

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Beef - Oneida Nation Farm - Seymour, WI

Chicken Drumsticks - Semper Foods

Aquaponic Lettuce - Forest County Potawatomi - Laona, WI

Onions & Green Peppers - Cattail Organics - Athens, WI

Paroli Potatoes - Sterling Sports LLC - Bowler, WI

Garlic Bulbs - Seasonal Harvest - De Pere, WI

Apples - Oneida Orchard - Seymour, WI

Carrots - Red Door Family Farm - Athens, WI

Frozen Strawberries - Fifth Season Cooperative - Viroqua, WI

Oneida Corn Mush - Ohe'laku - Hobart, WI

Sweet Corn - Chippewa Valley Produce - Elk Mound, WI



Recipe Call-Out and Feedback Form

For more information, including submitting feedback, reading past newsletters, and submitting traditional recipes visit our website at <https://feedingwi.org/programs/tribalfoodsecurity/> or hold your camera of a smartphone up to the QR code to the left.

RECIPE SPOTLIGHT: ONEIDA CORN MUSH WITH STRAWBERRY WOJAPI SUBMITTED BY: FRANCISCO ALEGRIA

Ingredients

- 1 bag of Oneida Corn mush
- 10oz frozen strawberries
- 1/2 cup maple syrup
- 2 tablespoons of cedar or white pine

Instructions

Follow instructions on Oneida Corn Mush bag. Add frozen strawberries to a saucepan along with maple syrup. When choosing cedar make sure it's green and washed, add cedar to sauce. Low heat simmer for at least 10 minutes. Top mush with wojapi. Serve, enjoy

RECIPE SPOTLIGHT: MEATBALLS SUBMITTED BY: FRANCISCO ALEGRIA

Ingredients

- 1 # ground beef
- 1 carrot minced
- ½ large onion minced
- 1 bell pepper minced
- ½ cup corn minced
- 3 cloves garlic minced
- ½ cup cooked wild rice
- ½ tablespoon sage
- ½ tablespoon salt
- ¼ cup maple syrup
- ½ cup cedar minced

Instructions

Preheat the oven to 350 degrees. Mix all ingredients together in a large bowl. Take a sheet pan with parchment paper on top and create 2oz meatballs. If larger or smaller it will affect the total cook time. Bake about 30 minutes. Internal temp should read 155, you can also tear one open to check the inside is fully cooked. Can be served with your favorite bbq sauce or sauce of choice. (tip: can be frozen for future use) Enjoy.

PRODUCER SPOTLIGHT: STERLING SPORTS LLC

ABOUT US

Sterling Sports LLC is a native owned and operated business located within the Stockbridge-Munsee Reservation. Our venture into growing local foods started out with the intent to grow cleaner and healthier foods for our family. To keep up with the neighbors and locals that approached us to buy our extra produce, we kept increasing our spring plantings and our operation kept expanding each year.

HARVEST

On harvest days, those who drive past our farm will see a scene from Days Gone By as our family along with a few dozen Community Members for hire hand pick our produce. An elder from our Community told us it reminds her of the old days when the women from our Tribe travelled to Sturgeon Bay to pick crops. Their children would often accompany them and worked alongside them.

MISSION

In the age of factory farming where more and more mass produced crops are genetically modified and sprayed with all sorts of chemicals, we take pride in knowing that while our fields may have plenty of weeds growing between the rows and a few insects flying around, that we are producing cleaner crops and in turn helping to create a cleaner future.

