

CAA HEE WAKŠU WIIRA  
December: Deer Antler Shedding Moon

# HARVEST OF THE MONTH

*Trout*

## ABOUT TROUT

- Common types of trout which are native to the rivers and lakes of North America include rainbow trout, lake trout, and brook trout. In fact, brook trout is the only native stream trout in Wisconsin.
- Trout is a low-fat high quality protein. It contains omega-3 fatty acids, vitamin D and riboflavin.
- Trout also contains calcium, phosphorus, iron, zinc, iodine, magnesium, and potassium.
- Eating fish provides us with essential nutrients that keep our heart and brain healthy.
- It is believed that cooler weather is the best time to catch trout, especially if you're hoping for larger fish.



## SUNFLOWER - CRUSTED TROUT

*From Indigenous Chef  
Vern DeFoe*

### Ingredients:

- 4-6 trout fillets
- 1/2 cup ground untoasted sunflower seeds
- 1-2 tablespoons ground sumac
- Pinch smoked salt
- 2-3 tablespoons sunflower oil

### Steps:

- Rinse the fillets, remove any pin bones, and pat dry.
- On a flat plate, mix together the sunflower seeds, sumac, and smoked salt. Dredge both sides of the fillets in the seasoned mixture to thoroughly coat.
- Heat the oil in a large skillet over a high flame. Without crowding the pan, fry one or two of the fillets in the oil for about 2 to 4 minutes per side, until nicely crisped and cooked through.
- Drain on paper towels and serve immediately.



For more Information Contact a HCN  
Registered Dietitian/ Nutritionist:

**BRF, TOMAH, WITTENBERG AREAS:**  
(888) 685-4422, EXT. 35335  
**BRF, LA CROSSE AREAS:**  
(888) 685-4422, EXT. 35340  
**DELLS, NEKOOSA, MADISON AREAS:**  
(888) 552-7889, EXT. 35554/35511

Updated 11/23 HJ

HCN HEALTH & WELLNESS DIV.  
<http://health.ho-chunk.com/>

<https://www.nps.gov/shen/learn/nature/rainbow-trout.htm>  
<https://www.zeckw.com/animals/fish/rainbow-trout-steelhead>  
<https://www.zeckw.com/animals/fish/brook-trout>  
<https://www.zeckw.com/animals/fish/lake-trout>  
<https://spencercurran.com/2021/02/08/whats-the-difference-between-trout-and-char/>  
<https://doh.wa.gov/community-and-environment/food/fish/health-benefits>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8747335/>

