

# 2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

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

Ground Beef, Aquaponic Lettuce, Winter Squash/Pie Pumpkins & Maple Syrup - Bodwéwadmí Ktëgan - Laona, WI  
Pie Pumpkins & Brussel Sprouts - Seasonal Harvest - De Pere, WI  
Potatoes - Midewigaaan Provisions - Michigan  
Carrots - Cattail Organics - Athens, WI  
Oneida Corn Mush - Ohe'laku - Hobart, WI  
Bergamot Tea - Tsyunhehkw - Seymour, WI

### Your feedback matters!

A survey will be given out with this newsletter that we will use to improve the Tribal Elder Box Program in future years. You may return your survey in-person at your distribution site. You may also submit your survey by mail to Feeding Wisconsin: 2850 Dairy Drive, Madison, WI 53718.

## RECIPE SPOTLIGHT: MAPLE PUMPKIN PIE



### **Ingredients**

- 2 eggs
- 2 cups pumpkin
- 1 cup evaporated milk
- 3/4 cup sugar
- 1/2 cup maple syrup
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 1 pie crust (can buy pre-made)

### **Instructions**

Bake your pie pumpkins

- Preheat oven to 350°
- Cut pie pumpkins in half, scoop out and discard pumpkin seeds (or save and bake for an easy snack!)
- Place pumpkins face up or down on a baking sheet and cook for 45 minutes
- When done, scoop out pumpkin

Bake your pie

- Preheat oven to 425°degrees
- In a large bowl, combine the first 7 ingredients; beat until smooth. Pour into crust. Bake for 15 minutes. Reduce heat to 350°. Bake 45-50 minutes longer. Cool on a wire rack for 1 hour. Refrigerate overnight or until set.

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## PRODUCER SPOTLIGHT: TSYUNHEHKW

### **ABOUT US**

Tsyunhekw (“life sustenance” in Oneida, pronounced Joon-heh-kwa) is a culturally based community agriculture program run by the Oneida Nation of Wisconsin, whose goal is to provide the community with traditional food staples like white corn, as well as to encourage indigenous gardening among community members. The program focuses on transferrable knowledge to the Oneida community regarding the importance in food sovereignty and encourages and provides technical assistance in members growing their own foods.



### **THE HARVEST**

Tsyunhekw agricultural is an indigenous farm that is responsible with production of white corn, grass fed beef, raw produce, and other medicines like tobacco and Bergamot, while simultaneously tasked with empowering its citizens in producing themselves. This program has played a critical role in meeting the food security needs of Oneida, especially during the pandemic, with donating beef to their Emergency Food Pantry and hosting food security drive thru produce give always. Tsyunhekw plays a vital role in the food system of the Oneida Nation in advocating for food sovereignty programming being an integral part of a comprehensive approach to health and wellness for indigenous communities.

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