

# 2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 10: 10/20-10/24



## Food & Farms Represented In This Week's Box

**\*Indicates Indigenously produced**

- \*Oneida Nation Farm - Ground Bison**
- \*Red Cliff Fish Company - Smoked Whitefish**
- James Lake Farms - Cranberries**
- Seasonal Harvest - Onions**
- \*Muyu Minka Farm - Potatoes**
- Cattail Organics - Bell Peppers, Salad Mix, Carrots**
- Red Door Family Farm - Bell Peppers**
- Perez Produce & Olden Organics - Brussels Sprouts**
- Bushel and a Peck - Applesauce & Apples**
- \*Bill's Busy Bees - Honey**
- \*Woodland Botanicals - All Seasons Tea**

## MUYU MINKA FARM

IMANALLA! KICHWA COLLECTIVE IS A COMMUNITY OF MIGRANT KICHWA FAMILIES FROM BOTH THE SOUTHERN AND NORTHERN REGIONS OF THE ECUADORIAN ANDES, NOW LIVING IN TEEJOP (MADISON, WISCONSIN). THE MISSION OF OUR COLLECTIVE IS TO STAY CONNECTED TO OUR LANGUAGE, TRADITIONS, AND THE TEACHINGS PASSED DOWN BY OUR ANCESTORS, EVEN WHILE LIVING OUTSIDE OF TERRITORY. WE COME TOGETHER TO CELEBRATE WHO WE ARE THROUGH CULTURAL EVENTS, COMMUNITY GATHERINGS, AND MOMENTS OF MUTUAL SUPPORT. OUR WORK IS GUIDED BY THE VALUE OF SUMAK KAWSAY, WHICH IS TO LIVE IN COMMUNITY AND IN RECIPROCITY WITH THE LAND.

THROUGH PROJECT MUYU MINKA, WHICH MEANS "THE COMMUNAL WORK OF THE SEED", WE HONOR THE TRADITIONAL KICHWA PRACTICE OF MINKA, AND WORK TO RECONNECT OURSELVES TO THE LAND WE HAVE LONG BEEN DISCONNECTED FROM DUE TO MIGRATION. MINKA, IS A TIME OF COMING TOGETHER TO WORK FOR THE COLLECTIVE GOOD OF ALL, AND IS USED TO STRENGTHEN OURSELVES AS A COMMUNITY. FOR THE PAST TWO GROWING SEASONS, OUR COMMUNITY HAS GATHERED TO PLANT, CARE FOR, AND WORK ALONGSIDE THE LAND IN AN EFFORT TO REVITALIZE THESE PRACTICES.

SPECIFICALLY, POTATOES HAVE DEEP ROOTS IN THE ANDES WHERE THEY'VE BEEN CULTIVATED FOR THOUSANDS OF YEARS. WHILE WE GROW VARIETIES BRED IN NORTH AMERICA, WE CELEBRATE THE WORK OF OUR ANCESTORS IN SHARING THIS CROP WITH THE WORLD. ALONG WITH PROVIDING SUSTENANCE, OUR SEEDS CARRY STORIES, MEMORIES, AND KNOWLEDGE ABOUT HOW TO LIVE IN RELATIONSHIP WITH THE LAND. BY CONTINUING THESE PRACTICES HERE, WE ARE KEEPING THAT KNOWLEDGE ALIVE AND SHARING IT WITH FUTURE GENERATIONS. OUR FARM PROVIDES A SPACE TO RECONNECT WITH OUR TRADITIONS THROUGH CARING FOR THE LAND, SEEDS, AND ONE ANOTHER, ALL WHILE GROWING DELICIOUS HEALTHY FOOD! WE MANAGE THE LAND 100% ORGANICALLY AND WORK BY HAND TO TEND TO THE CROPS. IT IS A GREAT HONOR TO BE ABLE TO PROVIDE FOOD TO THE ELDER FOOD BOX AND SHARE OUR CULTURE WITH OUR NATIVE RELATIVES OF THE NORTH. WE HOPE YOU ENJOY!

