



Dream of Wild Health

Serving the Twin Cities Native Community

Restoring health and well-being in the Native community by recovering knowledge of and access to healthy, Indigenous foods, medicines and lifeways.

2015 Harvest Newsletter



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 or reach us by phone at (612) 874-4200.



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“Good Native American Morning, Everybody!”

We begin each day at the Dream of Wild Health farm with this greeting from elder Ernie Whiteman, a reminder that every day is a good day for indigenous people to be growing and cooking our own foods. At the farm we teach Native youth and families that food is medicine, especially the old seeds that were grown by our ancestors. We know that our food is only as healthy as our soil so we teach our youth how to take loving care of the earth. By rebuilding a relationship with our food through gardening and cooking, we are recovering our healthy, indigenous lifeways.

Congratulations to our Garden Warriors and to all of our youth on all the hard work they did this summer! As they start a new year of school, work, and college, we wish them all the best and hope to see them again next year. We are so grateful to our families and supporters for raising such amazing young men and women.

In this newsletter, you’ll learn more about all the ways that Dream of Wild Health helps Native families reconnect with healthy foods, from youth programs to farmers markets. We hope you’ll join us in this work!

Dream of Wild Health appreciates your financial support!

Please use the enclosed envelope to show your support of quality Native American youth leadership programs and greater community access to healthy and indigenous foods.

Miigwetch and Pidamaye!



Message from the Executive Directors

Mitakuyapi,

We have had an incredible year at Dream of Wild Health! From a record breaking harvest to a storm that flung our chicken coop three fields away, 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 our greatest blessings is our staff, who are passionate and committed to helping restore health in our communities through nutritious, indigenous foods. Program staff, farmers, interns and volunteers worked together to produce more than 5 tons of food, host 60 Native youth in culturally appropriate summer programs, build a high tunnel that will allow us to extend our season, *and* install a two-acre Pollinator Meadow. Together we shared the joy of watching young children plant our Dakota corn, and then shared corn bread at our feasts.

I am also deeply grateful for the addition of our new Co-Director, Joy Persall, who joined us at the beginning of the year. Joy brings an extensive background in non-profit management and fundraising. With Joy's help, we are committed to building a holistic and sustainable organization that will serve the Twin Cities Native community for many years to come.

Diane Wilson, Executive Co-Director

Boozhoo,

As we cycle through the year, I'm reminded of the unique gifts that come with each season. The gift of Winter reflection, story-telling and learning are upon us and I'm grateful to be welcomed into this work. In the Summer season, while sitting in morning circle, weeding side by side with youth and volunteers at the farm, engaging new faces at events, and eating

lunches prepared from our harvest, I watched leaders grow. Fall reflections are filled with hope, appreciation and passion for this work and the health of our communities.

The stories you will read here reflect the dreams and visions of the community, our staff, and the youth and families as we work side by side. Each year we learn more about food security and food sovereignty and share that knowledge in our programs locally and at national gatherings. We are proud of the ways that our youth lead by example, advocating for healthier lifeways, and leading the changes they wish to see in the world.

Miigwetch to all the staff, volunteers and especially the youth for kindly and carefully initiating me into the life and work of Dream of Wild Health. I am honored to be a part of this important work, and humbled to contribute what I can as Dream of Wild Health creates opportunity for positive change in our communities.

Joy Persall, Co-Director



Co-Directors Joy Persall, left, and Diane Wilson, right



Our hard-working crew finishing up the high tunnel!

Give to the Max Day is November 12th!

During Give to the Max Day, your gift makes an even bigger difference. Your donation (\$25 minimum) could win us an extra \$1000! Please give what you can to invest in the health and well-being of our Native community.

Donate online on Nov 12th at: www.givemn.org/organization/Dreamofwildhealth

"I have a deep respect for Dream of Wild Health. Their mission of reclaiming the physical, mental, and spiritual health of Native people through reconnection with the land and traditional food really speaks to me. My husband and I wanted to make a commitment to this important work, and show our steadfast belief in, and ongoing support of the work they do."

~Connie B., monthly supporter

Does this sound like you? Would YOU make a commitment to support Dream of Wild Health every month of the year? Just make a note on the envelope and we'll give you a call to set it up! Become a monthly supporter today!



Greetings from the Farm!



