



Dream of Wild Health

Serving the Twin Cities Native Community



2013 Harvest Newsletter



The mission of Dream of Wild Health is to promote health in the Native community by expanding knowledge of and access to healthy indigenous foods and medicines.

Congratulations to our Garden Warriors—and to all of our youth and family participants—on all the hard work they did this summer! As they start a new year of school, work, and other activities, we wish them all the best and hope to see them again next year!

Another huge THANK YOU to everyone who supported our farmers markets at Lake Street, the Elders Lodge, and Indigenous Movies & Music in the Park! We sold or donated over 7,000 pounds of healthy, organic food this season!

Miigwetch & Pidamaya!

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Our programs are year-round!

In November, the farm closes and all program activities move to the urban office at 1308 E Franklin Ave in Minneapolis. You can visit us there or reach us by phone at any time with questions at (612) 874-4200.

Our mailing address is: P.O. Box 68, Scandia, MN 55073 Please send all official correspondence there for secure delivery!



Message from the Executive Director

Mitakuyapi,

As you'll read in this issue, we have had an incredible year at Dream of Wild Health! From testing new programs to adapting to challenging weather, this past year has once again taught us a great deal about living in relationship with the Earth. As always, we are filled with gratitude for the abundant gifts we have been blessed with from the Creator.

One of the most exciting changes this season was a gift from a new partner, the North American Water Office (NAWO). We were invited by Lea Foushee to become part of their innovative work to reestablish indigenous fruit orchards on reservations and at Native organizations, which is documented in their book, *Sacred Water*. With support from NAWO, we planted 200 indigenous fruits, including chokecherries, junberries, wild blueberries, wild plums, and much more. Along with 25 white cedar seedlings, this orchard will one day provide a place for Native families to gather fruits and medicines that were so important to our ancestors' diets. This is truly a dream come true!

While the heavy rains we experienced early in the season were perfect for the new orchard, the weather meant a slow start for our annual crops. Nonetheless, we launched a new cooking program funded by the Blue Cross Blue Shield Foundation (page 6) as well as two new pilot programs to bring healthy food to the Native community. These new programs are all part of our healthy food system, *Onji-akiing Bimaadiziyang* (From the Earth we live), which is supported by generous grants from The Saint Paul Foundation and the Wells Fargo Foundation.

Our Indigenous Food Share (IFS) is adapted from the Community Supported Agriculture (CSA) model, and includes access to indigenous foods such as wild rice, our black turtle beans, and maple syrup. Through this program, we also support Native producers of indigenous foods while providing access for our urban community and employing Native adults and teens at the farm.

The second pilot project, the Indigenous Food Vendor (IFV), trained Native adults and older teens to prepare and sell healthy indigenous foods at our farmers market and the Indigenous Music & Movies series in August. People are still asking for the Buffalo Hand Pies!

As in every past year, we have relied on support from funders whose generosity makes our work possible. This year, we welcomed a new relationship with Rosemary and David Good, who spent a day at the farm meeting the youth and observing our programs. The fall we will devote several months to a strategic planning process to focus on our vision for the next three years. We are deeply grateful to the Northwest Area Foundation, The Saint Paul Foundation, and the McNeely Foundation for helping make this happen.

And, of course, none of this would be possible without an incredibly talented and committed staff, as well as the support we receive from our community. Pidamaya ye!

Diane Wilson, Executive Director



Diane Wilson, Lea Foushee, and Peta Wakan
Tipi co-founder Sally Auger

Community support keeps us going!

Dream of Wild Health relies on generous contributions from supporters like you who understand the importance of the work we do in the community. Please support our kids by giving what you can afford. Miigwetch and Pidamaya!

Give to the Max Day is November 14th!

During Give to the Max Day, your gift makes an even bigger difference. The day is set up to encourage giving to non-profits across Minnesota and has many incentives for participation! If you plan to contribute, visit our page and consider helping us reach our goal before midnight on November 14th! Donations of \$30 or more will receive a DWH tote bag as a thank-you gift!

