

Eggs - SLO Farmers Co-op - Seymour, WI

Aquaponic Lettuce - Bodwéwadmī Ktëgan - Forest County Potawatomi, WI

Salad and Spinach Mix - Cattail Organics - Athens, WI

Beets, Mushrooms, & Cabbage - Chippewa Valley Produce - Elk Mound, WI

Mixed Beets and Radish - Wisconsin Food Hub Cooperative - Waupaca, WI

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

Mixed Jams - Oneida Cannery - 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: SMOKED LAKE TROUT BEET SALAD

## INGREDIENTS FOR SALAD

- 1-2 SMOKED LAKE TROUT FILLETS
- 2 CUPS LETTUCE
- 2 CUPS SALAD SPINACH MIX
- 2-3 BEETS
- 1/2 ONIONS
- PECANS

## INGREDIENTS FOR DRESSING

- 1/2 CUP OLIVE OIL
- 3 TBSP BALSAMIC VINEGAR
- 1 TBSP DIJON MUSTARD
- 1 MINCED GARLIC
- 1/4 TSP SALT
- 1/8 TSP BLACK PEPPER
- COMBINE ALL DRESSING INGREDIENTS AND SHAKE WELL

## DIRECTIONS

1. Preheat the oven to 400° F.
2. Wrap each beet tightly in a sheet of foil and arrange on baking sheet.
3. Bake in preheated oven for 1 hour or until largest beet is easily pierced.
4. Unwrap beets and cool to room temperature then peel the skins and slice into halves and then wedges.
5. Transfer lettuce and spinach mix to a large mixing bowl then add remaining salad ingredients: smoked trout, sliced beets, sliced onions, pecans

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## PRODUCER SPOTLIGHT: BLUE HARBOR FISH & SEAFOOD COMPANY

A family owned and operated small business, Blue Harbor, has long standing ties to the fishing industry here in the Midwest. Having started his career as a commercial fisherman on the Great Lakes, there is no part of the industry that Parkey hasn't experienced firsthand.



Mike (Parkey), a member of the Sault Ste Marie Tribe of Chippewa Indians, and Lori Parkinson are proud to lead their family in providing customers and the community with high quality fish and seafood from the Great Lakes region and around the world.

Blue Harbor has a retail store front in Green Bay and also provides businesses in Wisconsin and Upper Michigan seafood since 1999.

If you're interested in learning more or ordering some fresh Great Lakes harvested fish, please visit: <https://blueharborfish.com/>