

2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 4: July 7 - July 11



Food & Farms Represented In This Week's Box

*Indicates Indigenously produced

*Rustic Ridge - Beef

*Red Lake Nation Fishery - Walleye filet

Cattail Organics & Red Door Family Farm - Carrots & Salad Mix

Chippewa Valley Produce & Yeng Farm - Snap Peas & Potatoes

Emery Foods - Blueberries

SLO Farmers Co-op - Cucumbers and Summer Squash

Olden Organics - Cauliflower & Broccoli Veggie Mix & Cabbage

*Rice Country Processing Inc - Wild Rice

*Bodwewadmi Ktegan - Maple Syrup



RUSTIC RIDGE FARM

Rustic Ridge Livestock LLC is a family farm located on the Oneida Nation of Wisconsin Reservation. Originally started as a hobby with some beef animals and meat goats has now grown into a full-time operation. Currently the farm raises beef cattle, meat goats, and raises dairy calves for local farmers. Along with the cattle business we also have honeybees which we extract the honey from. Our main goal at Rustic Ridge Livestock LLC is to create a product that speaks for itself.

Kevin Jordan a member of the Oneida Nation is the owner of Rustic Ridge Livestock. He and his wife Crystal made the decision in 2022 to make the farm a full-time job. With that decision Kevin started a custom calf raising business to provide a steady income as well as partnering with his uncle to expand the current beef operation. With the expansion it has allowed him to get licensed to sell meat right off the farm as well as still selling halves and quarters of beef.

We are excited to be a part of the Elder Food Box program and the opportunities it may bring. If you would like to learn more about us or keep up with our farm you can follow us and reach out on Facebook at Rustic Ridge Livestock LLC.



VEGETABLE STIR FRY

SERVINGS: 4 SERVINGS

PREP TIME: 22MINUTES MINS

COOK TIME: 8MINUTES MINS

TOTAL TIME: 30MINUTES MINS



INGREDIENTS

FOR THE SAUCE

- ½ CUP LOW SODIUM VEGETABLE BROTH, OR CHICKEN BROTH
- ⅓ CUP LOW SODIUM SOY SAUCE
- 2 TABLESPOONS HONEY
- 2 TEASPOONS SESAME OIL
- 1 ½ TABLESPOONS MINCED FRESH GINGER
- 3 CLOVES GARLIC, MINCED
- 1 TABLESPOON CORNSTARCH
- ⅛ TEASPOON CRUSHED RED PEPPER FLAKES, OR TO TASTE, OPTIONAL, FOR SPICY SAUCE

FOR THE STIR-FRY

- 2 TABLESPOONS OLIVE OIL OR AVOCADO OIL, DIVIDED
- 2 CUPS BITE-SIZE PIECES BROCCOLI FLORETS
- 2 LARGE CARROTS, THINLY SLICED ON THE DIAGONAL
- 8 OUNCES CREMINI MUSHROOMS, SLICED
- 1 CUP SUGAR SNAP PEAS, OR SNOW PEAS
- 1 RED BELL PEPPER, THINLY SLICED INTO 1-INCH LONG STRIPS
- 1 YELLOW BELL PEPPER, THINLY SLICED INTO 1-INCH LONG STRIPS
- 4 GREEN ONIONS, SLICED, PLUS MORE FOR SERVING

INSTRUCTIONS

WHISK TOGETHER ALL SAUCE INGREDIENTS IN A SMALL BOWL OR LIQUID MEASURING CUP. SET ASIDE.

HEAT 1 TABLESPOON OF THE OIL IN A LARGE SKILLET OR WOK OVER MEDIUM-HIGH HEAT. ADD THE BROCCOLI AND CARROTS AND STIR-FRY, STIRRING OFTEN, FOR 2 MINUTES. ADD THE REMAINING TABLESPOON OF OIL, AS WELL AS THE MUSHROOMS AND SNAP PEAS TO THE PAN. COOK, STIRRING, FOR 2 MORE MINUTES. THEN ADD THE RED AND YELLOW BELL PEPPERS AND STIR-FRY FOR 1 MORE MINUTE, UNTIL VEGETABLES ARE ALMOST CRISP-TENDER.

WHISK THE SAUCE ONCE MORE TO MAKE SURE IT IS WELL COMBINED. POUR THE SAUCE INTO THE PAN WITH THE VEGETABLES AND COOK UNTIL THICKENED, STIRRING CONSTANTLY, 1-2 MINUTES. STIR IN THE GREEN ONIONS. REMOVE PAN FROM HEAT.

SERVE VEGETABLE STIR-FRY OVER RICE OR QUINOA, GARNISHED WITH ADDITIONAL GREEN ONIONS AND SESAME SEEDS, OR AS DESIRED.

NUTRITION INFORMATION

SERVING: 1/4 OF RECIPE, CALORIES: 208KCAL, CARBOHYDRATES: 28G, PROTEIN: 7G, FAT: 10G, SATURATED FAT: 1G, POLYUNSATURATED FAT: 2G, MONOUNSATURATED FAT: 6G, SODIUM: 929MG, POTASSIUM: 800MG, FIBER: 4G, SUGAR: 15G, VITAMIN A: 6828IU, VITAMIN C: 152MG, CALCIUM: 77MG, IRON: 2MG