

# 2022 TRIBAL ELDER FOOD BOX NEWSLETTER



<https://www.feedingwi.org/programs/tribalfoodsecurity/>

## FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Beef- Yowela Farm - Oneida, WI

Ground Beef- Isiah Skenandore - Oneida, WI

Aquaponic Lettuce- Bodwéwadmī Ktëgan - Forest County Potawatomi

Apples- Oneida Orchard - Oneida, WI

Cranberries & Sweet Potatoes- Seasonal Harvest - De Pere, WI

Carrots - Cattail Organics - Athens, WI

Yellow Onions- AJ Produce

Wild Rice- Naturally Wild - Lac Courte Oreilles, WI

Bergamot Tea- Tsyunhehkwa - Oneida, WI

## RECIPE SPOTLIGHT: ROASTED SWEET POTATOES & CRANBERRY SAUCE SUBMITTED BY: FRANCISCO ALEGRIA

### Ingredients

- 2 sweet potatoes
- 1 teaspoon salt
- ¼ cup oil

### Ingredients

- 1 1/2 cup cranberries
- 1/4 cup apple cider
- 1 teaspoon sage
- 1/4 cup maple syrup
- crushed minced cedar TT

### Instructions

Preheat the oven to 375 degrees. Cut potatoes into ¼ inch thick slices. Rub them with oil and add salt. Place on sheet pan with parchment paper. Bake for about 40 min , or until tender. Serve, enjoy.

### Instructions

Place all ingredients in a saucepan. Let simmer for about 5-10 minutes. Run sauce through a sieve or strainer (optional). Serve, enjoy.



## PRODUCER SPOTLIGHT: SKENANDORE FARM LLC

### ABOUT US

Skenandore Farm LLC is an Indigenous owned family farm located on the Oneida Nation Reservation. We focus on regenerative farming techniques including rotationally grazing grass fed cattle, pasture raised chickens, and cage free eggs. Our farm covers 62 acres with additional hay fields in the surrounding areas. We are proud to provide high quality beef to Tribal Elders from our family to yours.



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## PRODUCER SPOTLIGHT: YOWELA FARMS

### ABOUT US

Yowela Farms is owned and operated by Oneida Tribal member, Dan Cornelius. They focus on growing Indigenous corn and other crops while also raising animals on natural grasses without sprays or chemicals. Yowela Farm, short for Yowela?talí^ meaning “gentle wind” in Oneida, is an Indigenous-owned with a focus on Indigenous crops and land management approaches.



The main products grown and harvested include several Indigenous corn variations, hand-harvested wild rice, pasture-raised beef and poultry, chicken and duck eggs, hand-harvested wild rice, and maple and box elder syrup.

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