

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Beef - Oneida Nation Farm - Oneida Nation, WI

Herring Filets - Red Cliff Fish Company - Red Cliff Nation, WI

Aquaponic Lettuce - Bodwéwadmí Ktëgan - Forest County
Potawatomi, WI

Apples - Oneida Orchard - Oneida Nation, WI

Stew Bag - SLO Farmers Co-op - NE WI

Green Cabbage & Yellow Potatoes- AJ Produce - Sheboygan, WI

Maple Sugar - Dynamite Hill Farms - Keweenaw Bay Indian
Community, MI

Your feedback matters!

A survey was given out with previous newsletters that we will use to improve the Tribal Elder Box Program in future years. You may return your survey in-person at your distribution site. You may also submit your survey by mail to Feeding Wisconsin:
2850 Dairy Drive, Madison, WI 53718.

RECIPE SPOTLIGHT: WILD RICE AND CRANBERRY STUFFED APPLES SUBMITTED BY: ELENA TERRY

Ingredients

- 4 Apples
- 1 cup Wild Rice
- 1 cup Cranberries
- 1/2 cup Maple Sugar
- Salt
- Walnuts (optional)

Instructions

1. Pre heat oven to 350 degrees
2. Core apples
3. Cook wild rice as directed
4. Combine wild rice and cranberries
5. Stuff apples with combined wild rice and cranberries
6. Sprinkle tops of each apple with maple sugar and salt
7. Roast apples for 45 mins or until golden brown on top
8. Serve warm and enjoy!

Simple Rub Recipe for Steaks, Chicken, Pork, Fish

- 2 tablespoons of maple sugar
- 4 tablespoons course salt
- 2 tablespoons course pepper
- 1 tablespoon paprika
- 1 teaspoon oregano
- 2 tablespoons garlic powder

PRODUCER SPOTLIGHT: DYNAMITE HILL FARMS

About Us

Jerry Jondreau (Keweenaw Bay Indian Community) and Katy Bresette (Red Cliff Band of Lake Superior Ojibwe), along with their family of six children, are getting back to the land to revitalize a traditional, clean foods culture, a reciprocal and healthy relationship with the land, and to rebuild a grateful community centered around amazing foods.

Our Products and Services

Dynamite Hill Farms provides local, traditional Ojibwe food to communities near and far. They work tirelessly to bring healthy and sustainable food to local communities, while fostering sustainable living. They hope to revive local Ojibwe economies and understanding through the distribution of traditional Ojibwe food and the stories and teachings that come along with that food. Dynamite Hill Farms looks forward to helping people from all walks of life relearn what it means to live within and from a place through speaking engagements, onsite demonstrations, and workshops . Our products are gathered, harvested and produced in season. We do not seek to maximize profit, and therefore our products may be limited due to the season and the production that year.



Dynamite Hill Farms

As Ojibwe food producers, every day our hands and our feet touch the lands of our ancestors and honor what food truly is. Our arms push through the water, our hands knock the rice. As we harvest, we re -seed and our responsibility to life is returned to our home once again. The hands of the people tap the trees, haul the sap, and build the fires that cook the sugar . In this way we honor the life that has been given, and the ones yet to come, by our work and by our love .