Donate on Nov 14th at: <http://givemn.razoo.com/story/Dreamofwildhealth!> [www.dreamofwildhealth.org!](http://www.dreamofwildhealth.org)



Greetings from the Farm!



Farmer Frank with braided Oneida corn!

Hello!

My name is Frank Haney and I am the farm manager at Dream of Wild Health farm.

This year was a year of new beginnings at the farm. We began our first IFS (Indigenous Food Share) program, we established an indigenous fruit orchard, we started our first kitchen garden, and we harvested honey for the first time.

We expanded our seed bank this year by planting some seeds from it: Mandan Red Pole Beans, Mandan Sweet Corn, Oneida White Corn, Dakota Flour Corn, Omaha Green and White Striped Squash, Oneida Blue Hubbard Squash, Lakota Squash, and a variety of squash know as Cool Old Squash. We saved a substantial amount of seeds from each crop. Next year we will plant some different varieties and save more seed.

We accomplished a great deal of work this year and I would like to thank the staff of farmers and program participants that worked so hard planting, weeding, harvesting, mulching and watering our crops.

This year we ran two farmers markets and brought our fresh produce to Native neighborhoods and organizations. Our Mobile Market served one location in St. Paul (the Elders Lodge on the East Side) and one in Minneapolis (Midtown Farmers Market on Lake Street). We met many friends and relatives who were excited to see Native youth and foods at the market! The most exciting part was getting Native-produced foods such as maple syrup, chokecherry jam, and hominy corn from various reservations around the Midwest. And because we want our healthy food to be obtainable by families of all economic levels, we still accept EBT and WIC at all of our farm markets.

The fields have been worked up with compost and planted with cover crop to get ready for next year. I can't wait till next season, we will be planting more varieties of produce and adding 2 more beehives. We are increasing our egg production by adding more chickens and increasing our harvest by adding more planting successions.

I am in the first phase of planning for next year's crops. I'm really looking forward to next season. If anyone has any questions, feel free to send them to me at: frank@dreamofwildhealth.org

Frank Haney

"I liked planting tobacco the most, helping the farm and being outside."

~2013 Garden Warrior

Farmers Eduardo, Heather, and Clara preparing veggies for market!



2013 Updated Cookbook!

Try some of our favorite dishes from the summer program and community feasts!

Now available to order online at www.dreamofwildhealth.org. You can also call us at 612-874-4200 or email clara@dreamofwildhealth.org.

To order a \$10 cookbook, please write to clara@dreamofwildhealth.org.

Proceeds help support our programs.



Dakota Corn from our Indigenous seed collection.

Cora Baker, Potawatomi elder and Keeper of the Seeds, was a farmer for 35 years in the Wisconsin Dells, hanging her corn to dry on her barn. People passing on the road saw her garden and began giving her their seeds to save. She gifted her lifetime collection to DWH, writing to us, "I am very pleased to learn about your project. I feel that the Great Creator has answered my humble prayers." Her story is told as part of *In Cora's Garden*, the educational curriculum we use to teach our youth about healthy foods and nutrition.

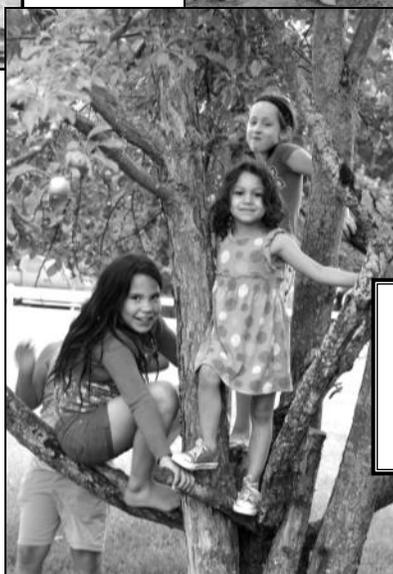


Education Programs



Cora's Kids

Cora's Kids was well attended and well loved. We had 23 participants from 13 different tribal backgrounds. We brought in Nutritionists and Master Gardeners who shared super fun activities about healthy food and gardening! The wild plant scavenger hunt and lessons about tobacco were favorites. As always, the kids loved every minute of being on the farm and took the lessons they learned home with them. One participant taught her parents about the importance of putting down tobacco and had her father do it before he could complete his yard work!



