

2022 TRIBAL ELDER FOOD BOX NEWSLETTER



OF LAKE SUPERIOR CHIPPEWAS



FOREST COUNTY
POTAWATOMI
Keeper of the Fire



FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Pork & Eggs - Birds N' Things, Ashland, WI

Ground Beef - Oneida Nation Farm, Seymour, WI

Smoked Lake Trout Fillets - Blue Harbor, Green Bay, WI

Aquaponic Lettuce - Bodwéwadmi Ktëgan, Laona, WI

Red Potatoes, Shiitake Mushrooms, Onions - Chippewa Valley Produce, WI

Tomatoes - Wisconsin Food Hub Cooperative, Waupaca, WI

Microgreens - SLO Co-op, NE WI



WELCOME TO THE 2022 TRIBAL ELDER FOOD BOX PROGRAM

Dear Tribal Elder Food Box Recipient,

We are excited to bring these nutritious and delicious foods to you! This program was built through a partnership between Bad River Band of Lake Superior Chippewa, Forest County Potawatomi, Ho-Chunk Nation, Lac Courte Oreilles, Lac du Flambeau Band of Lake Superior Chippewa, Menominee Indian Tribe of Wisconsin, Oneida Nation, Red Cliff Band of Lake Superior Chippewa, Stockbridge-Munsee Community Band of Mohican Indians, Feeding Wisconsin, Feeding America Eastern Wisconsin, Intertribal Agriculture Council, Wisconsin Food Hub Cooperative, Department of Ag, Trade and Consumer Protection, UW-Madison, and healthTIDE.

When possible, we will be sourcing food from Indigenous and local producers and food will be representative of traditional, Indigenous foods. The contents of the boxes will change for each distribution based on what is available seasonally. The average box will be 14-16 pounds and will contain a combination of protein (meats and fish), produce (fruits and vegetables), and shelf stable items like white corn, maple syrup, and wild rice. Each box will be accompanied by a newsletter containing weekly producer profile spotlights and recipes contributed by Indigenous chefs and home cooks.

We encourage you to continue picking up these boxes as scheduled by your tribe through the first week in December. We also welcome your feedback about the contents of the box. Please share your food preferences with your food distribution coordinator.

PLEASE NOTE: Food provided is for Wisconsin Tribal Elders. This is a project funded through a Feeding America National Regional Agri Food Distribution Grant and a contribution from the Feeding Wisconsin American Rescue Plan Act funding.



PRODUCER SPOTLIGHT

BIRDS N' THINGS FARM

Birds N' Things Farm is a small family farm with big dreams. It is owned by myself, Daisy Perez-Defoe, and my husband Rusty Defoe. We moved our farm from California in 2020 and settled on completely raw land in Ashland, WI. We have always wanted to produce "good food" for people at an affordable price and now through this program we are able to share what we do with our communities. While we are relatively new in our endeavors (7 years, 2 years in WI) Rusty brings his military training from the United States Marine Corps, plus building and construction knowledge from Victor Valley College (VVC). This allows us to be self-sufficient in our building and expanding of our farm structures. I bring years of marketing, sales, and customer service experience. I also have an Associates degree in Business Administration from VVC, which helps with our day to day operation of the farm. Our three kids, ages 6-9, help in the daily livestock up keep.



We are certified through the Veteran Farmers Coalition and as Native American Producers. Rusty and the kids are enrolled members of the Red Cliff Band of Lake Superior Chippewa. We concentrate in pasture and silvo-pasture production, intensive farming. This means that we run our livestock through our forest with daily or twice daily rotations. This allows us to minimize damage to our field and forest, allowing us to care for the land and ensuring it is still viable for the next seven generations.



2022 TRIBAL ELDER FOOD BOX CALENDAR BAD RIVER

APRIL

S	M	T	W	T	F	S
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10	11	12	13	14	15	16
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24	25	26	27	28	29	30

MAY

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29	30	31				

JUNE

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JULY

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31						

AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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25	26	27	28	29	30	31

Distributions will be on Fridays at 11AM at 73451 Maple St. Odanah, WI 54861. Please bring your Tribal ID.

*1 box per Tribal Elder Household.

*If you receive DELIVERED Elder meals, your box will be delivered.

*If you do not receive a box on the first distribution of the month, priority will be given for the second date. To be put on the list, call the FD Office (715) 682-7892.



Bad River Band of Lake Superior Chippewa
Tribal Elder Food Box Distributions