

2024

TRIBAL ELDER FOOD BOX NEWSLETTER

week 8



Food & Farms Represented In This Week's Box

Oneida Nation Farm - Ground Bison
Go Broke Farm - Pork Chops
Medowlark Community Mill - Red Beans
Bodwéwadmí Ktëgan - Aquaponic Lettuce
SLO Farms - Cucumbers
Yowela - Cucumbers
Cattail Organics - Carrots
Red Door Farm - Cilantro
Chippewa Valley Produce - Tomatoes
Seasonal Harvest - Jalapenos & Sweet Corn
Sterling Sports LLC - Potatoes
Doudlah Farms - Popcorn
Ohe.laku - Corn Mush Flour
Midewigaaan Provisions - Maple Sugar

Producer Spotlight

Ohe.laku is an agricultural non-profit cooperative growing our traditional white corn on the Oneida Nation in Wisconsin. Our goal is to grow farmers, rekindle our relationship with the spirit of the corn and our inherit responsibility to care for her. We have many people and organizations to thank that helped us bring this food to you. For this particular distribution we would like to thank Lea Zeise, Robin John, James Kelly, and Twylite Moore.
Please enjoy!



Corn braids hanging in the barn
to dry before processing



Brenda and James working on bagging and
preparing the corn

YIELD: 6 SERVINGS

INGREDIENTS

- 1 to 1½ pounds ripe tomatoes, cut in small dice
- 1 regular cucumber, peeled if waxy, seeded if the seeds are large, and cut in small dice
- 2 ears corn, steamed for 4 minutes and kernels removed from the cob
- 1 to 2 jalapeño pepper, minced (seeded for a milder salad)
- Salt to taste
- ¼ cup chopped cilantro
- 2 tablespoons rice vinegar
- 1 tablespoon fresh lime juice or lemon juice
- 2 tablespoons extra virgin olive oil
- Optional: 1 ounce feta, crumbled (about ¼ cup)



Recipe from The New York Times

DIRECTIONS

- Mix together all of the ingredients. Let sit in or out of the refrigerator for 15 minutes before serving, then toss again.

TIP

Advance preparation: This will hold for a few hours in the refrigerator

You can serve this as a salad, as a topping for whole grains or, as a salsa with grilled Bison burgers, pork chops, fish or chicken.

Source: <https://cooking.nytimes.com/recipes/12695-tomato-cucumber-and-corn-salad>

Indigenous Producer Academy

On July 30th and 31st the Great Lakes Intertribal Food Coalition (GLIFC) in partnership with Wisconsin Tribal Conservation Advisory Council (WTCAC) and Forrest County Potawatomi Farm hosted an Indigenous Producer Academy. The two day event began at Bodwewadami Ktegan Farm where participants could choose from two break out sessions ranging from bee keeping, rotational grazing, compost management, hoop house, and aquaponics. The academy concluded at the Department of Agriculture and Food Systems in Menominee Nation with business planning and grazing planning along with a corn husk activity by instructor Becky Webster.