I like doing art with Ernie. I like all activities because you learn something new.

~2013 Garden Warrior

Garden Warriors

First session was almost entirely filled with new participants! We had a great group of kids who were excited to explore all the opportunities the farm has to offer. As usual, the youth spent some time in the garden and some time in the kitchen, received lessons from Nutritionists and Master Gardeners, and spent time in circle learning from elders and making art in the afternoons.

Second session had a group of sixteen Garden Warriors—our biggest group yet!—choose between a focus on agriculture or cooking. These teens are developing the skills to eat well at home and plant their own gardens, as well as gaining important job experience. They loved working at the farmers markets and the Indigenous Food Stands.



I loved when the elders would talk about their experiences and share their thoughts.

~2013 Garden Warrior





Some of the many activities that both sessions of Garden Warriors did include: “1500 Miles from Farm to Table,” trips to farmers markets and the Science Museum, learning about video editing, seed saving, wild plant identification and gathering, and Fast Food vs. Real Food. Hope Flanagan and Ernie Whiteman led projects such as birchbark basket-making, watercolors, cornhusk dolls, archery, and tobacco pouches with each group of kids!

2013-2014 Youth Leaders Program

Our Youth Leaders program runs during the school year. It is an opportunity for Native youth to learn more about healthy lifestyles and share their knowledge by leading training for other youth programs. We work together to become advocates in our community and rebuild a healthy relationship with our food.

Our goals for this year are to:

- Increase personal knowledge of healthy eating
- Pass on skills through peer teaching
- Develop leadership skills
- Set goals for post-secondary education and lifelong health

East Side Indigenous Community Garden

The second season of our communal garden near Harding High School was a huge success! We had several more families join and spend the summer working and learning together. Our deer fence and pest-control measures proved helpful and we had a much bigger harvest than last year!

In October, we hosted two preservation and canning workshops for friends and members of our community garden in St. Paul. There was so much interest last year that we added more workshops! We look forward to continuing to provide more learning opportunities in the garden and elsewhere with our urban families!

Sally Auger Rising Star Youth Scholarship

We didn't have any high school graduates in our programs this year, but we did have two incoming Seniors who have high hopes for their final year of high school. To help them on their path to college and beyond, we were able to provide them with brand new laptops and the software they'll need in school. Dwayne and Mariah will both be the first in their families to go to college. These young people are truly an inspiration to their peers and we are so proud of them! We wish them all the best in the future!



I loved everything about the garden! I liked that it reunited myself, my kids, and my students with the earth and the gift that gardening can bring for a lifetime. I loved seeing the kids' enthusiasm over planting and harvesting. I enjoy knowing that if you plant it, it will most likely grow - and taste good too!

~2013 Community Garden Member





Nutrition Education



This spring we started something new at Dream of Wild Health – cooking classes! Through our partnership with St. Paul Public Schools and a grant from Blue Cross-Blue Shield, we were able to use Harding High School’s Family and Consumer Science classroom. We held two 6-week-long class sessions that targeted families with young children who wanted to learn basic nutrition and cooking skills as well as meal planning and shopping healthy on a budget. We encouraged them to incorporate fruits and vegetables as often as possible, and to get creative in the kitchen! Nutrition topics ranged from food safety, to learning to use different grains and of course, new ways of preparing vegetables to encourage children to enjoy them! Families commented that the best part of the classes was learning together, enjoying a healthy, delicious meal and having a “take-home” exercise at each class to practice the recipe at home. Each family also received a box of cooking supplies—pots and pans, cutting board and knife, measuring cups and spoons, bakeware, and cooking utensils—to help equip their own kitchen and inspire new cooks. We hope to host similar classes in Minneapolis and again in St. Paul in the Spring.

