



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 9

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

Ground Beef - Mountain Bay Meadows - Pulaski, WI

Eggs - SLO Farmers Co-op - Seymour, WI

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

*Garlic Heads - KnL Garlic - South Wayne, WI

**Apples - Oneida Orchard - Oneida, WI

Onions & Mixed Herbs - We Grow, LLC - Westboro, WI

Mixed Fresh Herbs - Aqua Garden, LLC - Rice Lake, WI

Tomatoes - Emery Foods, LLC - Battle Creek, MI

Carrots - Cattail Organics - Baldwin, WI

*Wild Rice - Spirit Lake Native Farms - Sawyer, 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!!*



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 | SQUASH AND APPLE BREAD

Recipe by Chef Leah Husby

Recipe makes 2 loaves, depending on pan size

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

Ingredients:

- 2 c grated Squash (Kousa, Zucchini, or yellow squash)
- 1 c grated Apple
- 1 c Vegetable oil or melted butter
- 1 c sugar
- 1 Egg
- 1 t Vanilla extract
- 3 c Flour
- 1 t Salt
- 3 c Flour
- 1 t Salt
- 1 t Baking powder
- 1/2 t Baking soda
- 1 t Cinnamon or Pumpkin Spice or Apple Pie Spice

Directions:

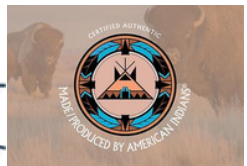
1. Preheat the oven to 350 degrees.
2. In a large mixing bowl, combine squash, apple, sugar, and oil. Mix well. Stir in Egg. Set aside.
3. In a small bowl, combine Flour, Salt, Baking powder, Baking soda, and Spices. Mix to combine.
4. Add dry ingredients to wet ingredients and stir well to combine. Bake at 350 for 20-25 minutes for muffins or small loaves, OR 45-60 minutes for bread sized loaves.
5. Insert a toothpick into the center of the bread to check for doneness. The toothpick should be free of wet batter when tested.

NOTES | This squash bread is great for breakfast or snacks. Feel free to add nuts for an added nutritional boost. Whole wheat flour can be substituted for the All Purpose flour. If you are trying to reduce fats in the diet, the oil/butter amount can be reduced to 1/2 c of oil and add 1/2 c of applesauce to replace the missing 1/2 c of oil.

PRODUCER SPOTLIGHT | KNL ORGANICS

About Us

Louis and Kim Medina are the owners of KnL Garlic; a small family farm located in South Central Wisconsin. After purchasing the farm in 2002, we began raising grass-fed black angus cattle and pasture-raised pigs and sheep. This all started with our kids raising animals and showing them at the county fair for 4-H!



We soon realized how much we love knowing where our food comes from and how it is raised. Our farm has been Certified Organic since 2016 and we are currently raising grass-fed Katahdin sheep and growing three great varieties of organic hardneck garlic.

To ensure sustainable and regenerative farming practices on our farm we are dedicated to the following:

- We are a “minimal-till” farm
- We rotate various cover crops for soil health
- We practice crop rotation and rotational grazing
- We only use organic fertilizer for crop production
- We use various organic grass mixes as quality forage for our sheep

We strive to ensure we that we are practicing sustainability by giving back to Mother Earth more than we take. We are soil farmers first, and our goal is to leave the soil in the best condition we can for future generations.

For more information and to purchase garlic and/or lamb from KnL Organics, please visit knlgarlic.com or reach out to Louis and Kim at knlgarlic@gmail.com or 608-214-0175



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 8

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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

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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/>

RECIPE CORNER | KOUSA SQUASH AND APPLE BREAD

Recipe by Chef Leah Husby

Recipe makes 2 loaves depending on pan size

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

Ingredients:

- 2 c grated Koussa Squash (Zucchini or yellow squash may be substituted)
- 1 c grated Apple
- 1 c Vegetable oil or melted butter
- 1 c sugar
- 1 Egg
- 1 t Vanilla extract
- 3 c Flour
- 1 t Salt
- 1 t Baking powder
- 1/2 t Baking soda
- 1 t Cinnamon or Pumpkin Pie Spice or Apple Pie Spice

Directions:

1. Preheat the oven to 350 degrees. Spray loaf pans with non-stick spray or grease with butter. Set aside.
2. In a large mixing bowl combine Koussa squash, apple, sugar and oil. Mix well. Stir in egg. Set aside.
3. In a small bowl combine flour, salt, baking powder and soda and spices. Mix to combine.
4. Add dry ingredients to wet ingredients and stir well to combine. Bake at 350 for 20-25 min for muffins or small loaves, 45-60 minutes for bread sized loaves. Insert a toothpick into the center of the bread to check for doneness. The toothpick should be free of wet batter when tested.

