



Bison Bake with Foraged Green Salad



Vickie Jeffries



4-8 servings



Southeastern U.S.

Boldfaced items are available through the FDIPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

Bison Bake

- **1 lb Bison, Ground, Lean, Frozen**, thawed*
- **1 lb Pasta, Macaroni, Enriched**
- **1 or 2 15.5 oz cans Tomato Sauce, Low-Sodium**
- **1 Tbsp Oil, Vegetable**
- 2 cups shredded or diced Sharp Cheddar Cheese**
- Salt and Black pepper to taste

Salad

- 4 cups mixed fresh and/or *foraged* greens such as spinach, arugula, or lamb's quarter, washed, dried, and torn into bite-sized pieces***
- 1 cup Mulberries, *fresh, foraged*†
- 2 tsp Yarrow leaves, plucked from stem, *fresh, foraged*
- 2 tsp Yarrow flowers, pulled from bulb, *fresh, foraged*
- 2 tsp Bergamot flowers, plucked from bulb, *fresh, foraged*
- 2 tsp Mint, plucked from stem and torn, *fresh, foraged*

NOTES

*Use **Beef, Fine Ground, 85% Lean/15% Fat, Frozen** if Bison is not available.

Use **Cheese, American if sharp cheddar is not available.

***Use any sturdy fresh green if the suggested greens are not available.

†Use any fresh or frozen (thawed) berries if mulberries are not available.

DIRECTIONS

Bison Bake

1. Preheat oven to 375°F.
2. Place noodles in boiling water and cook until noodles are soft but still have some resistance to them.
3. While the noodles boil, heat vegetable oil in a frying pan over medium heat. Add ground bison and brown until cooked through. Strain out excess oil and set aside.
4. Once the noodles have reached the desired texture, use a strainer to drain the noodles and then place the noodles directly in the casserole dish.
5. Combine cooked bison with the drained noodles in the casserole dish.
6. Add salt and pepper to taste.
7. Pour tomato sauce over the noodle and bison mixture, stirring gently until pasta and bison are evenly coated with sauce. Add one to two cans of tomato sauce depending on preference.
8. Bake for 10 minutes uncovered. Remove the casserole dish from the oven and sprinkle cheese over the top of the bison bake. Return the dish to the oven and bake for 10-15 additional minutes or until the cheese is melted and bubbly to preference.



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- **1 Tbsp Oil, Vegetable**
- 2 cups shredded or diced Sharp Cheddar Cheese**
- Salt and Black pepper to taste

Salad

- 4 cups mixed fresh and/or *foraged* greens such as spinach, arugula, or lamb's quarter, washed, dried, and torn into bite-sized pieces***
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- 2 tsp Yarrow leaves, plucked from stem, *fresh, foraged*
- 2 tsp Yarrow flowers, pulled from bulb, *fresh, foraged*
- 2 tsp Bergamot flowers, plucked from bulb, *fresh, foraged*
- 2 tsp Mint, plucked from stem and torn, *fresh, foraged*

NOTES

*Use **Beef, Fine Ground, 85% Lean/15% Fat, Frozen** if Bison is not available.

Use **Cheese, American if sharp cheddar is not available.

***Use any sturdy fresh green if the suggested greens are not available.

†Use any fresh or frozen (thawed) berries if mulberries are not available.

DIRECTIONS, continued

Foraged Green Salad

1. While the bison bake is in the oven, prepare the salad by roughly chopping the mulberries and tearing the mint leaves.
2. Pluck the leaves and flowers from the yarrow, and the flowers from the bergamot. Sprinkle all on top of the fresh or forage greens.

Plating

Serve the bison bake warm and plate alongside the green salad.



Vickie Jeffries



4-6 servings



Southeastern U.S.