This was a very eventful farm season at Dream of Wild Health! We were so blessed to start our farm season with a special opening ceremony by Jim Rock. Thanks to four experienced farm staff, we had plants started in the greenhouse right away in spring allowing us to have transplants in the ground earlier than any other season. The hard work of farmers, staff, volunteers and Garden Warriors allowed us to harvest over 10,000 pounds—our best season ever!

Throughout the summer we delivered overflowing boxes of garden produce, wild-gathered plants, indigenous foods, and recipes to the 42+ families who belonged to our Indigenous Food Share (IFS) program. Led by Clara Sandberg--with great help from our Garden Warriors!--we sold produce at four farmers markets in neighborhoods convenient for Native families, and donated over 800 pounds of fresh, organic produce to food shelves at both DIWs.

Growing out our collection of indigenous seeds continues to be a high priority. This season we focused on building up our seed supply for a Dakota Flour Corn, Dakota Hominy Corn, Cree Corn, and Amber Chip Corn. It was an incredible experience to watch our Cora's Kids sing and dance while they planted Dakota corn! We also grew out Black Turtle Beans, Rabbit Beans, and some Mandan Shield Figure Beans. It was beautiful to see the mission of Dream of Wild Health being lived out as our youth were planting and harvesting food for our people. This work gives us an overwhelming feeling of hope!



Besides all the hard work of farming, we found time to build a 30' x 70' high tunnel to extend our farm season. Thanks to Frank Haney, Aidan Shaughnessy, and a group of hard working farm interns and volunteers (special thank you to Steve!) for making this happen.

We are winding down the season now but are just thrilled to have such nice weather as we wrap up our fields. We as farmers are grateful for the season change and the promise of rest and we wish you all a restful winter as well. Thank you to each and everyone one of you for making it possible for us to farm and we hope to see you again next year!

~ Field Manager Heather Drake



Cora Baker was a Potawatomi elder and Keeper of the Seeds near Wisconsin Dells. People passing on the road saw her garden and began giving her their seeds to save. In the end, she was the sacred holder of seeds from tribes around the country. In 2000, 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 curriculum we use to teach our youth about healthy foods and nutrition.



Introducing Our New Pollinator Meadow!

As Native people, we believe that our relationships with all living beings are equally important, including our native bees—and pollinators in general—who are struggling with high levels of pesticides used in conventional farming combined with a loss of habitat. An estimated 3,600 species of native bees in the United States help ensure a healthy and diverse food system. With less than 1/10 of one percent remaining of our pre-settlement prairies, we are in dire need of restoring this vital habitat to our landscape!



Thanks to a grant from S.A.R.E., this season we began the process of restoring a 2-acre Pollinator Meadow at the farm. We worked with our Garden Warriors to begin reestablishing a prairie plant community that will provide a diversity of pollen and nectar sources throughout the growing season. As these native plants establish, we will use the Pollinator Meadow as a place to teach plant and pollinator identification, as well as the traditional uses of these plants. We pray for the success of our prairie restoration effort and that it will provide a healthy habitat for our pollinators for many years to come!

~Farmer Aidan Shaughnessy



Education Program Highlights



This summer was spectacular! The staff created a safe haven for 60 Native youth, a place where they could be themselves. Urban Native children face the highest rates of anxiety and depression, and having a safe space to grow and develop their voices is crucial.

We hosted two sessions each of Cora's Kids (8-12 years old) and Garden Warriors (13-18), plus many other learning opportunities. Our staff and programs are intertribal, with participants coming from at least 23 different tribes this summer. All of the youth were outstanding participants, excited to explore all that the farm has to offer. In each program, the youth learned to garden and cook, and received lessons from Seed Keepers, Nutritionists, and Master Gardeners. They spent time in circle with elders and made art in the afternoons. We taught them that each individual spirit at DWH is precious and brings valuable gifts to the circle.

The first session of Garden Warriors brought many new faces to the farm, while the second session included many veteran Garden Warriors. Besides our regular lessons, we hosted an overnight at the farm and sent youth representatives to speak at the "Food as Economic Development" conference. The second session Garden Warriors were so amazing that we brought the entire group to speak at the First Medicines Conference at Bois Forte. We were very proud of all of them!



Our programs had exceptional help this summer from Dwayne Williams, who has been involved in our programs for seven years, starting with Cora's Kids. Now a sophomore at Augsburg College, he works as an intern and is a true role model for the youth in our programs.