PRODUCER SPOTLIGHT ONEIDA ORCHARD

About Us

The Oneida Orchard has 30 acres of original orchard and an additional 10 acres of new orchard, which now totals to approximately 4,000 trees! The orchard grows over twenty different varieties of apples and also a wide variety of fresh produce products such as: strawberries, raspberries, blackberries, sweetcorn, squash and pumpkins. Due to weather, the variety of fresh produce will vary.



Our Goals

In an effort to align their modern orchard management practices with their indigenous values, the Oneida Orchard has made the switch to fully organic practices for their operation. This means using regenerative techniques that support on-farm biodiversity and soil health. The orchard has responded beautifully and all the apple trees are as healthy as ever. However, because there are no synthetic fertilizers or pesticides being used the apples are a little bit smaller than normally. They also may have cosmetic blemishes on them. Rest assured, these apples are now more nutritious than ever.





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FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

*Smoked Whitefish - Red Cliff Fish Company - Red Cliff, WI

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

Dried Cranberry & Great Northern Beans - Doudlah Farms - Evansville, WI

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

Green Onions & Kale - Cattail Organics - Athens, WI

Mixed Produce - Chippewa Valley Produce - Elk Mound, WI

Zucchini - Seasonal Harvest - De Pere, WI

Mixed Fresh Herbs - Aqua Garden, LLC - Rice Lake, WI

*Wild Rice - Spirit Lake Native Farms - Sawyer, MN

Fresh Locally Grown & Processed Applesauce - Two Onion Farm - Belmont, WI

**Denotes Native-owned Business*



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RECIPE CORNER | WHITE CHICKEN CHILI

Ingredients:

- 1 pound boneless skinless chicken breasts, chopped
- 1 medium onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 cans (14 ounces each) chicken broth
- 1 can (4 ounces) chopped green chiles
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1-1/2 teaspoons cayenne pepper
- 3 cans (14-1/2 ounces each) great northern beans, drained, divided
- 1 cup shredded Monterey Jack cheese
- Sliced jalapeno pepper, optional

Directions:

1. In a Dutch oven over medium heat, cook chicken and onion in oil until lightly browned. Add garlic; cook 1 minute longer. Stir in the broth, chiles, cumin, oregano and cayenne; bring to a boil.
2. Reduce heat to low. With a potato masher, mash one can of beans until smooth. Add to saucepan. Add remaining beans to saucepan. Simmer for 20-30 minutes or until chicken is no longer pink and onion is tender.
3. Top each serving with cheese and, if desired, jalapeno pepper.

Tip: Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth or water if necessary.

PRODUCER SPOTLIGHT DOUDLAH FARMS

For six generations the Doudlah family has been waking up before the birds, and during harvest season, often calling it quits under moonlight. Over the years, the farm was conventionally ran, but that all changed in 2008, when Mark Doudlah transitioned the Doudlah Farm to a certified organic operation.

The transition is widely due to his father's passing in 2011 from a form of cancer called Mantle Cell Lymphoma, also known as: Midwest Farmers Cancer.

The traditional farming that Mark and his father practiced for years relied heavily on the chemical, glyphosate. In 2015, the World Health Organization classified glyphosate as "probably carcinogenic to humans."

The Doudlah family's passion for organic, regenerative agriculture leads them to believe in putting the health of the land and people over profits.





2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 6

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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

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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.





2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 5

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FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

- *Beef Patties - Oneida Nation Farm - Oneida, WI
 - Lettuce Heads, Zucchini, Fresh Nettles - SLO Farmers Co-Op - Seymour, WI
 - Green Cabbage & Snap Peas - Chippewa Valley Produce - Elk Mound, WI
 - Tomatoes - Seasonal Harvest/Olden Organics - Ripon, WI
 - Blueberries - Emery Foods, LLC - Battle Creek, MI
 - Mixed Fresh Herbs - Aqua Garden, LLC - Rice Lake, WI
 - *Frozen Strawberry Drink - Oneida Cannery - Oneida, WI
 - *Wild Rice - Spirit Lake Native Farms - Sawyer, MN
- *Denotes Indigenous-owned Business*



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HOW TO CLEAN FRESH PRODUCE:

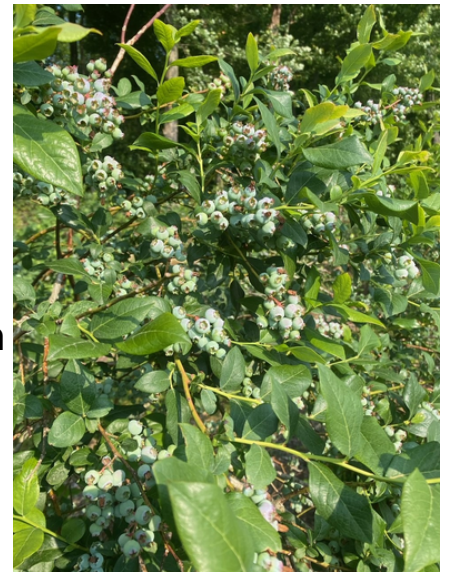
TO REMOVE PESTICIDES AND DIRT FROM YOUR BERRIES, MAKE A SOLUTION USING 1 TEASPOON OF BAKING SODA TO 4 CUPS OF WATER. SOAK THE BERRIES IN THIS SOLUTION FOR 5 MINUTES, THEN RINSE WITH COLD WATER AND GENTLY PAT DRY.

