

# 2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 7: 8/18-8/22



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

\*Indicates Indigenously produced

\*~~Oneida Nation Farm~~—Ground Bison

\*Red Cliff Fish Company - Whitefish

\*Go Broke Farms & \*Crooked Fence Ranch - Ground Pork

\*Nu-Tradition & \*Brock Schreiber - Shiitake Mushrooms

Greenbush Growing Cooperative, SLO Farmers Coop, Olden Organics - Poblano Peppers

Emery Foods - Tomatoes & Peaches

SLO Farmers Co-op - Cucumbers, Summer Squash

Ortega's Garden - Hot Peppers

Cattail Organics - Carrots & Green Bell Pepper

Chippewa Valley Produce - Sweet Corn

\*Spirit Lake Native Farms - Wild Rice

\*Tootsie's Tea - Herbal Tea

\*Binesi - Maple Covered Nuts

## PAN-SEARED FISH WITH SHIITAKE MUSHROOMS RECIPE SCAN QR CODE FOR LINK TO RECIPIE



### INGREDIENTS

- 3 TABLESPOONS OLIVE OIL
- 1 POUND FRESH MUSHROOMS LIKE SHIITAKE OR OYSTER, SHIITAKES STEMMED AND THINLY SLICED
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
- PINCH OF DRIED RED CHILE FLAKES
- 2 SKINLESS FILLETS COD OR OTHER FIRM WHITE FISH LIKE SNAPPER OR HAKE
- 1 CUP HOMEMADE VEGETABLE STOCK OR LOW-SODIUM VEGETABLE BROTH
- 2 TABLESPOONS COLD BUTTER
- 2 TABLESPOONS FRESH SQUEEZED LEMON JUICE FROM 1 LEMON
- FRESH CILANTRO, PARSLEY OR CHIVES, FOR GARNISH

### DIRECTIONS

HEAT 2 TABLESPOONS OLIVE OIL IN A 12-INCH SKILLET OVER MEDIUM-HIGH HEAT UNTIL BARELY STARTING TO SMOKE. ADD THE MUSHROOMS, SEASON WITH SALT, PEPPER, AND CHILI FLAKES, AND COOK, STIRRING OCCASIONALLY, UNTIL WELL BROWNED, 3 TO 4 MINUTES. TRANSFER TO A WARMED SERVING PLATE AND SET ASIDE. SEASON THE FISH WITH SALT AND PEPPER. WIPE OUT SKILLET, ADD THE REMAINING OLIVE OIL, AND RETURN TO MEDIUM-HIGH HEAT UNTIL SHIMMERING. ADD FISH FILLETS AND COOK WITHOUT MOVING UNTIL WELL BROWNED ON FIRST SIDE, ABOUT 3 MINUTES. CAREFULLY FLIP WITH A FLEXIBLE METAL SPATULA AND COOK ON SECOND SIDE UNTIL JUST COOKED THROUGH, ABOUT 2 MINUTES LONGER. TRANSFER TO PLATE WITH MUSHROOMS. IN THE SAME SKILLET, ADD 1 CUP STOCK AND COOK OVER HIGH HEAT UNTIL REDUCED BY HALF, ABOUT 2 MINUTES. OFF HEAT, STIR IN BUTTER AND LEMON JUICE. SEASON TO TASTE WITH SALT AND PEPPER. POUR OVER FISH AND MUSHROOMS AND SERVE, GARNISHED WITH FRESH PARSLEY, CHIVES, AND/OR LEMON WEDGES.



