



Great Lakes
Intertribal
Food Coalition

2024 TRIBAL ELDER BOX PROGRAM
WEEK 15

Vendor	Item	Unit Packing/Box	Packing/Box
Blue Harbor Fish Co.	Walleye Fillets	1lb package	1/box
Oneida Nation Farm	Ground Bison	1lb package	1/box
Go Broke Farm	Ground Pork	1lb package	1/box
Cattail Organics	Spinach	.5oz bag	1/box
Bushel & a Peck	Cortland Apples	6 apples	6/box
Seasonal Harvest	Winter squash	16 oz package	1/box
Seasonal Harvest	Fresh Veggie Roasting Mix	16oz package	1/box
Gumz Farms	Onions	3lb bag	1/box
Mshko'Ode Farm	Carrots	1.5lb bag	1/box
SLO Farmers Coop	Beets	1.5lb bag	1/box
Bushel and a Peck	Dehydrated Apples	3.5oz bag	1/box
Convergence Agriculture Yowela Farms	Dehydrated hominy	.5oz bag	1/box

2024 TRIBAL ELDER FOOD BOX NEWSLETTER

WEEK 15 - December 5th & 6th



Food & Farms Represented In This Week's Box

Oneida Nation Farm - Ground Bison
Blue Harbor Fish Company - Frozen Walleye Filets
Go Broke Farms - Ground Pork
Bushel and A Peck - Fresh Apples
Bushel and A Peck - Dehydrated Apples
Mshko'Ode Farm - Carrots
Seasonal Harvest - Mixed Chop Vegetables
Seasonal Harvest - Chopped Butternut Squash
SLO Farmers Coop - Beets
Gumz Farms - Onions
Convergence Agriculture Yowela Farms- Dehydrated Hominy Corn

SURVEY INFORMATION

If you collected a Tribal Elder Food Box in November, you should have received a survey. If you did not, we would still love to hear your feedback, and below you will find resources to access the survey.

This survey is for Elders who have received a Tribal Elder Food Box between May 2024 and today. Feedback will be used to improve the Program and to secure funding for the future. We value you and your input!

Please return your survey by December 31, 2024. You may return your survey:

In-person: at your distribution site.

By mail: please trim the sides of the paper to make it fit in the envelop. Send to Feeding America Eastern Wisconsin by using the return envelope provided.

Or by completing online by scanning the QR code ----->

*You may need a Gmail to access form as it is a google form.

All survey data will be owned by GLIFC and shared with all Tribal Nations in WI involved in the Program and used only in ways that they have approved.



Thank you for taking the time to provide your feedback!

If you have any questions, please contact Stephanie with GLIFC at 715-799-5173.

TASTY ROASTED BEETS

Ingredients

- 4 beets, peeled and cut into ¾-inch cubes
- 2 tablespoons olive oil
- 1 teaspoon dried thyme leaves (Optional)
- 1 pinch sea salt, or to taste

Directions

1. Gather all the ingredients.
2. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
3. Toss together beets, olive oil, and thyme in a large bowl until beets are well coated.
4. Spread evenly onto the prepared baking sheet. Sprinkle with sea salt.
5. Roast in the preheated oven until beets are tender, 10 to 20 minutes. A fork inserted into the center of a beet cube should come out easily.



SAVORY ROASTED ROOT VEGETABLES

Ingredients

- 4 carrots, diced
- 16oz cubed winter squash
- 1 cup diced, raw beets
- 1 onion, diced
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon dried thyme leaves
- salt and pepper to taste

Directions

1. Preheat the oven to 400° F
2. Place carrots, winter squash, beets, onion, and garlic into a 9x13-inch baking dish; drizzle with olive oil, then season with thyme, salt, and pepper. Mix well.
3. Bake, uncovered, in the preheated oven for 45 minutes, stirring once midway through baking. Season to taste with salt and pepper before serving.

YOWELA FARMS

Yowela Farms, short for Yowela?talí^ meaning “gentle wind” in Oneida, is Indigenous-owned with a focus on Indigenous crops and land management approaches. Main products include several Indigenous corn, hand-harvested wild rice, pasture-raised beef and poultry, chicken and duck eggs, and maple and box elder syrup.



Yowela Farms is proud to provide the Tribal Elder Food Box Program with Bear Island Flint Corn Hominy. This corn has been prepared to be “quick cook” corn, meaning it only needs to boil and it will be ready to eat.

