

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Beef Ring Bologna - Oneida Nation Farm - Seymour, WI

Sliced Ham - WI Pork Association

Aquaponic Lettuce - Bodwéwadmī Ktëgan - Laona, WI

Carrots - Midewigan Provisions - Michigan

Apples - Oneida Orchard - Seymour, WI

Winter Squash - Sterling Sports LLC - Bowler, WI

Green Cabbage & Mushrooms - Seasonal Harvest - De Pere, WI

Corn Mush Flour - Ohe'Laku - Seymour, WI



FEEDBACK FORM - YOUR INPUT IS IMPORTANT!



Please feel free to share your thoughts to improve this effort. Please cut at the dotted line & return this form to your distribution site!

1) What was your favorite part of the last food box?

2) Is there anything you didn't use? If so, why?

3) Is there anything you would like to see in the future? Do you have any other comments?

RECIPE SPOTLIGHT: SLOW COOKER RING BOLOGNA, POTATO, AND CABBAGE

Ingredients

- 1 head cabbage, diced
- 2-3 potatoes, diced
- 1 onion, diced
- 2 cups carrots, diced
- 1 package of ring bologna, sliced
- 1 cup chicken broth
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 tbsp vinegar
- 2 tbsp mustard
- salt & pepper to taste

Instructions

- Add vegetables and sausage to slow cooker or stovetop pot.
- In separate bowl mix chicken broth, garlic powder, onion powder, vinegar and mustard.
- Pour mixture over vegetables.
- Salt and pepper to taste.
- Cook on low 6-8 hours, on high for 4 hours, or until potatoes and carrots are tender.



PRODUCER SPOTLIGHT: MIDEWIGAAN PROVISIONS

THE MISSION

Here at Midewigaan Provisions we will heal and build our community through food.

ABOUT US



In the tradition of our ancestors who traded all across the Great Lakes and beyond we created Midewigaan Provisions to honor those who have come before us. We are here to reclaim our ancient trade routes and to continue to build those relationships that sustained us through the tough seasonal times. By reconnecting with our traditional practices, like eating sacred foods, making our tools, and speaking our languages, we can be mentally, physically, emotionally, and spiritually strong. Our Indigenous teachings and ways of living kept our people well for centuries.

“Food is medicine” is not just a tagline or a new concept. It has been ingrained in us since we’ve always had a relationship with the world around us. We also have a sacred responsibility to treat the land with care and respect as it does for us. The food we grow and harvest means so much more than just “eating to survive.” The foods we eat heal our bodies and minds. Spiritually, the foods we choose to eat will ground us while also connecting us to our ancestors.

We are a BIPOC owned, Tribally incorporated LLC under the Sovereignty of the Waganakishign Odawak!



OUR PRODUCTS

We grow a variety of produce items including carrots and potatoes & process maple syrup and maple sugar products.