Boldfaced items are available through the FPDPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

- **2 lbs Catfish, Fillet, Frozen**, thawed*
- 1 quart Fish Stock**
- 1 cup water
- 2 cups Onions, peeled and coarsely chopped***
- **2-3 cups Cornmeal, Yellow**†
- 1 egg
- Salt, to taste
- Black Pepper, to taste‡
- 1 Tbsp Fresh Sage, minced, *optional* ††
- 1 Tbsp Fresh Rosemary, minced, *optional* ‡
- 1 Tbsp Dogfennel, *fresh, foraged, optional* ‡‡
- 2 Tbsp Lard†††

NOTES

*Use any freshwater fish if catfish is unavailable.

**Use 2 quarts of vegetable stock if fish stock is unavailable.

***Use 2 cups of any chopped wild, farmed, or *foraged* onion or 2 Tbsp onion powder if fresh or frozen onions are unavailable.

†Use mix of different types of cornmeal as desired: yellow, white, blue.

‡Use any additional or alternative available *foraged* herbs, such as chicory or poor man's pepper.

††Use 1 tsp dried sage if fresh sage is unavailable.

‡Use 1 tsp dried rosemary if fresh rosemary is unavailable.

†††Use **Butter, Salted** or **Oil, Vegetable** if lard is unavailable.

DIRECTION, continued

6. Add lard to a dutch oven pot (ideally cast iron) or a large saucepan and heat over medium heat. Once the lard is hot, add a single layer of seared catfish fillets to the pot, then a layer of herbs, followed by a layer of onions, followed by a layer of cornbread dumpling disks. Continue this layering until all of the catfish, dumpling disks, herbs, and onions have been added to the pot.
7. Pour remaining stock over the ingredients layered in the pot until the fish is fully coated. Cover pot.
8. Continue to cook until the stew is done. The stew is done when the dumplings have become firm, the onions translucent, and the fish is breaking down.
 - If cooking on a stovetop, turn up heat to medium-high and bring stew just to boiling. Reduce heat to low and simmer for 25 minutes until all ingredients are heated through. Check stew often, stirring and adding more liquid as needed.
 - If cooking on an indirect heat source (such as a fire or wood heater), place the pot on the heat source and continue to cook for 3 to 5 hours depending on the heat source. Check stew often, stirring and adding more liquid as needed.
9. Allow stew to rest covered for 10 minutes (or up to 45 minutes if using cast iron) without heat before serving.

Plating

Serve warm.



Granma Ester's Catfish Stew



Patrick Dial



4-8 servings



Southeastern U.S.

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INGREDIENTS

- **2 lbs Catfish, Fillet, Frozen**, thawed*
- 1 quart Fish Stock**
- 1 cup water
- 2 cups Onions, peeled and coarsely chopped***
- **2-3 cups Cornmeal, Yellow**†
- 1 egg
- Salt, to taste
- Black Pepper, to taste††
- 1 Tbsp Fresh Sage, minced, *optional* †††
- 1 Tbsp Fresh Rosemary, minced, *optional* †
- 1 Tbsp Dogfennel, *fresh, foraged, optional* ††
- 2 Tbsp Lard†††

NOTES

*Use any freshwater fish if catfish is unavailable.

**Use 2 quarts of vegetable stock if fish stock is unavailable.

***Use 2 cups of any chopped wild, farmed, or *foraged* onion or 2 Tbsp onion powder if fresh or frozen onions are unavailable.

†Use mix of different types of cornmeal as desired: yellow, white, blue.

††Use any additional or alternative available *foraged* herbs, such as chicory or poor man's pepper.

†††Use 1 tsp dried sage if fresh sage is unavailable.

‡Use 1 tsp dried rosemary if fresh rosemary is unavailable.

‡‡Use **Butter, Salted or Oil, Vegetable** if lard is unavailable.

