

2025

TRIBAL ELDER FOOD BOX

NEWSLETTER

Week 13: 11/17-11/21



Food & Farms Represented In This Week's Box

*Indicates Indigenously produced

*Skenandore Farm, Pape Family Pastures, & *Rowdy Rooster Farm - Half Chicken

*Red Cliff Fish Co - Smoked Whitefish Chunks or Whitefish Filets

Fifth Season Cooperative - Frozen Blueberries

Cattail Organics - Salad Mix & Beets

Red Door Family Farm - Carrots

Olden Organics - Cubed Butternut Squash

Bushel and A Peck - Apples

Healthy Ridge Farms - Garlic Bulbs

*Nu-Tradition - Oyster Mushrooms

*Bodwewadmi Ktegan - Swiss Chard

Meadowlark - Dakota Black Popcorn or Black Beans

*Yowela Farms - Corn Mush Flour

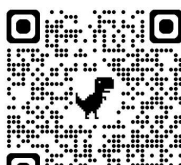
Blue Roof Orchard - Applesauce

*Dynamite Hill Farms - Maple Sugar

SAUTEED OYSTER MUSHROOMS WITH GARLIC BUTTER

INGREDIENTS

- ☐ 10 OUNCES (284 G)
OYSTER MUSHROOMS
- ☐ 1 TABLESPOON (15 ML)
EXTRA VIRGIN OLIVE
OIL
- ☐ SALT AND FRESHLY
GROUND BLACK
PEPPER
- ☐ 2 TABLESPOONS (30 G)
BUTTER
- ☐ 1 CLOVE GARLIC, FINELY
CHOPPED OR GRATED
- ☐ ¼ CUP (15 G) FRESH
ITALIAN PARSLEY
LEAVES



INSTRUCTIONS

1. PREP THE MUSHROOMS: GENTLY PAT THE MUSHROOMS WITH A CLEAN TOWEL TO ABSORB ANY EXCESS MOISTURE. TRIM OFF THE HARD STEM AT THE BASE OF EACH CLUMP OF MUSHROOMS. SEPARATE LARGE CLUSTERS INTO MORE BITE-SIZED PIECES, USING YOUR HANDS OR A KNIFE.
2. PLACE A LARGE (10-12-INCH) NONSTICK PAN OVER MEDIUM-HIGH HEAT. WHEN A DROP OF WATER SIZZLES AND EVAPORATES ON CONTACT, ADD THE OIL TO THE PAN. ARRANGE THE MUSHROOMS IN ONE LAYER. COOK, WITHOUT TURNING, UNTIL ONE SIDE IS GOLDEN BROWN AND CRISP. SPRINKLE WITH SALT AND PEPPER TO TASTE AND TOSS. *NOTE: IF THE MUSHROOMS DON'T FIT IN ONE LAYER IN YOUR PAN, COOK THEM IN 2 BATCHES, ADDING A LITTLE MORE OIL AS NEEDED.
3. TRANSFER THE MUSHROOMS TO A SERVING PLATTER. WITHOUT RETURNING THE PAN TO THE HEAT, ADD THE BUTTER, GARLIC AND PARSLEY TO THE HOT PAN, SWIRLING UNTIL THE BUTTER MELTS AND THE GARLIC IS FRAGRANT.
4. POUR THE GARLIC BUTTER OVER THE MUSHROOMS AND SERVE.

SHEET PAN ROASTED HALF CHICKEN

PREP TIME: 15 MINUTES

COOK TIME: 45 MINUTES

YIELD: 5 SERVINGS

INGREDIENTS

- WHOLE CHICKEN
- PAPRIKA
- GARLIC POWDER
- DRIED THYME
- DRIED ROSEMARY
- SALT AND PEPPER
- OLIVE OIL
 - CAN SUBSTITUTE WITH VEGETABLE OIL, BUTTER, OR AVACADO OIL
- LEMON, SLICED
- ASSORTED ROOT VEGETABLE
 - CAN INCLUDE: CARROTS, SWEET POTATOES, POTATOES, ONION, CELERY ETC.



INSTRUCTIONS

NOTE: THIS RECIPE WILL NEED A MEDIUM BOWL AND LARGE BAKING SHEET

1. PREHEAT YOUR OVEN TO 400°F (200°C). LINE A LARGE-RIMMED BAKING SHEET WITH ALUMINUM FOIL.
2. PEEL AND CUT VEGETABLES INTO 2-INCH CHUNKS AND SLICE LEMON
3. WHISK TOGETHER THE PAPRIKA, GARLIC POWDER, DRIED THYME, DRIED ROSEMARY, SALT, AND BLACK PEPPER IN A SMALL MIXING BOWL.
4. CUT THE WHOLE CHICKEN IN HALF
5. WITH A PAPER TOWEL, GENTLY PAT THE CHICKEN. SEASON THE CHICKEN WITH HALF OF THE PREPARED SPICES. GENTLY LIFT THE SKIN AND RUB SOME SEASONING DIRECTLY ONTO THE MEAT.
6. PUT THE SEASONED CHICKEN ON A FOIL-LINED BAKING SHEET. TUCK THE LEMON SLICES UNDERNEATH THE CHICKEN FOR ADDED FLAVOR.
7. IN THE REMAINING SPICE BOWL, TOSS THE SPICES, ROOT VEGETABLES, AND OLIVE OIL.
8. ON THE BAKING SHEET, ARRANGE THE VEGETABLES AROUND THE CHICKEN HALVES.
9. PLACE THE CHICKEN IN THE PREHEATED OVEN FOR ABOUT 45-60 MINUTES, OR UNTIL THE INTERNAL TEMPERATURE REACHES 165°F (74°C).
10. ONCE THE CHICKEN IS COOKED, REMOVE IT FROM THE OVEN AND LET IT REST FOR 10-15 MINUTES.
11. ENJOY!