STINGING NETTLE PSA:

TO TAKE THE STING OUT OF STINGING NETTLES YOU NEED TO BOIL, FREEZE OR DEHYDRATE THEM. IF YOU ARE BOILING THEM TREAT THEM LIKE SPINACH AND ONLY BOIL FOR 45 SECONDS. THEN ENJOY! THEY ARE VERY NUTRITIOUS AND HAVE A HIGH PROTEIN CONTENT.

PRODUCER SPOTLIGHT: EMERY FOODS LLC

Emery Foods LLC is a small business in Battle Creek, Michigan, that was formed by Filiberto Villa Gomez, to grow, process, and market vegetables and fruit products produced in the fields of SW Michigan and to help small farmers sell and process their products in small quantities. Filiberto grew up growing diverse traditional crops with his parents in Mexico. Filiberto has spent the past 15 years farming, working with and teaching Spanish speaking Indigenous farmers in SW Michigan to help strengthen their businesses and agricultural practices.



He also works for Michigan Food & Farming Systems (MIFFS) as the Spanish Speaking Program Director. Filiberto works extensively with MSU and the Julian Samora Research Institute to carry out agriculture research and to teach Spanish language technical courses for farmers in the U.S. and Mexico.



Filiberto's passion is growing and processing Indigenous foods such as corn, beans, and squash. He works hard to provide local markets with traditional Indigenous foods grown in the community, and to preserve the seeds, agricultural techniques, and cultural food ways of the Indigenous people of Mexico.



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 4

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FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Beef - JJ&S Sunrise Dairy - Shawano, WI

Ground Turkey - Midwest Perishable Industries - Madison, WI

*Aquaponic Lettuce & Maple Syrup - Bodwéwadmí Ktëgan - Forest County
Potawatomi, WI

Zucchini - SLO Farmers Co-Op - Seymour, WI

Kale & Tomatoes - Wisconsin Food Hub Cooperative - Waupaca, WI

Rhubarb - Seasonal Harvest/Olden Organics - Ripon, WI

*Garlic Scapes - KnL Organics - South Wayne, WI

**Denotes Indigenous-owned Business*



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PRESERVATION TIP: OVEN DRIED ZUCCHINI OR TOMATOES

1. Slice the veggie into 1/4 inch thick rounds.
2. Arrange the slices in a single layer on a parchment lined baking sheet.
3. Set the oven at the lowest temperature, usually this is around 150°F degrees.
4. Place the baking sheets on the center rack of the oven.
5. Drying time ranges between 2-5 hours.
6. Store in an airtight bag or pint jar.
7. Great for pasta dishes, soups and casseroles!



PRODUCER SPOTLIGHT: BODWÉWADMI KTĚGAN

The Bodwéwadmi Ktëgan (Potawatomi Farm) started at the former red deer ranch in Blackwell, WI which provided a sustainable amount of venison for the tribal community until a change in focus in 2017.



The mission of the farm is to provide animal proteins and a natural, sustainable source of vegetables, fruits, greens, and fish to the tribal community. The farm raises cattle, swine, laying hens, meat chickens, bees, and bison! It also produces a wide variety of seasonal vegetables and fruits, and the aquaponics facility is able to produce lettuce, cucumbers, tomatoes, and peppers year-round. Aquaponics is a system where waste produced by farmed fish supplies nutrients for plants to be grown, which, in turn, helps the plants purify the water!

Other things Bodwéwadmi Ktëgan has implemented are:

- Built 6 high tunnels
- Maple Sugar bush opened in 2022 with 1100 taps!
- Brought in chickens and turkeys, which are housed in mobile coops.
- Planted an orchard with fruit trees & many berry bushes
- Brought in honeybees to pollinate our crops and provide honey
- Opened compost facility to produce and sell compost.

The public can purchase all of the Bodwéwadmi Ktëgan's products, along with souvenirs, at its storefront located at 3389 County Hwy. H in Laona, Wis. Please call (715) 478-4545 for a complete list of inventory.



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 3

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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



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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

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/>



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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



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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



2023 TRIBAL ELDER FOOD BOX NEWSLETTER

WEEK 1

Website: GreatLakesIntertribalFood.org
Follow us on Facebook at Great Lakes
Intertribal Food Coalition!