DIRECTIONS

1. Prep vegetables and herbs by chopping onion and/or onion alternatives. Pull rosemary, sage, and dogfennel leaves off their stems and chop. Crush any herb pods to increase flavors.
2. Add cornmeal to a mixing bowl. Add egg. Gradually add approximately 1 cup water (or fish stock if available) to the corn meal while mixing with hands, adding just enough liquid for the mixture to come together into a dough. (If dough sticks to hands, add more cornmeal until the dough stops sticking. If dough breaks apart, add more liquid until the dough reaches a texture that is bendable yet keeps its shape.) Add a pinch of the herb mixture, salt, and pepper to the dough and evenly incorporate.
3. Use hands to roll the dough into 1 ½ inch balls. Use palms to press the dough balls into round dumpling disks approximately 2 inches in diameter and ½ inch thick. Set dumplings aside. (Tip: Refrigerate dumplings for up to an hour to firm up)
4. Wash catfish fillets with cold water and pat dry with paper towels. Season both sides with salt and black pepper.
5. Add lard to a medium-high heated skillet. Add catfish fillets to hot skillet, briefly searing on both sides before removing the seared fillets from the heat. Option to add a small amount of water to the skillet to simultaneously steam the fillets.



Momma's Chicken Casserole with Pokeweed



Vickie Jeffries



4-6 servings



Southeastern U.S.

Italicized items are available through the FDIPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

- **1 lb Pasta, Egg Noodles**
- **2 10.5 oz cans Soup, Cream of Mushroom, Condensed, Reduced Sodium**
- **1 Tbsp Butter, or Buttery Spread, Light**
- **1 12.5 oz cans Chicken, drained and rinsed thoroughly**
- **2 cups Blanched Pokeweed, *fresh, foraged*, washed***
- **½ to 1 cup Milk, 1%, Shelf Stable UHT**
- **Salt, to taste**
- **Black Pepper, to taste**

DIRECTIONS

Blanch Pokeweed

1. Heat water (enough to submerge pokeweed) to boiling in a large pot.
2. Add pokeweed to boiling water, and blanch for 30 seconds. Drain, and immediately place greens in an ice water bath to stop the cooking process and preserve color and texture.
3. Drain thoroughly and squeeze the greens to remove excess water.
4. Repeat steps 1-3 one to two more times, each time using fresh water (2-3 times total)

Tip: Blanch more greens than needed. 4 cups of fresh pokeweed will approximately yield 2 cups of blanched pokeweed. Chop and freeze to add into future salads, soups, stews or casseroles.

Casserole

1. Preheat oven to 375°F
2. Place noodles in boiling water and cook until noodles are soft but still have some resistance to them.
3. While the noodles boil, rough chop pokeweed, and set aside.
4. Once the noodles have reached the desired texture, use a strainer to drain the noodles and then place the noodles directly in the casserole dish.
5. Drain the canned chicken, then rinse by adding water to the can and draining it thoroughly once more. Add the rinsed and drained chicken to the casserole dish using a fork to break up any large pieces. Stir to combine with the noodles.

NOTES

*Use 2 cups **Peas, Green, Frozen** if pokeweed is not available



Vickie Jeffries



4-6 servings



Southeastern U.S.

Boldfaced items are available through the FDIPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

- **1 lb Pasta, Egg Noodles**
- **2 10.5 oz cans Soup, Cream of Mushroom, Condensed, Reduced Sodium**
- **1 Tbsp Butter, or Buttery Spread, Light**
- **1 12.5 oz cans Chicken**, drained and rinsed thoroughly
- 2 cups Blanched Pokeweed, *fresh, foraged*, washed*
- **½ to 1 cup Milk, 1%, Shelf Stable UHT**
- Salt, to taste
- Black Pepper, to taste

DIRECTIONS, continued

6. Add butter directly to the noodles. Stir to combine and melt the butter.
7. Add the mushroom soup to the casserole dish, using a spoon to gently incorporate.
8. Slowly pour the milk into the casserole dish, folding in the milk at intervals, until achieving the desired consistency.
9. Add the pokeweed, folding gently until evenly distributed.
10. Add pepper and salt to taste.
11. Cover the casserole dish with lid or foil and bake for 20-25 minutes until the casserole is heated through and bubbling. Tip: remove the cover for the last 5-10 minutes of baking to brown the top of the casserole.