~ Cassandra Silveira, R.D.

As corny as it may sound, you are my inspiration and you make me want to learn new ways of preparing quinoa and vegetables!

~2013 Cooking Class Participant



Recipe Corner

Parsnip & Potato Soup

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 leek, white part only, sliced into thin rings
- 2 medium potatoes, peeled and diced into 1/2-inch cubes
- 5 parsnips, peeled and chopped
- 2 cloves garlic, chopped
- 2 teaspoons peeled, minced fresh ginger
- 1 teaspoon salt
- 3-5 cups vegetable or chicken stock
- Mix of chopped Italian parsley, mint, cilantro to garnish

Directions:

1. In a 4-6 qt pot heat the olive oil over medium heat. Add the onion, leek, garlic and ginger and sprinkle with salt. Cook till softened, about 3 to 4 min. Add the potatoes and parsnips; cook about 10 min, stirring occasionally.
2. Add enough stock to cover the vegetables, bring to a boil. Bring heat to low and simmer for about 30 min. Taste for seasoning and add salt and pepper as needed.
3. Blend soup in batches; you can blend till smooth or leave it chunkier for more texture. If you don't have a blender, use a potato masher to break up larger pieces. Serve warm and garnish with chopped herbs.

**Find more healthy recipes like this in our cookbook!
(see page 3 for ordering info)**



Highlights of 2013

In 2013 we were honored to be voted as one of the top 15 hunger-fighting organizations in Minnesota. This means that our programs are seen to be solidly affecting the health of the community, by increasing access to healthy produce. We were also featured in the Minneapolis Star Tribune as a top 50 family farm in Minnesota—which certainly gave a unique twist to that list!

The Indigenous Food Vendor program stemmed from our involvement with Indigenous Music and Movies in the Park last year. We had four adult participants learn nutrition, cooking, and serving skills from our Registered Dietician, Cassandra, and guest chef Jason Champagne. They sold specialized prepared foods at six farmers markets as well as the Movies and Music in the Park. The recipes featured traditional foods with modern flair, and were loved by all ages!

Another pilot project this year was the introduction of the Indigenous Food Share. Modeled after a CSA (Community Supported Agriculture), this program distributes food to Native families in the Twin Cities and helps the farm be more sustainable. Each week Share members get a box of garden produce, special indigenous foods, recipes, and lots of fun on the farm! To learn more or reserve a Share for next year, contact Clara at 612-874-4200 or clara@dreamofwildhealth.org.

This year we partnered with the MN Horticultural Society to distribute 10 “Gardens in a Box” to Native families in St. Paul and Minneapolis.

We sent staff to attend the Food Sovereignty Conference and the Indigenous Growers Conference at the Oneida Reservation for the first time.

Staff and youth presented to groups at Lower Sioux; the White Earth Indigenous Farm Conference; the American Indian Science and Engineering Society; the Native Food Sovereignty Gathering, organized by Joy Rivera; and hosted groups at the farm from many tribes and organizations. We also began to host wild gathering days and harvest days for community members in the city!

Nearly 60 students from communities around the country who were in MN for the national conference of the Ecological Society of America visited the farm as part of the SEEDS (Strategies for Ecology Education, Diversity and Sustainability) program.

We were so blessed to have three amazing interns this year! Each had their own project and contributed so much to all the work we do. Benjamin Boo, a U of M student, worked on developing our Saved Seed data collection and growing out several varieties of corn, squash, and beans. Heather Drake, an intern from CURA, maintained our new indigenous fruit orchard. Sigwan Rendon was the recipient of an internship funded by Honor the Earth Foundation and helped with the youth programs, which was such a help.

