

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



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

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Smoked or Frozen Whitefish - Red Cliff Fish Company - Bayfield, WI
Beef Product & Lettuce - Forest County Potawatomi - Laona, WI
Sweet Corn & Blueberries - Chippewa Valley Produce - Elk Mound, WI
Onions & Green Peppers - Cattail Organics - Athens, WI
Green Beans - Sterling Sports LLC - Bowler, WI
Cherry Tomatoes, Melons & Cabbage - 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 SPOTLIGHT: SWEET CORN SUCCOTASH SUBMITTED BY: FRANCISCO ALEGRIA

Ingredients:

- 1 cup Sweet Corn Off Cob
- 1 cup Peppers (small dice)
- 1 cup Onions (small dice)
- 1 cup Green Beans (halved)
- Cherry Tomatoes (halved)
- 2 teaspoons Penzey's Northwoods Spice

Instructions:

In a pot, simmer corn and beans to soften. In a large saute pan, sweat peppers, onions, and tomatoes. Mix all ingredients together and saute a couple minutes with Penzey's Northwoods spice. You can use salt and pepper. Serve, enjoy.

Tip: you can add 1 cup of cooked black beans from FDPIR.

FLAKED WHITEFISH SALAD SUBMITTED BY: FRANCISCO ALEGRIA

Ingredients:

- Whitefish filet
- Aquaponic lettuce
- Green pepper
- Onion
- Cherry tomatoes (halved)
- ¼ cup Blueberries
- 1 cup oil
- ⅓ cup apple cider vinegar
- 1 tablespoon maple syrup

Instructions:

Preheat the oven to 350. Bake whitefish with salt pepper for 15-20 minutes. Internal temp should reach 145 or flake. In a saucepan add blueberries and simmer until soft. Add blueberries, vinegar, maple syrup, and last oil into a bowl and mix well. Toss lettuce, tomatoes, onions, peppers in blueberry vinaigrette. Top with flaked whitefish. Serve, enjoy.