# Tootsie's Tea

## ABOUT

**TOOTSIE'S TEA IS AN INDIGENOUS, HISPANIC & WOMAN-OWNED TEA BUSINESS LOCATED IN MILWAUKEE, WISCONSIN FOUNDED BY LIZZ TSOSIE STACHURA. SPECIALIZING IN SMALL-BATCH LOOSE LEAF BLENDS, WE PROUDLY HANDCRAFT MESMERIZING TEAS MADE WITH HIGH-QUALITY INGREDIENTS THAT ARE BOTH FLAVORFUL & VISUALLY STUNNING.**



## MINDFUL SOURCING

**WHEN YOU BUY TOOTSIE'S TEA, YOU'RE NOT JUST SUPPORTING US, BUT A WHOLE COMMUNITY! WE BELIEVE EVERY INGREDIENT TELLS A STORY, WHICH IS WHY WE CHOOSE TO WORK WITH SMALL FARMS, URBAN GARDENS & FAMILY-OWNED BUSINESSES. THIS ALLOWS US TO PRIORITIZE SUSTAINABLE, ORGANIC & ETHICAL PRACTICES, WHILE PARTNERING WITH PEOPLE WHO POUR THEIR HEARTS INTO WHAT THEY DO.**

## TRADITIONAL HARVESTING

**AT TOOTSIE'S TEA WE HONOR TRADITIONAL HARVESTING PRACTICES, BY ASKING FOR PERMISSION & EXPRESSING GRATITUDE TO THE LAND & ITS OFFERINGS. WE ESPECIALLY SUPPORT INDIGENOUS GROWERS KNOWING THAT THEY HARVEST WITH THE SAME INTENTION & VALUES.**

## **ROASTED TOMATO AND POBLANO SOUP SCAN QR CODE FOR LINK TO RECIPE**

### **INGREDIENTS**

**2 1/2 LBS ROMA TOMATOES, QUARTERED  
3 CLOVES GARLIC, MINCED  
4 WHOLE POBLANO CHILE PEPPERS  
2 MEDIUM RED PEPPERS  
1 LARGE YELLOW ONION, DICED  
32 OUNCES CHICKEN STOCK  
1 TSP DRIED OREGANO  
1 TSP GROUND CUMIN  
OLIVE OIL  
KOSHER SALT AND PEPPER TO TASTE  
FOR GARNISH: QUESO FRESCO, PEPITAS, FRESH CILANTRO**



### **INSTRUCTIONS**

- 1. PREHEAT YOUR OVEN TO 425 DEGREES. LINE TWO BAKING SHEETS WITH FOIL AND SPRAY WITH NON-COOKING SPRAY.**
- 2. PLACE THE QUARTERED TOMATOES ON ONE OF THE BAKING SHEETS ALONG WITH THE GARLIC, SALT, AND PEPPER. DRIZZLE THE TOMATOES WITH A BIT OF OIL AND ROAST FOR ABOUT 25 TO 30 MINUTES.**
- 3. NEXT, CUT THE POBLANO AND BELL PEPPERS IN HALF LENGTHWISE AND REMOVE SEEDS, STEMS, AND MEMBRANES. PLACE THE POBLANOS AND BELL PEPPERS CUT SIDE DOWN ON THE SECOND BAKING SHEET. ROAST THEM ALONGSIDE THE TOMATOES FOR ABOUT 20 TO 25 MINUTES.**
- 4. REMOVE THE PEPPERS FROM THE BAKING SHEET AND PLACE THEM IN A LARGE BOWL. COVER THE BOWL WITH PLASTIC WRAP AND LET STAND FOR 15 MINUTES. ONCE COOL ENOUGH TO HANDLE, PEEL OFF THE SKIN AND ROUGHLY CHOP**
- 5. NEXT, PREHEAT A LARGE DUTCH OVEN TO MEDIUM HEAT AND ADD ABOUT 1 TBSP OLIVE OIL. ADD IN THE ONION AND COOK FOR ABOUT 5 TO 7 MINUTES OR UNTIL SOFTENED. NEXT, ADD IN THE TOMATOES, PEPPERS, CHICKEN STOCK, OREGANO, CUMIN, SALT AND PEPPER. USING AN IMMERSION BLENDER, BLEND THE MIXTURE UNTIL SMOOTH. BRING THE MIXTURE TO A BOIL AND THEN REDUCE THE HEAT. SIMMER (COVERED) FOR ABOUT 15 MINUTES OR UNTIL ALL THE FLAVORS HAVE BLENDED TOGETHER.**
- 6. TO SERVE: DIVIDE AMONG BOWLS AND GARNISH WITH DESIRED TOPPINGS.**