Many thanks to all of our funders and supporters for a great season!



Chef Jason Champagne teaching about Indigenous Foods at the market!



Two of the youngest participants in our wild gathering workshops!



Kids love being in the kitchen and learning about new tasty foods!

*I would like to see a big garden of fruits and vegetables, these berries in the back to be plentiful and grow a lot and spread. And the native bee colony to grow and be healthy and strong. For the Dream of Wild Health to grow stronger and bigger!
For people to take an interest in eating and cooking healthy foods.*

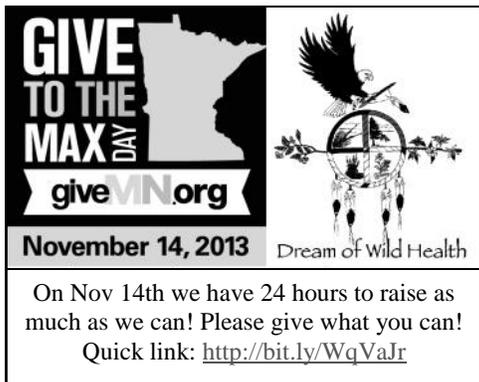
~2013 Youth Leader



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GIVE TO THE MAX DAY
giveMN.org
November 14, 2013 Dream of Wild Health

On Nov 14th we have 24 hours to raise as much as we can! Please give what you can!
Quick link: <http://bit.ly/WqVaJr>

Our biggest thanks of all to the staff!

Diane Wilson, Executive Director
Sammie Ardito Rivera, Outreach Coor.
Cassandra Silveira, Nutritionist
Clara Sandberg, Market Coor.
Frank Haney, Farm Mgr.
Ernie Whiteman, Cultural Dir.
Hope Flanagan, Program Staff
Eduardo Rivera, Farm Staff
Patricia Deinhart-Bauknight, Consultant
Jodi Bean, Consultant
Jason Champagne, Asst. Cook
Heather Drake, Orchard Intern
Benjamin Boo, Saved Seed Intern
Sigwan Rendon, Youth Leader Intern
Yeoun-Jee Pine, Asst. Cook
Sally Auger, Co-Founder



A very special Miigwetch (thank you!) to the foundations and individuals who have supported the farm this year. You helped to make our Dream of Wild Health come true!

Barr Engineering
Blue Cross Foundation MN
Cottonwood Foundation
David and Rosemary Good Foundation
Eliminating Health Disparities Initiative (EHDI)-MN Dept. of Minority Health
Elmer and Eleanor Anderson Foundation
F.R. Bigelow Foundation
General Mills Champions
Honor the Earth Foundation
Hugh J. Andersen Foundation
Kowalski's Markets
Land o' Lakes Foundation
Mardag Foundation
McNeely Foundation
Northwest Area Foundation
The Saint Paul Foundation
Shakopee Mdewakanton Dakota Community
Sisters of St. Joseph of Carondelet
St. Croix Foundation
Sundance Family Foundation
Target
Wells Fargo MN Foundation
YouthPrise

And many individual donors!

Many thanks to our Volunteers!

The older youth learned the essential lessons of opening a checking account from Lisa Clasen at University Bank. Helping us steer the farm with long-term vision and grace are Professor Craig Hassel from the University of Minnesota, and Sister Ann O'Neill, CSJ. We are also deeply grateful to Master Gardeners Ann Aurelius, Deb Gallop, Diane Dodge, Diane Coderre, and Nilgun Tuna for their help in teaching garden lessons.

Thanks to our very supportive Board of Directors: Jim Rock (Chair), Roxanne Gould (Vice-Chair), Pauline Danforth (Secretary), Kim Galvan (Treasurer), Darlene St. Clair, Miigis Gonzalez, Nelda Goodman, Scott Shoemaker, and Sally Auger.

Thanks also to the many individuals, groups and classes who volunteered their time on the farm this year.