

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Pork - Birds N' Things & SLO Farmers Co-op - WI
Lake Trout Filets - Blue Harbor - Green Bay, WI
Salad Mix - Cattail Organics - Athens, WI
Mushrooms - Seasonal Harvest - De Pere, WI
Chives & Spinach - SLO Co-op - NE WI
Zucchini, Onions & Peaches - Chippewa Valley Produce - WI
Wild Rice - Naturally Wild - Lac Courte Oreilles, Northern WI



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

RECIPE CORNER: FRUIT AND WILD RICE SUBMITTED BY JON GREENDEER

Instructions:

1. Cook rice in water until rice is tender (about 45 minutes)
2. Take rice off heat and let sit for around 5 minutes.
3. Mix in berries and maple syrup. *sub in peaches!
4. Can be eaten warm or cold!

Ingredients:

- 1 cup wild rice
- 3 cups water
- 2 cups blueberries fresh or frozen (or other fruit)
- 1/3 cup maple syrup

PRODUCER SPOTLIGHT | NATURALLY WILD

ABOUT

Naturally Wild is native owned and operated by Jason Barber, an enrolled member of the Lac Courte Oreilles Band of Lake Superior Ojibwe of Northern Wisconsin. They are in business about working together to traditionally hand harvest from naturally existing rice beds by their family, friends, and community. They practice their inherent right to gather manoomin (good berry) in their 1855, 1854, 1842, and 1837 ceded Ojibwe territories while teaching along the way to help others feel the connection they have with the land. Wild Rice, or manoomin in their traditional language, has long existed as one of their most respected and cherished resources as native people; and Naturally Wild exists to continue these traditions.

MISSION

Their legacy is to teach people their traditional ways of harvesting manoomin. Practicing their inherent right to gather is a gift from the creator. It is their obligation to protect our Mother Earth (Akii) and it's an honor to provide for their Elders. "My ancestors taught us to respect the land and in return the land would give us all the resources that are needed."

HARVEST

Naturally Wild manoomin is all hand harvested by canoe, using traditional balsam push poles and cedar knockers, working together to decide where the rice will best fall, what angle to take depending on the wind, or where to gather along the bed - respect is always shown. Once green rice is harvested from the bed, care is shown in spreading tarps and cleaning husks to allow the wind and sun to cool and dry the rice. There is always someone preparing and caring for it. Naturally Wild works with a number of traditional processors in the wood fired parching, thrashing, and cleaning process.

MORE

Jason, and Naturally Wild, are thrilled to partner with the Tribal Food Box Program to provide a most cherished resource to our most cherished individuals at the most fair price. "Placing a price on our wild rice was very difficult and the negotiation had everything to do with how we can best support our local harvesters."

As you prepare this manoomin, smell the steam as it boils, and know that it is the same smell as the humid rice beds of your youth. Tell your young ones stories about how everybody would work together for a common good. Tell stories of how wild rice has impacted your life and your community. Know that on our worst days in the middle of winter, the rice is under that ice and will grow again, and we are never more than 9 months away from pushing a canoe, and a person you love, through an 8 foot tall bed of naturally existing, naturally wild, wild rice.

