

2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 8: 9/2-9/5



Food & Farms Represented In This Week's Box

*Indicates Indigenously produced

*Rustic Ridge Farm - Beef Patties

*Mshko'Ode Farm - Lake Trout

*Mshko'Ode Farm - Potatoes

Chee's Fresh Produce, JY Produce, & JL Produce - Green Beans

Chee's Fresh Produce, JY Produce, & Cattail Organics - Tomatoes

Cattail Organics - Carrots & Bell Peppers

SLO Farmers Co-op - Cucumbers & Zucchini

Seasonal Harvest - Sweet Corn

We Grow - Red & Yellow Onions

*Spirit Lake Native Farms - Maple Syrup

*Oneida Cannery - Apple Butter or Apple Sauce



Producer Spotlight: Rustic Ridge

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.

BAKED RAINBOW TROUT WITH VEGETABLES

INGREDIENTS

- ☐ 2 TBSP OLIVE OIL
- ☐ 1 TBSP MAPLE SYRUP
- ☐ 1 TSP GARLIC POWDER
- ☐ 1½ POUND RAINBOW TROUT FILET SKIN ON
- ☐ 1 LARGE ZUCCHINI (CUT INTO CHUNKS)
- ☐ 2 CHINESE EGGPLANTS (CUT INTO CHUNKS)
- ☐ 1 SWEET POTATO (PEELED AND CUT INTO BITE-SIZE PIECES)
- ☐ 1 RED BELL PEPPERS (CORE AND SEEDS REMOVED, CUT INTO CHUNKS)
- ☐ 5 SHALLOTS (PEELED AND HALVED)
- ☐ SALT AND PEPPER TO TASTE
- ☐ 5 LEMON SLICES



INSTRUCTIONS

1. PRE-HEAT THE OVEN TO 400F.
2. PLACE ALL THE VEGETABLES IN A LARGE BOWL.
3. IN A SMALL BOWL, MIX THE OLIVE OIL, MAPLE SYRUP, AND GARLIC POWDER. (2 TBSP OLIVE OIL, 1 TBSP MAPLE SYRUP, 1 TSP GARLIC POWDER)
4. RESERVE 1 TABLESPOON OF THE MIXTURE AND POUR THE REST OVER THE VEGGIES. TOSS TO COVER. SEASON THE VEGGIES WITH SALT AND PEPPER, THEN TRANSFER TO A BAKING SHEET LINED WITH PARCHMENT PAPER. PLACE THE BAKING SHEET INTO THE OVEN AND ROAST FOR 15 MINUTES. (1 LARGE ZUCCHINI, 2 CHINESE EGGPLANTS, 1 SWEET POTATO, 1 RED BELL PEPPERS, 5 SHALLOTS, SALT AND PEPPER TO TASTE)
5. IN THE MEANTIME, SEASON THE RAINBOW TROUT FILLET WITH SALT AND PEPPER AND RUB WITH THE REMAINING 1 TABLESPOON OF THE OIL MIXTURE. LET IT MARINATE FOR A BIT. (1½ POUND RAINBOW TROUT FILET SKIN ON)
6. REMOVE THE BAKING SHEET FROM THE OVEN. CAREFULLY MOVE THE VEGGIES TO THE EDGE AND PLACE THE FISH INTO THE CENTER. PUT THE LEMON SLICES ON TOP OF THE FISH. RETURN THE BAKING SHEET TO THE OVEN. BAKE FOR ANOTHER 20 TO 25 MINUTES UNTIL THE VEGGIES AND FISH ARE COOKED THROUGH.

We appreciate your feedback!

Please share photos, recipes, and stories with the foods from the Tribal Elder Food Box program with us.

Contact us at:

admin@greatlakesintertribalfood.org

Scan the QR code to visit our website!

