



2023 TRIBAL ELDER FOOD BOX NEWSLETTER

WEEK 5

Website: GreatLakesIntertribalFood.org
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Intertribal Food Coalition!

FOOD & FARMS REPRESENTED IN THIS WEEK'S BOX

- *Beef Patties - Oneida Nation Farm - Oneida, WI
 - Lettuce Heads, Zucchini, Fresh Nettles - SLO Farmers Co-Op - Seymour, WI
 - Green Cabbage & Snap Peas - Chippewa Valley Produce - Elk Mound, WI
 - Tomatoes - Seasonal Harvest/Olden Organics - Ripon, WI
 - Blueberries - Emery Foods, LLC - Battle Creek, MI
 - Mixed Fresh Herbs - Aqua Garden, LLC - Rice Lake, WI
 - *Frozen Strawberry Drink - Oneida Cannery - Oneida, WI
 - *Wild Rice - Spirit Lake Native Farms - Sawyer, MN
- *Denotes Indigenous-owned Business*



FEEDBACK FORM - YOUR INPUT IS IMPORTANT!

Please feel free to share your thoughts to improve this effort. Please cut at the dotted line & return this form to your distribution site!

- 1) What was your favorite part of the last food box?
- 2) Is there anything you didn't use? If so, why?
- 3) Is there anything you would like to see in the future? Do you have any other comments?



HOW TO CLEAN FRESH PRODUCE:

TO REMOVE PESTICIDES AND DIRT FROM YOUR BERRIES, MAKE A SOLUTION USING 1 TEASPOON OF BAKING SODA TO 4 CUPS OF WATER. SOAK THE BERRIES IN THIS SOLUTION FOR 5 MINUTES, THEN RINSE WITH COLD WATER AND GENTLY PAT DRY.

STINGING NETTLE PSA:

TO TAKE THE STING OUT OF STINGING NETTLES YOU NEED TO BOIL, FREEZE OR DEHYDRATE THEM. IF YOU ARE BOILING THEM TREAT THEM LIKE SPINACH AND ONLY BOIL FOR 45 SECONDS. THEN ENJOY! THEY ARE VERY NUTRITIOUS AND HAVE A HIGH PROTEIN CONTENT.

PRODUCER SPOTLIGHT: EMERY FOODS LLC

Emery Foods LLC is a small business in Battle Creek, Michigan, that was formed by Filiberto Villa Gomez, to grow, process, and market vegetables and fruit products produced in the fields of SW Michigan and to help small farmers sell and process their products in small quantities. Filiberto grew up growing diverse traditional crops with his parents in Mexico. Filiberto has spent the past 15 years farming, working with and teaching Spanish speaking Indigenous farmers in SW Michigan to help strengthen their businesses and agricultural practices.



He also works for Michigan Food & Farming Systems (MIFFS) as the Spanish Speaking Program Director. Filiberto works extensively with MSU and the Julian Samora Research Institute to carry out agriculture research and to teach Spanish language technical courses for farmers in the U.S. and Mexico.



Filiberto's passion is growing and processing Indigenous foods such as corn, beans, and squash. He works hard to provide local markets with traditional Indigenous foods grown in the community, and to preserve the seeds, agricultural techniques, and cultural food ways of the Indigenous people of Mexico.





