

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Smoked Whitefish - Red Cliff Fish Company - Bayfield, WI
Ground Beef & Aquaponic Lettuce - Forest County Potawatomi - Laona, WI
Scallions & Beets - Cattail Organics - Athens, WI
Sweet Potatoes - Seasonal Harvest - De Pere, WI
Beets - SLO Co-op - NE WI
Cucumbers - Chippewa Valley Produce - Elk Mound, WI
Rhubarb & Mystery Fruit - WI Food Hub - Waupaca, WI
Wild Rice - Naturally Wild - Lac Courte Oreilles, Northern WI
Maple Sugar Candy - Spirit Lakes Sugar - Sawyer, MN

Join us June 24th at 3:00PM for: **Cooking with Elder Boxes**
Presented by: FoodWise Extension Brown County and Oneida
Emergency Food Pantry

Access at: <https://www.facebook.com/events/734225961240226> for the
live video or to access a recording. Please contact Oneida Pantry at
(920) 869-6165 with any questions!

We will highlight a variety of foods in your box!

SMOKED SALMON SALAD

Makes: 3 Servings
Total Cost: \$\$\$\$
Cook Time: 10 Minutes
Preparation Time: 15 Minutes



INGREDIENTS

- 2 cucumbers
- 2 cups lettuce
- 1 bunch scallions
- 4 cooked beets, cut into matchsticks (1/2 cup)
- 4 ounces smoked salmon
- Fresh fruit, strawberries or peaches
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoon fresh lemon
- Fine sea salt and freshly ground black pepper

DIRECTIONS

1. In a small bowl, whisk together the oil, lemon juice, 1/4 teaspoon salt and a generous pinch of pepper.
2. Peel the cucumbers lengthwise in a zebra stripe fashion, then cut into half moons on the diagonal.
3. Combine in a large bowl with the lettuce, cucumbers, scallions, fruit and beets.
4. Add the lemon dressing and a generous pinch of pepper and toss to combine.
5. Divide the salad among 4 serving plates. Arrange the fish between the greens on the plates.

Optional: sprinkle maple sugar candy on top

Source: 202 Tribute Publishing

PROGRAM IN
PARTNERSHIP WITH...



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PRODUCER SPOTLIGHT | SPIRIT LAKES NATIVE FARMS

Who We Are

Spirit Lakes Native Farms is a native owned and operated maple and wild rice business. They have 2200 trees and have been tapping since 1999. Bruce Savage and the young people he has mentored have put in many hours perfecting the process of monitoring how the environment can affect native foods. Spirit Lakes uses traditional wood fired operations for both maple and wild rice and still practice traditional ceremonies around harvesting while embracing new technology to continue expanding.

Made and Produced by American Indians

The trademark clearly identified actual American Indian products from federally recognized tribes. Bruce is a member of the Fond du Lac Band of Lake Superior Chippewa. Tawny is a member of the Pyramid Lake Paiute Tribe of Northern Nevada. Together they manage the farm with their family and seasonal employed staff. Every season they invest in purchasing green rice from local Native American harvesters. Supporting Spirit Lakes Native Farms goes directly back into keeping this economy strong for generations to come.

Indigenous Food Resiliency

Restaurants and indigenous entrepreneurs are highlighting harvested foods indigenous to turtle island. Wild Rice and Pure Maple Syrup are staples to the Anishinabe (Ojibwe) and Dakota diet. Seek out indigenous chefs and recipes. (photo of Yazzie the Chef, Brian Yazzie)

Visionary work to honor Anishinabe food

Bruce believes in hard work and consistency toward goals that honor the practices of finishing wild rice in order for families to enjoy a traditional food source. Creation stories found in oral tradition recount how the Anishinabe (Ojibwe) were introduced to manoomin, 'the food that grows on water'. Families continue to care for manoomin throughout the year and celebrate the anticipation of a good harvest. (Artwork by Karen Savage-Blue)

