



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 8

Website: GreatLakesIntertribalFood.org
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Intertribal Food Coalition!

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

- *Walleye - Red Lake Nation Fishery - Red Lake Nation, MN
- Ground Pork - Wisconsin Pork Association - Lancaster, WI
- *Aquaponic Lettuce - Bodwéwadmī Ktëgan - Forest County Potawatomi, WI
 - *Garlic Heads - KnL Garlic - South Wayne, WI
 - Sweet Corn & Melons - Seasonal Harvest LLC - DePere, WI
 - **Apples - Oneida Orchard - Oneida, WI
- Frozen Organic Blueberries - Fifth Season Cooperative - Viroqua, WI
- Green Beans - Chippewa Valley Produce - Elk Mound, WI
- Green Bell Peppers - Michigan Food & Farming Systems (MIFFS)
- *Heirloom White Corn, Corn Mush Flour - Ohe'laku - Oneida, WI
- *Assorted Tea Kit - 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 - NATIVE WELLNESS MAGAZINE!



Please feel free to share your thoughts on the Native Wellness Magazine. Please cut at the dotted line & return this form to your distribution site!

1) Have you received any previous Native Wellness Magazines? If yes, are you enjoying the additional resource?

2) What are you finding most helpful or interesting about the Native Wellness Magazine?

3) Would you like to continue receiving the Native Wellness Magazine?

RECIPE CORNER | WALLEYE AND CORN FISH CAKES

Recipe by Chef Leah Husby

Recipe makes about 4-6 patties, depending on size

(In the following recipe the T stands for Tablespoon and the t stands for teaspoon)

Ingredients:

- 1 Walleye Filet
- 1 Ear of Corn, cooked and sliced off cob
- 1/4 c Onion, diced
- 1 Egg
- 1 c Breadcrumbs (plain or Italian style)
- 1 T Parsley (dry or fresh)
- 1/2 t Garlic Salt
- 1/2 t Dill Weed
- 1/4 t Black Pepper

Directions:

1. Preheat the oven to 400 degrees.
2. Place thawed Walleye filet on a baking sheet lined with parchment paper to prevent the fish from sticking as it cooks.
3. Season the fish with salt and pepper to taste.
4. Bake for about 10 minutes or until the fish flakes easily and is opaque or milky white inside.
5. Flake fish into a large bowl and let it rest for a few minutes until the fish is cool enough to handle.
6. When the fish has cooled, add in the remainder of the ingredients.
7. Shape into patties.
8. Heat a non-stick frying pan over medium heat. Add 1 T of oil to the pan. Fry the patties until golden brown on the outside.
9. Serve fish cakes with a wedge of lemon.

PRODUCER SPOTLIGHT RED LAKE NATION FISHERY

About Us

"Red Lake Nation Fishery is owned and operated by the Red Lake Band of Ojibwe. We use our knowledge of the Red Lakes to your advantage. Our fish products are wild caught by tribal fishermen, who use the wisdom from our elders to harvest in a sustainable manner. We understand the benefits of natural foods, and include that value into the preparation of our fillets, each one is done by hand."

We have provided freshwater walleye to America since 1919. Our business started during the First World War, when we offered a supply of healthy food to American Troops. We supplied our fresh fish once during World War II. In 1929, the fishery was in full operation by the Red Lake Band of Ojibwe, distributing food all over the United States.

Soon, Red lake Walley became world famous.

Strong Connections with Traditions

We respect nature's waters and the foods that come from the Earth.

These teachings have been part of our everyday lives for generations.

We still fish in the traditional ways, using the wisdom of our elders that was handed down from generation to generation. Our fish are wild-caught by tribal fishermen. These fishermen employ local knowledge and ancestral practices to deliver quality fish products in the most natural way.



For more information and to purchase walleye from Red Lake Nation Fishery, please visit <https://redlakewalleye.com/>