

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Beef Patties - Oneida Nation Farm - Seymour, WI
Whitefish or Lake Trout Filets - Red Cliff Fish Company - Bayfield, WI
Aquaponic Lettuce - Bodwéwadmi Ktëgan - Laona, WI
Mushrooms - Seasonal Harvest - De Pere, WI
Eggs & Mixed Herbs - SLO Co-op, NE WI
Asparagus - Chippewa Valley Produce, WI
Jam - Oneida Cannery - Oneida, WI
Maple Syrup - Spirit Lakes Sugar - Duluth, MN
Blue Potatoes - Wisconsin Food Hub Cooperative, Waupaca, WI



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

RECIPE CORNER

SHIRL'S PANFISH BATTER

SUBMITTED BY MILES FALCK

Ingredients:

Red Cliff Fish Company Whitefish Filets; 1 cup Flour; 1 cup Fryin' Magic; 3 Eggs; Salt; Pepper; Oil

Instructions:

1. In a large plastic bag mix flour, Fryin' Magic, and salt & pepper to taste
2. In a bowl beat 3 eggs
3. Pat fish filets dry
4. Place filets into egg mixture
5. Then place filet into plastic bag and shake lightly. Then shake off excess batter and place into $\frac{1}{4}$ " of hot oil. Shirl liked peanut oil heated to medium-high.
6. Fry until golden brown on both sides.



"I love this recipe because it makes the best tasting fish and reminds me of my mom, spending time at the cottage, and fishing with all my cousins."

PRODUCER SPOTLIGHT | BODWÉWADMI KTĚGAN



The Bodwéwadmi Ktëgan (Potawatomi Farm) started at the former red deer ranch in Blackwell, WI. It was originally purchased by Forest County Potawatomi (FCP) in the late 1990s and housed red deer. In 2017, the farm changed focus and is now home to 130 cattle, 100 swine, 150 laying hens, 300 meat chickens, turkeys and their newest addition — 25 bison!

Other aspects of Bodwéwadmi Ktëgan:

- Operate 6 high tunnels which helps the farm start growing sooner and continue harvesting later;
- Maple sugar bush opened in 2022 with 1100 taps;
- Planted an orchard containing apple, pear, and plum trees;
- Planted raspberries, blueberries, and honeyberries;
- Brought in honeybees to pollinate our crops and provide honey; and
- Opened compost facility to produce and sell compost.

In addition to providing animal proteins, the farm works to provide a natural, sustainable source of vegetables, fruits, greens, and fish to the tribal community. The farm 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!

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