Plating

Serve warm.

NOTES

*Use 2 cups **Peas, Green, Frozen** if pokeweed is not available



Macaroni Salad with Foraged Greens



Ray Scott



6-8 servings



Southeastern U.S.

Boldfaced items are available through the FDIPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

- **1 lb Pasta, Macaroni, Enriched**
- **½ large Bell Pepper, fresh, cored***
- **1 medium Tomato, fresh****
- **½ medium White Onion*****
- **½ medium Cucumber**
- 1 tsp Dogfennel, *fresh, foraged*, washed
- 1 tsp Poor Man's Pepper pods, *fresh, foraged*
- 1 tsp Wild Leek Flowers, *optional*
- 1 cup Mayonnaise
- 1 Tbsp Olive Oil, *optional*
- 1 Tbsp Salt, or to taste
- Black pepper, to taste

DIRECTIONS

1. Bring a pot of water to a boil. Add a tablespoon of salt, olive oil, and macaroni. Cook pasta until done to your preference, stirring occasionally to prevent the macaroni from sticking to the bottom of the pot.
2. While the pasta cooks, prepare vegetables. Chop cored bell pepper, tomato, peeled onion, and peeled cucumber to uniform sizes. Finely chop dogfennel.
3. Combine all diced and chopped vegetables in a large mixing bowl. Add salt, black pepper, and poor man's pepper pods to taste. Mix with a spoon and set aside.
4. Add mayonnaise to the salted vegetable mixture in the mixing bowl. Stir to incorporate. Place in refrigerator or cooler to chill.
5. Once the pasta has cooked to your preference, strain. Cool the pasta by rinsing it with cold water. Add completely cooled pasta to a serving bowl.
6. Pour mayo and vegetable mixture on top of the cooled pasta. Stir to incorporate.
7. Stir to incorporate and add salt and pepper to taste.
8. Chill in the refrigerator for at least an hour until ready to serve. Mix again before serving.

Plating

Serve chilled.

NOTES

*Use 1 cup drained, canned diced bell peppers if fresh peppers are not available

Use 1 cup drained **Tomatoes, Diced, No Salt Added, Canned if fresh tomatoes are unavailable

***Use 1 cup frozen diced onion or 1 Tbsp onion powder



Summer Burger with Wild Strawberry Sauce



Ray Scott



3 servings



Southeastern U.S.

Boldfaced items are available through the FDMR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

Strawberry Sauce

- 1 cup Wild Strawberries, *fresh, foraged*, washed*
- 1 tsp Poor Man's pepper pods, *fresh, foraged*
- ½ cup Sugar
- ½ teaspoon Vanilla Extract, *optional*
- ¼ teaspoon cinnamon, *optional*

Burgers

- **Oil, Vegetable**, just enough to lightly coat the frying pan
- **1 lb Beef, Fine Ground, 85% Lean/15% Fat, Frozen**, thawed**
- Salt, to taste
- Black pepper to taste
- 3 slices Pepper Jack Cheese, *optional****
- **1 Tbsp Butter, Salted**
- 3 eggs, *optional*
- **3 Tortillas, Whole Grain, Frozen**, thawed
- 1 ½ tsp Mayonnaise†
- ¼ cup field greens, *fresh, foraged*, washed‡

NOTES

*If wild strawberries are unavailable, use another *foraged* berry available in your area such as brambleberries, or **Blueberries, Frozen**

****Bison, Ground, Lean, Frozen** may be substituted for beef when available

***Use **Cheese, American Blended, Reduced Fat, Sliced** or **Cheese, American, Loaves** if pepperjack cheese is unavailable.

