

Feature Topic of the Month: Fall Foods

Fall is upon us and Winter is almost here! And of course, along with the Fall season comes the bounty of Fall garden produce. The Potawatomi Community Food Garden Produce Stand is finished for the year with only Specialty Produce Stands scheduled, that will be announced. Right now we have available at the Potawatomi Garden Produce Stand: butternut squash, acorn squash spaghetti squash, brussels sprouts, apples, beets, cabbage, lettuce heads, broccoli, sugar snap peas, zucchini, cherry tomatoes, and romanesco.



This is the time of the year that is one of the most bountiful times to go out and harvest traditional foods by hunting, catching, and gathering. Some common traditional foods that are eaten locally during the fall season are: acorns, salmon, huckleberries, deer meat, grouse, duck, peppernuts, hazelnuts, Indian potatoes, and tan oak mushrooms.



Hazel Marshall
gathering a tan oak
mushroom.
Photo Courtesy,
Jude Marshall



You may qualify for CalFresh if you can answer “yes” to all these questions:

- 1. Are you or at least one of your children a U.S. citizen or legal permanent resident?**
- 2. Is your household’s gross monthly income within the limits in the gross income chart at bottom of page.**

Special Rules

- Individuals receiving SSI/SSP are not eligible for CalFresh in California.**
- If a household member is age 60 or older or permanently disabled, the income limit will be higher.**

Want to sign up for CalFresh?

Contact our Community Nutrition Assistants

Liz Lewis: 707-825-4064

or

Lena McCovey: 707-845-2505

Each Additional Member add + \$694

House Hold Size	1	2	3	4	5	6	7	8
Max. Gross Income	\$1,962	\$2,656	\$3,350	\$4,042	\$4,736	\$5,430	\$6,124	\$6,818

Harvest of the Season: Deer Meat

Food is Good Medicine

“Long ago, food was medicine to maintain the body. Food was nourishing, not harmful. Food provided all the nutrients needed by the body; it was not loaded with carcinogens and chemical preservatives,” *Seaweed, Salmon and Manzanita Cider, A California Indian Feast*. Deer meat is a Super Food and one of the most nutritious meats you can consume for a healthy diet. If you are fortunate to have a whole deer, you want to eat from nose to tail; which means not letting your deer meat go to waste; by utilizing organ meats (heart and liver), roasted bone marrow, deer fat, and bone broth. You will want to take advantage of gaining the full spectrum of nutrients that deer provide for you and your family. You can utilize the whole deer; such as saving the deer hide to make leather or a drum, saving the brains for tanning the deer hide, removing the sinew to make regalia or a traditional bow. When you do this, you are making your luck as well as honoring the spirit of that deer that gave you its life. If you do not know how to save parts of the deer, we recommend you to contact your local tribe, elders, or cultural bearers that can teach you or can take the deer parts and utilize them. Freezing is a good method of saving deer parts. If you do not have access to deer meat, lean meats or grass-fed beef are a great traditional food counterpart, that has similar health benefits as deer meat. You can find grass-fed meat at most grocery and whole food stores.

Garden Talk

This Fall was another successful Potawatomi Community Food Garden Harvest Party with 400 attendees. The Community Nutrition Program has 2 new staff members, Liz Lewis (Community Nutrition Assistant) and Jake Gordon (Garden Technician). Liz will be doing CalFresh outreach, cooking demonstrations and traditional food activities. Jake will be providing an extra hand in the garden and will be learning different methods of organic gardening. Also, the strawberries have been planted this early November and Winter Cover Crops have been seeded as well. Winter Cover Crops (legumes) are nitrogen fixers that provide essential nitrogen to the soil as well as keep water moisture to prevent dried out, hard pan dirt. Cover cropping is also a method of organically growing your food without using earth harming chemical fertilizers while at the same time, promoting Salmon safe practices (ecologically, sustainable agriculture practices that protect water quality and native Salmon).



Left to Right
Leroy McCovey-Pearson & Dyani Frank
Photo Courtesy, Sherry O'Rourke

Pey-wo-mek Recipe



Deer Ribs with Leeks (Serves 6)
Prep:30 minutes , Cook Low 7 hrs., High 3 1/2 hrs.
Slow Cooker Size 3/12 to 4-quart.

8 oz. tan oaks or fresh mushrooms
4 medium carrots
4 medium leeks, cut into 1-inch slices
2 pounds of deer ribs or beef short ribs
2 teaspoons finely shredded lemon peel
1/2 teaspoon pepper
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon dried thyme, crushed
1/4 teaspoon salt
3/4 cup beef broth
Add other preferred vegetables and spices.

Preparation:

1. Place mushrooms, carrots and leeks into slow cooker. Place ribs over vegetables. Sprinkle with lemon peel, pepper, rosemary, thyme, and salt. Add broth. Cover; Cook on low-heat setting for 7-8 hours or high heat setting for 3 1/2 to 4 hours.
2. Use a slotted spoon to transfer meat and vegetables to serving dish. Cover to keep warm.

Recipe inspired by, *Better Homes and Garden Biggest Slow Cooker Recipes*.