



# GARDEN WARRIORS PROGRAM 2017

**For Native Youth ages 13-18. Learn about Culture, Indigenous foods & agriculture.**

**Participants receive a stipend of \$50 a week with a potential bonus.**

**Garden Warriors Session I:** For 1<sup>st</sup> time participants: Intro to organic agriculture and healthy cooking fundamentals.

**June 27<sup>th</sup> - July 14<sup>th</sup>** 3 weeks, Tuesday – Friday **Celebration Feast is July 15<sup>th</sup>**

**Garden Warriors Session II:** Returning Garden Warriors only: Deepen your knowledge, improve your skills and gain new experiences in sharing healthy and indigenous foods in the community.

**August 1<sup>st</sup> - 25<sup>th</sup>** 4 weeks, Tuesday – Friday **Celebration feast is August 26<sup>th</sup>**

**Berry Cultural Camp:** Garden Warriors II and Youth Leaders may apply  
**July 18<sup>th</sup> - 20<sup>th</sup>** Outdoor camping at Little Elbow Lake MN; culture, foraging, fishing & cooking.

Program Runs Tuesday-Thursday, 8 am – 4 pm

**Fridays, 9 am – 3 pm**

**Pick up and drop offs are at the Little Earth of United Tribes in Mpls & the American Indian Family Center in St Paul**

**APPLICATION DEADLINE: MAY 12<sup>TH</sup>, 2017**

Please return the completed application form and essay.

Notifications will be mailed by JUNE 1<sup>ST</sup>, 2017.

Dream of Wild Health is an intertribal organization that promotes health in the Native community by expanding knowledge of and access to healthy indigenous foods and medicines. Programs and Feasts take place at our 10 acre organic farm in Hugo, MN. Friday programs will focus on urban gardening projects, special events and the Four Sisters Market.

Native Youth will be empowered in their own individual cultural identities;

- Respecting earth, water, pollinators, elders, each other and themselves.
- Bringing back the traditional ways of being good relatives.

They will learn...

- Seed saving, healthy and traditional foods knowledge, sustainable agricultural & foraging practices of our ancestors.
- Food is medicine that nourishes our mind, body and spirit. Plant sacred and traditional medicines.
- Food sovereignty, and food justice.
- Confidence and leadership skills at farmers markets, berry camp and for Roots for the Home Team.
- Fun, physical activities and games (archery, double ball, swimming, gardening & yoga)
- Life skills and knowledge to advocate for healthy community changes.

Return completed applications to Dream of Wild Health Attn: Estella LaPointe  
1308 Franklin Ave Suite 203 Mpls MN 55404 or scan & email [estella@dreamofwildhealth.org](mailto:estella@dreamofwildhealth.org)



# GARDEN WARRIORS APPLICATION

Check which Session you are applying for:

**Garden Warriors Session I**  
 **Garden Warriors Session II**  **Berry Cultural Camp**

Name: \_\_\_\_\_ Gender: \_\_\_ Age : \_\_\_ D.O.B.(date of birth)\_\_\_/\_\_\_/\_\_\_

Years in Program 0 1 2 3 4+ Race/Ethnicity: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_ Qualify for free or reduced lunch? Yes \_\_\_ No \_\_\_

Tribal Affiliation: \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_

*Print clearly*

Legal Guardian Name(s): \_\_\_\_\_

Legal Guardian email: \_\_\_\_\_ Receive E-Newsletter? Yes \_\_\_ No \_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Youth Applicant phone: \_\_\_\_\_ Legal Guardian's Phone: \_\_\_\_\_

Dietary restrictions, allergies or behavior issues we should be aware of? \_\_\_\_\_

Vegetarian? Yes \_\_\_ No \_\_\_

*I give my child permission to participate in the 2017 GARDEN WARRIORS SUMMER PROGRAM.*

*I give Dream of Wild Health permission to teach, transport, feed and photograph my child.*

*Dream of Wild Health will not be held liable for any injuries that may occur in the event of an unforeseen accident.*

\_\_\_\_\_  
Signature of Legal Guardian

\_\_\_\_\_  
Date

**ALL APPLICANTS... Write a short essay of three paragraphs stating why you should be a Garden Warrior.  
This is mandatory for acceptance into the program.**

Return completed applications to Dream of Wild Health Attn: Estella LaPointe  
1308 Franklin Ave Suite 203 Mpls MN 55404 or scan & email [estella@dreamofwildhealth.org](mailto:estella@dreamofwildhealth.org)

Submit your application and essay by May 12, notification mailed on June 1.

GARDEN WARRIORS ESSAY

Name: \_\_\_\_\_

Tell us why you would like to be a GARDEN WARRIOR this summer at the Dream of Wild Health farm. Please include a few ideas of what you hope to learn about food and gardening.

What are you the MOST interested in?

If you are returning what new information or experiences are you hoping for?

Wopida Chi Mii'wech!

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