

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



SOKAOGON
CHIPPEWA
COMMUNITY
Mole Lake Band



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Bison - Oneida Nation Farm - Seymour, WI
Beef Sticks & Aquaponic Lettuce - Forest County Potawatomi - Laona, WI
Green Onions & Garlic - Cattail Organics - Athens, WI
Summer Squash & Mushrooms - Seasonal Harvest - De Pere, WI
Cucumbers - SLO Co-op - NE WI
Rhubarb & 'Mystery Fruit' - WI Food Hub - Waupaca, WI
Wild Rice - Naturally Wild - Lac Courte Oreilles, Northern WI

Recipe Call-Out

If you have any traditional recipes that you would like to share to be featured in our newsletters, please share them with the distribution leader where you receive your boxes! We would love to highlight recipes special to you in upcoming newsletters!

RECIPE CORNER: BISON TACO SALAD BOWL

SUBMITTED BY: MARLON SKENANDORE

Ingredients:

For the Wild Rice:

- 1/2 cup of chopped mushrooms
- 1 cup of cooked wild rice
- 4 cups of stock or water

For the Bison Taco Meat:

- 1lb ground bison
- 1/4 cup of chopped green onions
- 2 cloves of minced garlic
- 1 packet taco seasoning or 1 tablespoon of chili powder, 2 teaspoons of cumin, 1 teaspoon pepper, 1/2 teaspoon seasoning salt, 1/2 teaspoon paprika, 1/4 teaspoon oregano
- 1/4 cup water

Instructions:

1. Prepare wild rice first and let simmer
2. Rinse wild rice. Add all ingredients to pot and bring to boil. Cover pot and simmer on low.
3. Brown bison and strain (don't rinse). Add onions on medium heat for 1-2 minutes. Re-add ground bison. Add garlic. Add seasonings. Add water. Stir and simmer on low for 2 minutes. Turn off heat.
4. In a separate pan, warm up your favorite canned beans. Start with a layer of wild rice, followed by bison meat, your favorite cooked beans, your favorite cheese, and the aquaponics lettuce. For the fun part, you can now add whatever fresh veggies you would like such as cubed cucumbers, cubed zucchini, tomatoes, avocado, green peppers, etc. Enjoy!



YOUTH SPOTLIGHT: MENOMINEE INDIAN TRIBE OF WISCONSIN INTERNS

Last week, two of Menominee Indian Tribe of Wisconsin's interns travelled to Appleton with their mentor, Jen Falck, who has been heavily involved in the planning and implementation of the Tribal Elder Food Box Program from the beginning. All three joined the Feeding America Eastern Wisconsin team of volunteers on Wednesday June 22nd to help pack the boxes for Week 4 of the 2022 distribution!

What Are They Up To?

The interns are working with the Menominee Tribal Department of Agriculture and Food Systems, or DAFS, this summer and have been busy helping with community outreach events, helping Elders get gardens started, and giving thousands of plants away to the Menominee community. Recently, they've also been helping with the Tribal Elder Food Box Program - packing and distributing boxes!!

Pictured: On the left is Matthew Schwitzer, a student at Columbia, and on the right is Makena Arndt, who just graduated from University of Wisconsin, Stevens Point.