This summer we tried lots of new foods, including ground cherries, a little-known but delicious native fruit. We gathered chamomile and made tea, plus we learned about wild plants from Hope Flanagan. Together Hope and I helped the Garden Warriors learn how to introduce themselves in their own language, teaching both Ojibwe and Dakota. The growing season was amazing, and the people created a healthy enriched environment which grew a bountiful abundance of farm produce and Native Youth Leaders. We learned, laughed, ate delicious and healthy food, and had fun, with Native culture and language at the heart of our circle. I'm looking forward to more great times ahead!



DWH intern Dwayne models our teachings by speaking out about health, leadership, and culture.

~ Estella LaPointe, Wakinyan Gi Winyan, Ihankunwan Nakota



"I liked making friends; eating healthy; learning how to maintain a healthy body; I liked how safe the farm is. I like the good vibe at the farm."
~ 2015 Garden Warrior





Youth Voices

As Garden Warriors at Dream of Wild Health, we are all valued as people and learn to grow along with all of the plants. We learn a lot about plants in general and they teach us about holistic health; that all aspects of ourselves should be taken care of.

When we've left the cities and are at the farm, we leave all of the negativity behind. There is no bullying, no fighting, and everyone is nice to each other. It's safer than the city, you can go outside and collect all of the materials for a meal. At DWH we create positive human connection and relationships.

We got the opportunity to go to the First Medicines conference in Bois Forte. We presented about Cultural Identity, and what we do at the farm. It helped us all to grow closer and learn more about each other.

Every week, a few of us Garden Warriors go to the Farmer's Market. We learn a lot of customer service skills and also the business aspect of the farm by selling fresh fruits and vegetables. We also partake in the weeding and harvesting of foods. It's so great to see what a few people can accomplish when they work together! Other fun activities include language, arts & crafts, also the lessons from the master gardeners are pretty fun, too (salves, canning, pickling). I was so happy that I could finally learn my Ojibwe speech too!

At Dream of Wild Health, I've learned a lot. I enjoyed every second that I was able to spend here and will definitely be applying next year to come back. 😊

~ Alayna, 9th grade



"I like the lessons and the people around me. I learned a lot about other Native American tribes. I also learned some Ojibwe language and made a tobacco pouch. It was fun. I respect the people here and what they do and I'm happy I came here."
~2015 Garden Warrior

"I learned that we need pollinators; how to cook all-natural meals; to harvest crops; how to stay in touch with my culture; how to maintain a healthy body. I learned lots! I feel wiser!"
~2015 Garden Warrior



This summer at DWH I learned about plants and how there are many ways to use them. They can be used to treat many different illnesses. Plants can be used as food and perfume. I also learned about more healthy foods and different ways to cook them. I enjoyed making medicine bags. I also enjoyed listening to stories. I enjoyed camping at the farm. I liked meeting new people and making new friends. One of my favorite things is to listen to Ernie pray. I also learned my introduction speech in Ojibwe. I like coming out to the farm everyday because I always learn something new.

~ Chauncey, 12th grade

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Sally Auger Rising Star Youth Scholarship

Each year we present scholarships to Garden Warriors between 16 and 21 who are attending college or show exceptional promise as high school students. This summer we honored two juniors, Tayah Reyes and Felicia Galvan, and two college students, Dwayne Williams and Jesse Quaderer, all of whom showed outstanding leadership in our programs and in the community. We are so proud of these young leaders who are always positive and helpful. They are true models of Dream of Wild Health values and we wish them much success in their academic pursuits!





Nutrition Education



This year at Dream of Wild Health, our nutrition programs have been all about food and community - sharing good food with good people. In addition to our usual spring and fall cooking workshops, and our summer youth programs, Youth Leaders have enjoyed partnering with Roots for the Home Team to sell salads they created at Twins games. Youth Leaders created the Wild Gitigaan salad recipe from scratch and have been selling the salads, demonstrating their wonderful entrepreneurial skills. One thing is for sure: our youth know and celebrate healthy food. They have taught us a few tips about getting kids to love healthy foods:

1. Grow some of your own veggies, play in the dirt! When kids know where their food comes from and have helped grow it themselves, they take ownership and are more likely to try new veggies. Also, it's fun and makes you feel good! Gardening is a stress-relieving exercise, it uses natural movements just about anyone can do, and it connects us to the natural world. Our youth loved weeding and harvesting this summer on the farm!

