

# 2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 6: 8/4-8/8



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## Food & Farms Represented In This Week's Box

\*Indicates Indigenously produced

\*Go Broke Farms - Beef

\*Red Lake Nation Fishery - Walleye Filets

JL Produce & Los Abuelos Farley Farm - Beets

Emery Foods - Blueberries & Peaches

Healthy Ridge Farms - Currants

Ortega's Garden, Chee's Fresh Produce, JY Produce, & JL Produce - Green Beans

SLO Farmers Co-op - Cucumbers and Summer Squash

Olden Organics - Watermelon Chunks & Beefsteak Tomatoes

Chippewa Valley Produce - Sweet Corn

\*Oneida Cannery - Strawberry Drink

\*Bill's Busy Bees - Honey

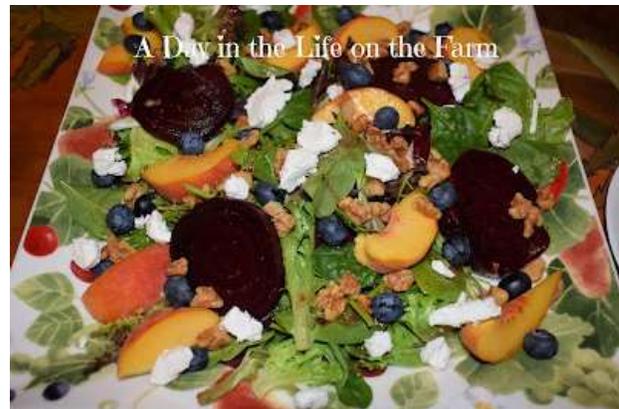
\*Dynamite Hill Farms - Jam

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## FRESH PEACH AND BLUEBERRY SALAD WITH ROASTED BEETS

### INGREDIENTS

- 3-4 C. BABY GREENS OF CHOICE
- 1 PEACH, PITTED AND SLICED
- 1/2 C. BLUEBERRIES
- 1 BEET, ROASTED, PEELED AND SLICED
- 1 OZ. GOAT CHEESE, CRUMBLD
- 1/4 C. ROASTED WALNUTS
- 1/4 C. WALNUT OIL
- 2 T. BALSAMIC VINEGAR
- SALT AND PEPPER, TO TASTE



### INSTRUCTIONS

1. PLACE THE OIL, VINEGAR, SALT AND PEPPER IN A SMALL JAR WITH A LID AND SHAKE UNTIL EMULSIFIED.
2. PLACE THE GREENS IN A BOWL. ADD HALF OF THE DRESSING AND TOSS UNTIL COATED.
3. PLACE THE DRESSED GREENS ONTO A PLATTER. TOP WITH THE PEACHES AND BEETS, SCATTER THE BLUEBERRIES, CHEESE AND WALNUTS OVER THE TOP AND DRIZZLE WITH REMAINING DRESSING.

# WALLEYE WITH ONIONS AND ZUCCHINI

WALLEYE'S DELICATE FLAVOR Pairs well with the sweetness of sautéed onions and zucchini. Here's a simple recipe:

## INGREDIENTS

- 4 WALLEYE FILLETS (ABOUT 6 OUNCES EACH)
- 1 SMALL ONION, THINLY SLICED
- 2 SMALL ZUCCHINI, JULIENNED OR SLICED
- 1 TABLESPOON OLIVE OIL
- 1 TABLESPOON BUTTER, MELTED
- ¼ TEASPOON PEPPER
- ⅛ TEASPOON GARLIC POWDER
- 2 TABLESPOONS LEMON JUICE
- 2 TABLESPOONS GRATED PARMESAN CHEESE (DIVIDED, OPTIONAL)
- COOKING SPRAY

## INSTRUCTIONS

1. PREPARE THE VEGETABLES:
  2. IN A NONSTICK SKILLET, HEAT OLIVE OIL OVER MEDIUM HEAT.
  3. ADD SLICED ONION AND COOK FOR ABOUT 2 MINUTES UNTIL IT SOFTENS.
  4. STIR IN THE ZUCCHINI AND CONTINUE COOKING FOR 2 MORE MINUTES.
  5. SEASON WITH PEPPER AND GARLIC POWDER.
  6. ADD LEMON JUICE AND STIR FOR 30 SECONDS.
  7. REMOVE FROM HEAT AND STIR IN 1 TEASPOON OF PARMESAN CHEESE (IF USING).
1. BAKE THE WALLEYE:
  2. PREHEAT OVEN TO 375°F (190°C).
  3. LIGHTLY COAT A 13X9-INCH BAKING DISH WITH COOKING SPRAY.
  4. PLACE THE WALLEYE FILLETS IN THE PREPARED DISH.
  5. TOP EACH FILLET WITH APPROXIMATELY ¼ CUP OF THE ONION AND ZUCCHINI MIXTURE.
  6. DRIZZLE MELTED BUTTER OVER THE FILLETS.
  7. SPRINKLE WITH THE REMAINING PARMESAN CHEESE (IF USING).
  8. BAKE, UNCOVERED, FOR 18-22 MINUTES, OR UNTIL THE FISH FLAKES EASILY WITH A FORK. THE INTERNAL TEMPERATURE SHOULD REACH 145°F (63°C), ACCORDING TO NORTH COAST SEAFOODS.
  9. SERVE THE BAKED WALLEYE AND VEGETABLES IMMEDIATELY.