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Frozen Whitefish Filets - Red Cliff Fish Company - Red Cliff, WI

Ground Beef - Bodwéwadmí Ktëgan - Forest County Potawatomi, WI

Chicken Breast - UW Provisions - Middleton, WI

Aquaponic Lettuce - Bodwéwadmí Ktëgan - Forest County Potawatomi, WI

Ramps - Bodwéwadmí Ktëgan - Forest County Potawatomi, WI

Mushrooms - Seasonal Harvest - De Pere, WI

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

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

Frozen Strawberry Drink - 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: WEWAAGAGIN SOUP WITH CHICKEN AND SPRING GREENS - GLIWFC COOKBOOK

ORIGINAL CONCEPT FROM CLEORA AND DENNIS WHITE, LAC COURTE OREILLES

PREP: 15 MINUTES X COOK: 35 MINUTES X TOTAL: 50 MINUTES
SERVING SIZE: 1 CUP X YIELD: 8



INGREDIENTS

- 1 TSP OIL
- 1 MEDIUM ONION, DICED
- 1 TSP SALT
- 1/8 TSP BLACK PEPPER
- 5 CUPS CHICKEN STOCK
- 5 CUPS WATER
- 4 BAY LEAVES
- 2 SKINLESS, BONELESS CHICKEN BREASTS CUT INTO 1 INCH CUBES
- 2 CUPS FIDDLEHEAD FERNS
- 10 STALKS OF ASPARAGUS
- 2 CUPS RAMP LEAVES

DIRECTIONS

1. Heat oil in a small stock pot over medium-high heat
2. Add onion and cook under soft, about 5 minutes. Season onion with salt and pepper
3. Add stock, water, bay leaves, and chicken to pot and bring to a simmer, about 10 minutes
4. When chicken is partially cooked, add fiddleheads and cook until chicken is fully cooked, about 10 minutes. Add asparagus.
5. Continue to simmer until asparagus is just tender, about 5 minutes. Turn off heat
6. Stir in ramps leave and serve hot

CHEF NOTES:

- If you weren't able to harvest fiddlehead ferns this spring, you can still make this tasty soup. Substitute the 2 cups of fiddleheads for 2 cups of asparagus cut into 1-inch pieces. Asparagus is not quite as tasty or fun looking but it still makes a great soup.
- Watercress can be substituted for ramp leaves in equal amounts. Can't find radishes? Try another leafy green like dandelion greens, kale, beet greens, chard, turnip greens, spinach, or any other leafy green.
- Remember: Lukewarm soup is a perfect breeding ground for germs. So if you are not going to be able to use all the soup within 2 hours, either keep it above 139 degrees F for up to 4 hours or cool it to less than 41 degrees F within 2 hours and refrigerate or freeze it.

STORAGE

Refrigerate soup up to 4 days or freeze up to 3 months

Welcome to the 2023 Tribal Elder Food Box Program



Dear Tribal Elder Food Box Recipient,

We are excited to bring these nutritious and delicious foods to you! This program was built through a partnership between Bad River Band of Lake Superior Chippewas, Forest County Potawatomi, Ho-Chunk Nation, Lac Courte Oreilles, Lac du Flambeau Band of Lake Superior Chippewa, Menominee Indian Tribe of Wisconsin, Oneida Nation, Red Cliff Band of Lake Superior Chippewa, Stockbridge-Munsee Community Band of Mohican Indians, St Croix Chippewa Indians of Wisconsin, and Mole Lake Band of Sokaogon Chippewa Community, Feeding Wisconsin, Feeding America Eastern Wisconsin, Wisconsin Food Hub Cooperative, Department of Ag, Trade and Consumer Protection, Wisconsin Tribal Conservation Advisory Council, UW-Madison, and healthTIDE.

When possible, we will be sourcing food from Indigenous and local producers and food will be representative of traditional, Indigenous foods. The contents of the boxes will change for each distribution based on what is available seasonally. The average box will be 14-16 pounds and will contain a combination of protein (meats and fish), produce (fruits and vegetables), and shelf stable items like white corn, maple syrup, and wild rice. Each box will be accompanied by a newsletter containing weekly producer profile spotlights and recipes contributed by Indigenous chefs and home cooks.

We encourage you to continue picking up these boxes as scheduled by your tribe through the second week in December. We also welcome your feedback about the contents of the box. Please share your food preferences with your food distribution coordinator via the feedback forms included on each newsletter.

PLEASE NOTE: Food provided is for Wisconsin Tribal Elders. This is a project funded through a Feeding America National Regional Agri Food Distribution Grant, a contribution from the Feeding Wisconsin American Rescue Plan Act (ARPA), and an Intertribal Local Food Purchasing Agreement (LFPA) grant.