



2023 TRIBAL ELDER FOOD BOX NEWSLETTER WEEK 9

Website: GreatLakesIntertribalFood.org
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Intertribal Food Coalition!

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

Ground Beef - Mountain Bay Meadows - Pulaski, WI

Eggs - SLO Farmers Co-op - Seymour, WI

*Aquaponic Lettuce - Bodwéwadmi Ktëgan - Forest County Potawatomi, WI

*Garlic Heads - KnL Garlic - South Wayne, WI

**Apples - Oneida Orchard - Oneida, WI

Onions & Mixed Herbs - We Grow, LLC - Westboro, WI

Mixed Fresh Herbs - Aqua Garden, LLC - Rice Lake, WI

Tomatoes - Emery Foods, LLC - Battle Creek, MI

Carrots - Cattail Organics - Baldwin, WI

*Wild Rice - Spirit Lake Native Farms - Sawyer, MN

**Denotes Native-owned Business*

***Oneida Orchard Apples are organic so may be smaller and have cosmetic blemishes - please rest assured they are healthier than ever!!*



FEEDBACK FORM - NATIVE WELLNESS MAGAZINE!



Please feel free to share your thoughts on the Native Wellness Magazine. Please cut at the dotted line & return this form to your distribution site!

1) Have you received any previous Native Wellness Magazines? If yes, are you enjoying the additional resource?

2) What are you finding most helpful or interesting about the Native Wellness Magazine?

3) Would you like to continue receiving the Native Wellness Magazine?

RECIPE CORNER | SQUASH AND APPLE BREAD

Recipe by Chef Leah Husby

Recipe makes 2 loaves, depending on pan size

(In the following recipe the T stands for Tablespoon and the t stands for teaspoon)

Ingredients:

- 2 c grated Squash (Kousa, Zucchini, or yellow squash)
- 1 c grated Apple
- 1 c Vegetable oil or melted butter
- 1 c sugar
- 1 Egg
- 1 t Vanilla extract
- 3 c Flour
- 1 t Salt
- 3 c Flour
- 1 t Salt
- 1 t Baking powder
- 1/2 t Baking soda
- 1 t Cinnamon or Pumpkin Spice or Apple Pie Spice

Directions:

1. Preheat the oven to 350 degrees.
2. In a large mixing bowl, combine squash, apple, sugar, and oil. Mix well. Stir in Egg. Set aside.
3. In a small bowl, combine Flour, Salt, Baking powder, Baking soda, and Spices. Mix to combine.
4. Add dry ingredients to wet ingredients and stir well to combine. Bake at 350 for 20-25 minutes for muffins or small loaves, OR 45-60 minutes for bread sized loaves.
5. Insert a toothpick into the center of the bread to check for doneness. The toothpick should be free of wet batter when tested.

NOTES | This squash bread is great for breakfast or snacks. Feel free to add nuts for an added nutritional boost. Whole wheat flour can be substituted for the All Purpose flour. If you are trying to reduce fats in the diet, the oil/butter amount can be reduced to 1/2 c of oil and add 1/2 c of applesauce to replace the missing 1/2 c of oil.

PRODUCER SPOTLIGHT | KNL ORGANICS

About Us

Louis and Kim Medina are the owners of KnL Garlic; a small family farm located in South Central Wisconsin. After purchasing the farm in 2002, we began raising grass-fed black angus cattle and pasture-raised pigs and sheep. This all started with our kids raising animals and showing them at the county fair for 4-H!



We soon realized how much we love knowing where our food comes from and how it is raised. Our farm has been Certified Organic since 2016 and we are currently raising grass-fed Katahdin sheep and growing three great varieties of organic hardneck garlic.

To ensure sustainable and regenerative farming practices on our farm we are dedicated to the following:

- We are a “minimal-till” farm
- We rotate various cover crops for soil health
- We practice crop rotation and rotational grazing
- We only use organic fertilizer for crop production
- We use various organic grass mixes as quality forage for our sheep

We strive to ensure we that we are practicing sustainability by giving back to Mother Earth more than we take. We are soil farmers first, and our goal is to leave the soil in the best condition we can for future generations.

For more information and to purchase garlic and/or lamb from KnL Organics, please visit knlgarlic.com or reach out to Louis and Kim at knlgarlic@gmail.com or 608-214-0175