†Use **Butter, Salted** if mayonnaise is unavailable

‡Use any *fresh or foraged* greens such as lettuce, spinach, kale, or lamb's quarter

DIRECTIONS

Strawberry Sauce

1. Add strawberries, poor man's pepper pods, sugar, vanilla, cinnamon, and lemon juice to a small saucepan. Heat over medium heat using a spoon or spatula to crush the berries into desired consistency.
2. Bring mixture just to a boil, then reduce heat to low and simmer for 15–20 minutes until the jam begins to thicken.
3. If preparing strawberry sauce in advance, remove it from the heat, pour the mixture into a small glass bowl or jar, and place it in the refrigerator to cool. If preparing to serve immediately, set sauce aside until ready to assemble the burger.

Burgers

1. Knead the thawed ground meat with your hands or a spoon and divide it into 3 equal portions.
2. Roll each portion into a ball, then form into a patty. Lightly salt and pepper on each side.
3. Add a light spread of oil on a cast iron skillet or grill and heat to medium to medium-high heat. When the pan or grill is hot, add patties and cook until done to preference, occasionally checking to ensure the patty isn't sticking to the cooking surface and flipping halfway through.
4. Remove cooked burgers from the heat and place on a plate (layered with paper towels or napkins to catch excess grease if desired).



Ray Scott



3 servings



Southeastern U.S.

Boldfaced items are available through the FDIPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

Strawberry Sauce

- 1 cup Wild Strawberries, *fresh, foraged*, washed*
- 1 tsp Poor Man's pepper pods, *fresh, foraged*
- ½ cup Sugar
- ½ teaspoon Vanilla Extract, *optional*
- ¼ teaspoon cinnamon, *optional*

Burgers

- **Oil, Vegetable**, just enough to lightly coat the frying pan
- **1 lb Beef, Fine Ground, 85% Lean/15% Fat, Frozen**, thawed**
- Salt, to taste
- Black pepper to taste
- 3 slices Pepper Jack Cheese, *optional****
- **1 Tbsp Butter, Salted**
- 3 eggs, *optional*
- **3 Tortillas, Whole Grain, Frozen**, thawed
- 1 ½ tsp Mayonnaise†
- ¼ cup field greens, *fresh, foraged*, washed‡

NOTES

*If wild strawberries are unavailable, use another *foraged* berry available in your area such as brambleberries, or **Blueberries, Frozen**

****Bison, Ground, Lean, Frozen** may be substituted for beef when available

***Use **Cheese, American Blended, Reduced Fat, Sliced** or **Cheese, American, Loaves** if pepperjack cheese is unavailable.

†Use **Butter, Salted** if mayonnaise is unavailable

‡Use any *fresh or foraged* greens such as lettuce, spinach, kale, or lamb's quarter

DIRECTIONS, continued

Burgers

- If adding fried eggs, add butter to the skillet and heat over medium heat. When pan and butter are hot, add egg(s) (depending on size of pan) and cook each to desired doneness. Top eggs(s) with salt and pepper, as desired.
- Briefly heat both sides of the tortillas on a skillet over medium heat. Once the tortillas have become more pliable, spread a thin layer of mayonnaise on one side of each tortilla. Flip to continue cooking the tortillas mayo-side down, and cook until the tortilla slightly puffs up. Place a cheese slice on each tortilla as it is puffing and cook until golden brown and toasty.

Plating

Assemble the finished burgers by placing the burger patties on top of the melted cheese on each tortilla. Add an egg to the top of the burger patty if desired. Spread a thin layer of strawberry sauce on the tortilla around the burger and top with greens. Fold the bottom of the tortilla up and both sides toward the center to create a pocket for the burger and enjoy!

Serve warm.



Sam's Persimmon-Hickory Nut Bread



Linwood Watson



4-8 servings



Southeastern U.S.