# THE BEST BRUSSELS SPROUTS OF YOUR LIFE

SCAN QR CODE TO VISIT WEBSITE

## INGREDIENTS

- 1 POUND BRUSSELS SPROUTS (CLEANED AND TRIMMED)
- 3 CLOVES GARLIC (PEELED & SLICED \*SEE THE NOTES SECTION BEFORE STARTING)
- ¼ CUP PARMESAN CHEESE (FRESHLY GRATED)
- SALT AND FRESHLY GROUND BLACK PEPPER (TO TASTE)
- 3 TABLESPOONS GOOD QUALITY OLIVE OIL (OR FOR KETO, BUTTER FLAVOR COCONUT OIL)

## INSTRUCTIONS

1. PREHEAT THE OVEN TO 400°F/200°C.
2. IF NEEDED, CLEAN AND TRIM THE BRUSSELS SPROUTS AND CUT THEM IN HALVES AND PLACE THEM IN AN OVEN SAFE DISH. MAKE SURE TO DRY THEM VERY WELL BEFORE COOKING.
3. ADD THE GARLIC, PARMESAN CHEESE, SALT, AND PEPPER, FOLLOWED BY THE OLIVE OIL. TOSS TO COAT.
4. ROAST IN THE OVEN UNCOVERED FOR 20-25 MINUTES UNTIL CRISP, BROWN AND CARAMELIZED ON THE OUTSIDE AND TENDER ON THE INSIDE. SERVE WITH MORE GRATED CHEESE.



## ERREN'S TOP TIPS

- DRY YOUR BRUSSELS SPROUTS WELL. THE DRIER THEY ARE, THE CRISPIER THEY'LL BE. IF WASHING, USE PAPER TOWELS TO PAT THEM DRY OR USE A SALAD SPINNER TO SPIN THAT LIQUID RIGHT OFF.
- FOR CRISPER SPROUTS, SPREAD THEM OUT ON THE PAN WITHOUT TOO MANY TOUCHING. OVERCROWDING CAUSES YOU TO STEAM THE BRUSSELS SPROUTS INSTEAD OF ROASTING.
- CUT THE SPROUTS TO BE EVEN SIZED PIECES IF YOU WANT THEM TO HAVE A SIMILAR TEXTURE.
- BE SURE TO START WITH A HOT OVEN TO HELP THE SPROUTS CRISP ON THE OUTSIDE AND SOFT ON THE INSIDE.
- BROWN IS GOOD. IF YOU'VE NEVER COOKED BRUSSELS SPROUTS THIS WAY, AT FIRST GLANCE YOU MAY THINK IT LOOKS BURNT OUT OF THE OVEN, BUT ONCE YOU TASTE IT, YOU'LL KNOW THOSE LITTLE "BURNT" AREAS ARE THE BEST TASTING PARTS!
- WHEN USING UNTRIMMED BRUSSELS SPROUTS, TRIM OFF THE DRY PART OF THE STEM AT THE BASE OF THE SPROUT AND ANY LOOSE OUTER LEAVES.
- FOR EXTRA CARAMELIZED AREA PLACE THE SLICED BRUSSELS SPROUTS CUT-SIDE DOWN AT ON THE PAN. THIS WILL GIVE A LARGER BROWNEED SURFACE AREA.
- LEAVE SMALLER SPROUTS WHOLE TO AVOID OVERCOOKING.
- ON SMALLER SPROUTS THAT DON'T NEED TO BE HALVED, SLICE A CROSS IN THE STEM (SEE THE VIDEO). THE STEM IS THE TOUGHEST PART OF THE BRUSSELS SPROUT AND THE CROSS ALLOWS THEM TO COOK AT THE SAME RATE AS THE TENDER AREA.
- FOR AN EXTRA KICK OF FLAVOR, TRY ADDING TRY ADDING RED PEPPER FLAKES OR LEMON ZEST BEFORE ROASTING AND A SQUEEZE OF FRESH LEMON JUICE BEFORE SERVING.
- BE SURE TO TASTE AND SEASON WELL BEFORE SERVING.