

# 2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

## FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Smoked or Frozen Whitefish - Red Cliff Fish Company - Bayfield, WI  
Boneless Pork Chops - WI Pork Association - Lancaster, WI  
Aquaponic Lettuce & Maple Syrup - Forest County Potawatomi - Laona, WI  
Onions - Cattail Organics - Athens, WI  
Summer Squash - Seasonal Harvest - De Pere, WI  
Cabbage, Bell Peppers, Cucumbers, & Green Beans - SLO Co-op - NE WI  
Mixed Herbs - We Grow LLC - Westboro, WI  
Blueberries - Chippewa Valley Produce - Elk Mound, WI



### CONNECT VIRTUALLY

Join us via Facebook Live

- @FoodWiseExtensionBrownCounty
- @OneidaFoodPantry



TUNE IN WITH US  
AFTER YOU PICK UP  
YOUR FOOD BOX

Thursday, July 28, 2022 AT 12PM

Cooking with Elder Boxes

Online event

## Don't Miss the Cooking Demonstration!

Oneida Food Pantry and FoodWise Extension Brown County are hosting another cooking demonstration based on the recipe on page 2 of the newsletter. Please tune in on Facebook by searching @oneidafoodpantry, @foodwiseextensionbrowncounty, or Cooking with Elder Boxes.

The video will debut on Thursday July 28 at noon and will be available on the page anytime after. So share the event on your pages and enjoy!

# BLUEBERRY WILD RICE SALAD AND PORK CHOPS



Makes: 6 Servings

Preparation Time: 15 Minutes

## INGREDIENTS

- 2 tablespoons Lemon Juice (1/2 lemon)
- 2 tablespoons Olive Oil
- 2 teaspoons Maple Syrup
- 1 teaspoon Fresh Dill or other Herbs
- 1 1/2 cups Fresh Vegetables(Summer Squash, Cabbage, Bell Peppers, Green Beans)
- 1 cup Blueberries fresh or frozen
- 1 cup Cooked Wild Rice
- 1 Cucumber finely diced
- 1/4 cup Onion finely diced or 1/4 cup

## DIRECTIONS

1. Make the dressing: In a large serving bowl, combine lemon juice, olive oil, maple syrup, and dill or other herbs. Whisk together with a fork.
2. Add fresh vegetables, blueberries, rice, cucumber, onion, and fresh herbs. Stir together all ingredients to coat them evenly with dressing.
3. Serve immediately, or cover and refrigerate 1 hour to let flavors meld.

**Optional:** Serve with Pork Chops.

Maple Pork chops W/Garlic and Herbs

Add salt and pepper to the pork chops. Cook in a skillet on medium heat until brown on both sides. In a bowl add some olive oil with herbs from your box, add 1 tsp of maple syrup, and smother the chops on both sides. Cook until internal temp is 145 degrees.

Source: EatFresh.org

PROGRAM IN  
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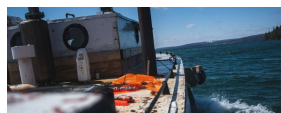
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## PRODUCER SPOTLIGHT | RED CLIFF FISH COMPANY



### A SUPERIOR CATCH

There are Great Lakes, and then there is Lake Superior- the largest, coldest, deepest, and cleanest freshwater lake in the world. We fish the waters of the Apostle Islands, off the northern Wisconsin coast. In this unique ecosystem, whitefish, lake trout, walleye, lake herring, and dozens of other species thrive. These aren't hatchery or pen-raised fish; each is wild caught from self-sustaining fish stocks jointly managed by tribal and state biologists. Tribal fishermen follow strict procedures for onboard sanitation and quality control. They deliver their catch daily to our zero-waste processing facility where fish offal is composted for community agriculture. The catch is processed exclusively by Red Cliff Fish Co. employees as part of a producer-driven, community-supported food system that offers a year-round product inventory, creates jobs, and preserves our rich Tribal heritage. From net to plate, we've taken out the middleman to bring you the Pride of Superior.



### OUR COMMITMENT

To bring you the best freshwater fish available anywhere, our practices and procedures have to be worthy of the treasures Lake Superior surrenders. If we don't honor that bounty at every stage of its journey to your plate then we have fallen short of our responsibility to you and to the lake that sustains our Tribal Community. That's why we view ourselves as more than fisherman, processors, packers, and shippers. We are the guardians of the lake and stewards of the catch. And the proof of our commitment is in every bite you take.

### SUSTAINABILITY: A SACRED RESPONSIBILITY

Sustainability is part of who we are. We and the generations who came before us, have relied on Lake Superior our entire lives, and we are invested in maintaining the health of this ecosystem for those to come. From fishing in a manner that protects the lake's stocks, to using fish waste from our processing facility as fertilizer on Tribal farms, we take a holistic approach to maintaining harmony between nature and community. Indeed, the Red Cliff Band of Lake Superior Chippewa subscribes to the principle of "seventh generation stewardship," which urges current generations to live and work for the benefit of the seventh generation into the future. But we think beyond that. Archaeological evidence shows that the Great Lakes region has been home to Native Americans for thousands of years, and we plan on being here for thousands to come.