

What's in the Box

Your health and nutrition matter to us*. This box was curated with you in mind. Traditional foods provide what our bodies need to be well and strong. We hope the ingredients and information included inspire both continued and new food traditions in your home.

Protein

Bison – High-quality protein, iron, zinc

Traditional lean game meat; slow-cooked, stewed, or combined with beans and vegetables.

Fish – Lean protein, omega-3 fats, vitamin D

Traditionally harvested seasonally; eaten fresh, dried, or smoked, often with wild rice.

Heirloom Dapple Grey Beans – Plant protein, fiber, iron
Slow cooked with corn or meat for nourishing meals.

Grains & Corn

Corn Mush Flour – Carbohydrates for energy

Used to make corn mush or porridge; eaten savory or mild and filling.

Hominy Corn – Energy, fiber, improved niacin availability
Traditionally processed corn; used in soups, stews, and porridges.

Wild Rice – Whole grain, fiber, plant protein
Sacred traditional food; hand harvested and used in soups, stews, and fish dishes.

Seasoning

Garlic Powder – Antioxidant compounds

Modern preserved seasoning; flavors meats, beans, and vegetables.

Leafy Greens

Broccoli – Vitamins C, K, fiber

Steamed, roasted, sautéed, or added to soups and stir-fries.

Cabbage – Fiber, vitamin C

Excellent storage vegetable; fermented, stewed, or eaten fresh.

Spinach – Iron, folate, vitamin K

Used like gathered greens; lightly cooked.

Roots Vegetables

Kohlrabi – Vitamin C, potassium

Eaten raw or cooked; similar to other hardy root vegetables.

Potatoes – Energy, potassium, vitamin C

Stored for winter; boiled, roasted, or added to stews.

Radish – Vitamin C, hydration

Used fresh or lightly cooked; quick growing seasonal food.

Turnips – Vitamin C, fiber

Common in soups and stews; good storage root.

Drinks

Raspberry Tea – Hydration, plant compounds

Traditionally used for warmth, wellness, and daily nourishment.

Strawberry Drink - Refreshing, hydration



*Who are we?

We are the Native Breastfeeding Coalition of Wisconsin.

The Mission of the Native Breastfeeding Coalition of Wisconsin is to strengthen and encourage the traditional practice of breastfeeding to improve the lives of women, babies, and families, for generations to come.

Bison, Wild Rice & Cabbage Stew

Serves: 5–6

Ingredients

- 1 lb ground **bison**
- 1 Tbsp vegetable oil
- 1 cup mirepoix mix (carrots, onions, celery)
- $\frac{3}{4}$ cup dry **wild rice**
- 1 cup dried **grey beans**
(or $2\frac{1}{2}$ cups canned beans, drained and rinsed)
- 4 cups chopped **cabbage** (about $\frac{1}{2}$ medium head)
- 7 cups water or low-sodium broth
- 1 tsp **garlic powder**
- 1 tsp salt (optional)

Directions

1. Prepare beans:
If using dried beans, soak 1 cup beans in water overnight. Drain before cooking.
(Skip if using canned beans.)
2. Heat 1 Tbsp oil in a large pot over medium heat.
3. Add bison and cook 5–7 minutes, breaking it up, until lightly browned.
4. Stir in mirepoix mix and cook 3–4 minutes, until softened.
5. Add water or broth, wild rice, beans, garlic powder, and salt.
6. Bring to a boil, then reduce heat to low. Cover and simmer 45–60 minutes, until beans and wild rice are tender.
7. Stir in cabbage and cook 10 minutes, until cabbage is soft.
8. Taste and adjust seasoning if needed.

To Serve

- Serve hot as a full meal.
- Optional: serve with corn mush or whole-grain bread.

Helpful Notes for Families

- If stew gets thick, add $\frac{1}{2}$ –1 cup water.
- Leftovers keep 3–4 days in the refrigerator.
- Stew freezes well for up to 3 months.



Corn Mush with Roasted Root Vegetables

Serves: 4

Corn Mush

Ingredients

- **1 cup corn mush flour**
- **4 cups water** (*or milk for a creamier dish*)
- **¼ tsp salt** (*optional*)

Directions

1. Bring **4 cups water or milk** to a gentle boil.
2. Slowly whisk in **1 cup corn mush flour** to prevent lumps.
3. Reduce heat to low.
4. Cook, stirring often, **10–15 minutes** until thick and smooth. Stir in salt if using.

Roasted Root Vegetables

Ingredients

- **4 cups chopped root vegetables**, such as:
 - Kohlrabi
 - Potatoes
 - Radishes
 - Turnips
 - Carrots
- **2 Tbsp oil**
- **½ tsp garlic powder**
- **¼ tsp salt** (*optional*)

Directions

1. Preheat oven to **400°F**.
2. Chop vegetables into bite-size pieces.
3. Toss with oil, **garlic powder**, and salt.
4. Spread on a baking sheet.
5. Roast **30–40 minutes**, stirring once, until tender.

To Serve

- Spoon corn mush into bowls.
- Top with roasted vegetables.
- Optional: add **beans or bison** for extra protein.



Scan this QR code to visit our website for more recipes and ideas on using the foods in your Nourishing the Future food box.

