

2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 3: June 23 - 27



Food & Farms Represented In This Week's Box

*Indicates Indigenously produced

- *Smoked Whitefish - Red Cliff Fish
 - *Ground Pork or Ground Beef - Go Broke Farms (one item/box)
 - Small Red Beans- Doudlah Farms
 - Salad Mix, Kale, Radish- Cattail Organics & Red Door Family Farm
 - *Radish - Perez Produce & *Whirling Thunder Ranch
 - Lettuce Heads - SLO Farmers
 - *Mushrooms - Nu-Tradition & Brock Schreiber
 - *Herbal Tea - Tootsie's Tea & Bonnie McKiernan
 - *Triple Berry Drink - Off The Trail
 - *Honey - Bill's Busy Bees
 - *Blue Corn Mush Flour - Yowela Farms
- ### *Indicates Indigenously produced



Photo Contest!



Honoring Our Food, Our Elders, Our Stories

The Great Lakes Intertribal Food Coalition invites YOU—Elders, producers, packers, delivery teams, families, and community members—to share a photo that reflects your connection to the Tribal Elder Food Box Program. Show us the people, foods, and moments that make this program special—from garden to table.

📷 Scan the QR code to submit photos (one per entry, 10 photos max) and be entered into a drawing to win a GLIFC swag bag! Prizes include: sweatshirt, t-shirt, sticker, tote bag & Indigenous foods. Three winners will be announced on GLIFC Facebook page and website on June 27th!

📅 Deadline to submit: June 26th by 4:00pm.

Let your photos tell your story—and help us celebrate the care, culture, and community behind every food box.

Link to photo contest form: <https://forms.gle/zUEWwDP3KMua8kmV8>

QR Code for photo contest form ->



WAHPEHPAH'S KITCHEN'S NAVAJO BLUE CORN MUSH

INGREDIENTS

1 CUP BLUE CORNMEAL
1/4 TEASPOON SALT
3 CUPS BOILING WATER

OPTIONAL TOPPINGS

MAPLE SYRUP
FRESH FRUIT
CHIA SEEDS
NUTS

DIRECTIONS

BOIL 4 CUPS OF WATER IN A SMALL TO MEDIUM SAUCE PAN. IN A SEPARATE BOWL, INCORPORATE SALT AND DRY CORNMEAL. ADD CORNMEAL MIXTURE TO SAUCEPAN WITH BOILING WATER AND MIX THOROUGHLY. TURN HEAT DOWN TO LOW AND MIX FOR 2-3 MINUTES UNTIL LUMPS ARE GONE. SERVE IN A BOWL AND FINISH OFF WITH TOPPINGS OF YOUR CHOICE LIKE MAPLE SYRUP, FRESH FRUIT, CHIA SEEDS AND NUTS



ATTRIBUTION

THIS RECIPE IS COURTESY OF CRYSTAL WAHPEHPAH OF WAHPEHPAH'S KITCHEN.

SALAD WITH SALAD MIX, RADISH, AND SHIITAKE MUSHROOMS

INGREDIENTS AND INSTRUCTIONS:

SALAD INGREDIENTS: THIS RECIPE USES 4 CUPS OF SPRING MIX SALAD GREENS, 1/2 POUND OF FRESH, STEMMED AND SLICED SHIITAKE MUSHROOMS, AND 1/3 CUP OF THINLY SLICED RADISHES. YOU CAN ALSO ADD CHOPPED GREEN ONIONS, SLICED CARROTS, WATER CHESTNUTS, AND CHERRY TOMATOES.

DRESSING INGREDIENTS: THE DRESSING INCLUDES MIRIN, RICE VINEGAR, REDUCED-SODIUM SOY SAUCE, MINCED SHALLOT, MINCED FRESH GINGERROOT, LEMON JUICE, OPTIONAL SRIRACHA OR HOT PEPPER SAUCE, COARSELY GROUND PEPPER, OLIVE OIL, AND SESAME OIL.

OTHER INGREDIENTS: TOASTED SESAME SEEDS AND ADDITIONAL OLIVE OIL ARE ALSO NEEDED.

INSTRUCTIONS:

PREPARE THE DRESSING: BRING MIRIN TO A BOIL IN A SMALL SAUCEPAN, THEN SIMMER UNTIL SLIGHTLY THICKENED. COOL AND WHISK IN THE REMAINING DRESSING

INGREDIENTS.

PREPARE THE MUSHROOMS: TOSS THE SLICED SHIITAKE MUSHROOMS WITH OLIVE OIL. YOU CAN GRILL THE MUSHROOMS IN A GRILL WOK OR BASKET FOR 6-8 MINUTES, SAUTÉ THEM IN A PAN FOR 3-4 MINUTES, OR ROAST THEM ON A BAKING SHEET AT 375°F (190°C) UNTIL CRISPY. **ASSEMBLE THE SALAD:** COMBINE THE SALAD GREENS, RADISHES, AND OPTIONAL VEGETABLES IN A LARGE BOWL. TOSS WITH HALF OF THE DRESSING. DIVIDE THE SALAD AMONG PLATES AND TOP WITH THE PREPARED MUSHROOMS. DRIZZLE WITH THE REMAINING DRESSING AND SPRINKLE WITH TOASTED SESAME SEEDS.