Boldfaced items are available through the FDIPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

- $\frac{3}{4}$ cups **Flour, All Purpose, Enriched, Bleached**
- $\frac{1}{2}$ cups Hickory Nut Meats*
- $\frac{1}{2}$ tsp. Baking Soda
- $\frac{1}{2}$ tsp. Baking Powder
- $\frac{3}{4}$ tsp Salt
- $\frac{1}{2}$ Tbsp Cinnamon
- $\frac{1}{2}$ Tbsp Powdered Ginger
- 3 medium eggs**
- $\frac{1}{2}$ cups maple syrup, *foraged*
- $\frac{1}{4}$ cups persimmon pulp, *fresh, foraged****
- $\frac{1}{2}$ Tbsp vanilla extract
- $\frac{3}{4}$ cup coconut oil†

NOTES

*Use chopped pecans or hazelnuts if hickory nuts are not available

Use $\frac{1}{2}$ Tbsp **Egg Mix, Dried plus 6 Tbsp water if fresh eggs are not available

***Use frozen persimmon pulp if fresh persimmons are not available


†Use **Oil, Vegetable** or **Butter, Salted** if coconut oil is not available

"Full credit should go to the source of this delectable recipe, namely Samuel Thayer. Sam is one of North America's preeminent foragers, and he is great because he practices what he preaches. His recipe, steadily refined over the years, has been useful to me in delighting many Native Americans to the pleasures of the American persimmon. The exact source is the book, *Incredible Wild Edibles- 36 Plants that can Change your Life*, 2017, pg 262." - Linwood Watson

DIRECTIONS

1. Mix dry ingredients and set aside.
2. Mix maple syrup and eggs, then add coconut oil, breaking it into small pieces with a pastry cutter or fork.
3. Now mix in the other wet ingredients.
4. Add dry ingredients and mix just until all flour is moistened.
5. Spread into an oiled casserole dish and bake at 375 F for about 50 minutes.

This is a great recipe to use a traditional Native American fruit. Start a new tradition with your family of gathering persimmons and enjoying this savory fall/winter bread.



Traditional Long-Cook Berry Jam



Linwood Watson



4-8 servings



Southeastern U.S.

Boldfaced items are available through the FDIPIR Foods Available List or through the USDA DoD Fresh Program.

INGREDIENTS

- 9 cups **crushed berries** (about 4-5 lbs),
fresh, foraged when in season*
- 6 cups Sugar

NOTES

*Use **Blueberries, Native, Frozen**, or any mixture of mulberries, blackberries, blueberries, boysenberries, dewberries, gooseberries, loganberries, raspberries, brambleberries, strawberries, or youngberries. Substitute frozen berries when fresh berries are not available.

****Author Note:** Just like foraging, the best practice for fruit preservation canning is to learn from someone who has been doing the task for years, so spend some “jam time” with your grandma, uncle, or auntie. Every Native community has a handful of canners who take pride in their work. Ideally, you can merge current canning science with family cooking practices. Note that while rare, you want to avoid botulism. Follow a reliable source, don’t skimp on proper pH (lemon juice if called for), and complete boiling times!

DIRECTIONS

1. Wash berries under cold running water and drain. Coarsely crush berries one layer at a time using a potato masher. Measure 9 cups of crushed berries.
2. Place crushed berries in a large saucepan over low-medium heat, stirring continually.
3. Once the crushed berries begin to steam, stir in the sugar until all the sugar dissolves.
4. Increase heat to medium-high and bring the mixture slowly to a boil. Stir constantly to prevent sticking. Continue to cook until reaching the gelling point (220 F). To check for the gelling point, intermittently dip a spoon into the mixture and observe how the berries drip off the spoon. The gelling point has been reached when the mixture stops being runny and begins to fall off the spoon in thick clumps.
5. Once the mixture reaches the gelling point, remove from heat. Skim off foam if needed.

Traditional Long-Cook Berry Jam can be cooled and transferred into a container for cold storage in a refrigerator. Traditional Long-Cook Berry Jam can also be canned for shelf-stable storage when it’s still hot; consult a canning resource for further information on canning guidelines.**