

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Bison Patties - Oneida Nation Farm - Seymour, WI
Pork Sausage & Lettuce - Forest County Potawatomi - Laona, WI
Sweet Corn - Chippewa Valley Produce - Elk Mound, WI
Carrots & Green Peppers - Cattail Organics - Athens, WI
Carrots - Red Door Family Farm - Athens, WI
Tomatoes, Cucumbers, Melons & Garlic Bulbs - Seasonal Harvest -
De Pere, 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 PATTIES WITH CORN AND CUCUMBER SALAD SUBMITTED BY MARILYN KING

Ingredients:

- Bison patties
- Oil
- Favorite seasonings
- 1 cup cucumber
- 1 cup corn
- 1 cup tomatoes
- 1/8 cup red pepper
- 1/8 cup green pepper
- 2 tbsp red wine vinegar
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp cilantro
- 1/8 tsp black pepper

Instructions:

1. Season your bison patties with your favorite seasonings
 2. Preheat oil in a pan over medium-high heat for about 5 minutes
 3. Cook patty for about 4 minutes on each side
1. Chop cucumber, corn, tomatoes, red pepper and green pepper
 2. Combine with red wine vinegar, garlic powder, cumin, cilantro and black pepper, and mix well
 3. Serve cold

PRODUCER SPOTLIGHT | ONEIDA NATION FARM

ABOUT US

Oneida Nation Farm Enterprise's key responsibility is the interaction with man, soil, livestock, and wildlife for the agriculture community. With this unique relationship, the use of these resources provides sustenance, income, and employment opportunities for all mankind. The Oneida Nation Farm is the Agriculture Department under the Enterprise Structure of Oneida nation of Wisconsin. The Oneida Nation Farm leases land from the Oneida Nation of Wisconsin.

OUR BEEF AND BUFFALO

Buy local, buy Oneida Nation Farm's Black Angus Beef - right from our farm to your table. Black Angus is known as the gold standard for premium beef. Beef is a good source for zinc, iron, protein, and many B-vitamins - nutrients that help maintain the immune system, help mental development in children and build muscles.

We take pride in raising our Black Angus Beef, which consists of a cow calf herd out in pasture. The other part of herd is the fed beef, which are finished in an animal comfort feed lot barns and are all clean and happy healthy cattle. The Beef operation is growing into a Point of Origin, which means born and raised on our farm.

The magnificent Oneida Buffalo herd consists of about 150 head, which are grass fed, also supplemented with hay and grain feed. The majority of the Buffalo and equipment were all made possible from Intertribal Bison Coop Grants, starting in 1996 to present. The Oneida Tribe of Wisconsin and the Oneida Nation Farms, also contributes in kind service for this project.



OUR CROPS

The Oneida Nation Farm is known for the minimal till and no till practices. We work closely with our crop consultants to comply with regulations on nutrient management programs and other programs that enhance the betterment of the land and air.

We plant and harvest high quality varieties of corn, soybean, alfalfa, and winter wheat. Call the Farm if you are interested in purchasing any of our products at (920) 833-7952!