

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Beef - Tsyunhehkw - Oneida Nation, WI

Frozen Lake Trout - Blue Harbor Fish Company - Green Bay, WI

Aquaponic Lettuce - Bodwéwadmí Ktëgan - Forest County
Potawatomi, WI

Apples - Oneida Orchard - Oneida Nation, WI

Stew Bag - SLO Farmers Co-op - NE WI

Carrots & Yellow Onions - AJ Produce - Sheboygan, WI

Frozen Strawberries - Fifth Season Cooperative - Viroqua, WI

Instant Corn Mush - Oneida Cannery - Oneida Nation, WI

Applesauce OR Apple Butter - Oneida Nation, WI

Thank you for participating in the 2022 Tribal Elder Box Program! We appreciate your feedback throughout the season. Next year's season will begin in May 2023, but stay tuned for more details and specific dates!

RECIPE SPOTLIGHT: MAPLE MUSTARD TURNIP AND RUTABAGA

SUBMITTED BY: FRANCISCO ALEGRIA

Ingredients

- 2 turnips, peeled, medium dice
- 2 rutabaga, peeled, medium dice
- 1 onion, medium dice
- 2 tablespoons maple syrup
- 1 tablespoon mustard (grainy spicy works best)
- 1 tablespoon apple cider vinegar
- Salt pepper To Taste
- 3 slices of cooked bacon small rough chop



Instructions

1. Preheat the oven to 400 degrees.
2. Toss turnips, rutabaga, and onions in oil, salt and pepper.
3. Bake for about 30 minutes. Flip vegetables over once 15 min into baking.
4. In a bowl mix the mustard, maple, cider vinegar together.
5. Pour mixture over vegetables once they are tender. (tip can save greens, tops, and add them at this point also). Bake for another 5 minutes, and add the bacon bits.
6. Serve, Enjoy.

PRODUCER SPOTLIGHT: ONEIDA ORCHARD

About Us

The Oneida Orchard has 30 acres of original orchard and an additional 10 acres of new orchard, which now totals to approximately 4,000 trees! The orchard grows over twenty different varieties of apples and also a wide variety of fresh produce products such as: strawberries, raspberries, blackberries, sweetcorn, squash and pumpkins. Due to weather, the variety of fresh produce will vary.

Our Goals

Part of the Orchard's goal is to generate interest in the area of agriculture as well as encourage our children to understand at a young age, the importance of growing healthy food, and finding natural ways to eliminate pests. The Apple Orchard hosts field trips for area schools. It has generated children's interest in agriculture and taught them that there are many techniques such as the Integrated Pest Management (IPM) where we only treat the crop when necessary and we are able to produce a quality product in a safe sustainable way. Other ways to eliminate pests are trapping insects, releasing bugs to control other bugs. In addition, the Orchard is a key player in the Nation's Integrated Food Systems, supplying produce to the school system, Food Distribution Center, Emergency Pantry, and other programs and services.

