

2024 TRIBAL ELDER FOOD BOX NEWSLETTER

week 3

Website: GreatLakesIntertribalFood.org
Follow us on Facebook at Great Lakes Intertribal
Food Coalition!



Food & Farms Represented In This Week's Box

- *White Fish - Blue Harbor - Green Bay, WI
- *Ground Beef - Rustic Ridge - De Pere, WI
- Dry Beans - Doudlah Farms - Evansville, WI
- *Lettuce - Bodwéwadmi Ktëgan - Forest County Potawatomi, WI
- Kale - Cattail Organics - Athens, WI
- Rhubarb - Seasonal Harvest - De Pere, WI
- Cabbage - Red Door Family Farm - Athens, WI
- Potatoes, Onions, and Radish - Chippewa Valley Produce - Elk Mound, WI
- Frozen Berries - Fifth Season Cooperative - Viroqua, WI
- *Pecans - Binesi - Oneida, WI
- *Strawberry Drink - Oneida Cannery - Oneida, WI
- *Maple Syrup - Spirit Lakes Native Farms - Sawyer, WI

Recipe Spotlight | Spring Berry Salad

INGREDIENTS

- Berries
- Lettuce
- Kale
- Cabbage
- Pecans
- Maple Syrup
- Olive oil
- Salt and pepper

DIRECTIONS

1. Using frozen or fresh berries, slice about a cup, place in a bowl and set to the side
2. Finely slice cabbage and kale, and combine with lettuce in a bowl
3. Combine lettuce mix, berries, and pecans
4. For your dress, mix maple syrup, olive oil, and salt and pepper to taste, and drizzle over salad
5. Enjoy!

Rustic Ridge Livestock LLC is a family farm located on the Oneida Nation of Wisconsin Reservation. Originally started as a hobby with some beef animals and meat goats has now grown into a full-time operation. Currently the farm raises beef cattle, meat goats, and raises dairy calves for local farmers. Along with the cattle business we also have honeybees which we extract the honey from. Our main goal at Rustic Ridge Livestock LLC is to create a product that speaks for itself.

Kevin Jordan a member of the Oneida Nation is the owner of Rustic Ridge Livestock. He and his wife Crystal made the decision in 2022 to make the farm a full-time job. With that decision Kevin started a custom calf raising business to provide a steady income as well as partnering with his uncle to expand the current beef operation. With the expansion it has allowed him to get licensed to sell meat right off the farm as well as still selling halves and quarters of beef.

We are excited to be a part of the Elder Food Box program and the opportunities it may bring. If you would like to learn more about us or keep up with our farm you can follow us and reach out on Facebook at Rustic Ridge Livestock LLC.



Freezer Tips for Rhubarb

Here are some steps for freezing rhubarb:

1. Prepare

Rinse the rhubarb, remove the leaves, and trim any stringy bits. You can also cut the rhubarb into 1/2-inch pieces or short lengths.

2. Freeze

Spread the rhubarb in a single layer on a baking sheet lined with parchment paper or tray and freeze until firm, which can take 1-3 hours. Flash freezing helps keep the pieces separate so you can use as much as you need at a time.

3. Store

Transfer the frozen rhubarb to freezer bags or airtight containers, squeezing out any air as you seal. Label with the date and quantity, and store in the freezer at 0°F (-18°C) or lower for up to 12 months.