



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 6

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

*Smoked Herring - Blue Harbor Fish Company - Green Bay, WI

*Beef Products & Aquaponic Lettuce - Bodwéwadmī Ktëgan - Forest County
Potawatomi, WI

Eggs & Zucchini - SLO Farmers Co-Op - Seymour, WI

Sweet Corn, Green Beans, & Green Cabbage - Chippewa Valley Produce - Elk
Mound, WI

Mushrooms - Seasonal Harvest - Ripon, WI

Organic Sweet Cherries - Healthy Ridge Farms - Sturgeon Bay, WI

*Corn Mush Flour - Ohe'Laku - Oneida, WI

*Maple Syrup - Spirit Lake Native Farms - Sawyer, MN

**Denotes Native-owned Business*



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 | SALAD WITH SMOKED HERRING

Ingredients:

1 small onion, diced
1 tbsp dijon mustard
1/4 tsp salt
1 tsp lemon juice
about 1 lb small potatoes
(usually about 8),
scrubbed
2 tbsp olive oil
7 oz deboned, de-salted
smoked herring filets
a bit of parsley or cilantro



1. Combine the chopped onion with the salt, mustard and lemon juice.
2. Coat the onion with this mixture to help break down the raw onion taste. Let this sit while you cook your potatoes.
3. Cook the potatoes in boiling water for about 12 minutes or until they're quite tender. Drain them and allow them to sit until they're safe to handle, then slice them into small cubes.
4. Mix the oil, fish, and herbs in with your onion, mustard, and lemon juice.
5. Add your potatoes and toss this mixture until everything is well mixed. Allow it to cool and Serve on a bed of lettuce.

PRODUCER SPOTLIGHT | SPIRIT LAKE NATIVE FARMS

Who We Are

Spirit Lakes Native Farms is a native owned and operated maple and wild rice business. They have 2200 trees and have been tapping since 1999. Bruce Savage and the young people he has mentored have put in many hours perfecting the process of monitoring how the environment can affect native foods. Spirit Lakes uses traditional wood fired operations for both maple and wild rice and still practice traditional ceremonies around harvesting while embracing new technology to continue expanding.

Made and Produced by American Indians

The trademark clearly identified actual American Indian products from federally recognized tribes. Bruce is a member of the Fond du Lac Band of Lake Superior Chippewa. Tawny is a member of the Pyramid Lake Paiute Tribe of Northern Nevada. Together they manage the farm with their family and seasonal employed staff. Every season they invest in purchasing green rice from local Native American harvesters. Supporting Spirit Lakes Native Farms goes directly back into keeping this economy strong for generations to come.

Visionary work to honor Anishinabe food

Bruce believes in hard work and consistency toward goals that honor the practices of finishing wild rice in order for families to enjoy a traditional food source. Creation stories found in oral tradition recount how the Anishinabe (Ojibwe) were introduced to manoomin, 'the food that grows on water'. Families continue to care for manoomin throughout the year and celebrate the anticipation of a good harvest.

Utilizing New Technologies

In 2022, our farm purchased the CDL Intelligence - Maple Sugaring Management System (Monitoring) with funding from Feeding Wisconsin. The CDL Intelligence system is new technology using radio waves that are converted to cellular. We set up the devices in strategic places in the sugarbush which gave us 24/7 real-time access to understand our sugarbush's situation in real time. The system has offered several successes such as helping us gather all of the sap during a year with lower sap yield due to weather conditions, and helping us overcome the fatigue that comes with the amount of time digging through snow to check on lines.