2. Grab an extra spoon and have kids help in the kitchen! This summer both sessions of Cora's Kids asked to help cook in the kitchen, so every day they took turns helping our cooks prepare lunch, just like our older Garden Warriors. This was a huge success! Our youth ate the foods they helped cook - even when the food contained lots of veggies! Getting kids comfortable in the kitchen at an early age is really important, and teaching them basic cooking techniques (how to use a knife safely, how to sauté and boil and bake) will set them up to be healthy eaters throughout their lifetime.

3. Teach kids about the power of healthy foods! We believe that food is medicine: eating traditional foods can heal illness and help prevent illness in the future. Not only do traditional foods provide the body with nutrients, but food is about community. When we sit down and share a traditional meal together, this also feeds us mentally, emotionally, and spiritually. Previous generations knew these balanced and healthy lifeways, and our youth are working to bring back these ways. Many of the students wanted to take our recipes home to their families and share the healthy foods they were growing and cooking at the farm. Our youth are being the change they want to see in the world.

Warning: These tips also work on adults!

~ Jenny Krocak



“Some of the new things I learned this year were canning and jamming, making pickles. I like tasting all the different kinds of food we cook at the farm.”
~2015 Garden Warrior

Wild Gitigaan Salad

Ingredients:

- 4 sprigs fresh thyme
- 1 ½ cups uncooked wild rice
- 3 cups low-sodium vegetable broth
- 1 cup cooked black beans
(if using dried beans, 1/3 cup dried yields 1 cup cooked)
- 2 bunches (about 8 cups) kale
- 1 cup baby tomatoes or ground cherries, rinsed and halved
- ½ cup grated parmesan cheese
- Juice of 1 lemon (about 2 tablespoons juice)
- 1 tablespoon fresh grated lemon zest
- ¼ cup extra virgin olive oil
- ¼ teaspoon salt & freshly ground black pepper

Directions:

Cook the black beans. Either soak beans overnight or use the quick-boil method. Then, add beans to a pot of fresh water,

and boil until done, about 1-2 hours. Set aside to cool. Meanwhile, cook the wild rice. Rinse the rice well in a bowl of cold water and drain. Add rice, vegetable broth, and thyme to a pot and simmer for 20 minutes. Remove from heat and let the rice stand in the pot, covered, for 5 minutes. Remove the thyme stems and fluff the rice with a fork. Set aside to cool. Wash the kale and remove the ribs. Thinly slice the kale into ribbons. Using a salad spinner, spin until most of the water is gone. In a large serving bowl, add the kale, a drizzle of olive oil, and a little salt. Massage the kale until it starts to soften and wilt, about 2 to 3 minutes. Set aside while you make the dressing. To make the dressing: In a small bowl, whisk together the lemon juice, lemon zest, salt & pepper, and ¼ cup of olive oil. To serve, add the wild rice, black beans, tomatoes or ground cherries, and sprinkle with cheese. Drizzle the dressing over top and toss to combine.



Highlights & Thanks

Staff and students went to many exciting conferences this year, including the Indigenous Farming Conference at White Earth, First Medicines Conference at Bois Forte, MOSES, NPSAS, Intertribal Agriculture Council, Food as Economic Development, First Nations LEAD, and more!

We made progress on our sustainability plan by *doubling* earned income from the farmers markets, Indigenous Food Share, and new partnerships. We distributed nearly five tons of fresh produce through the IFS, farmers markets, and through donations to Native food shelves and Elders housing.

Thanks to our hard-working Native interns at the farm this summer: Dwayne, Marshall, Trinity, and Las Deo. We hope you learned a lot and enjoyed working at the farm!

We had lots of exciting press coverage, from the front page of the Pioneer Press to interviews with WCCO and Fox 9 News for Roots for the Home Team. Check out the Pioneer Press article here: <http://bit.ly/1Gtbrcj> and watch the videos here: <http://cbsloc.al/1XtAdgr> and here: <http://bit.ly/1kHY91u>

Dream of Wild Health was also featured on a blog called “From Garden Warriors to Good Seeds: Indigenizing the Local Foods Movement.” Check it out! <http://bit.ly/1zR1sn1>



Many thanks to our Staff and Volunteers!

Diane Wilson, Executive Director
Joy Persall, Co-Director
Ernie Whiteman, Cultural Director
Hope Flanagan, Program Staff
Estella LaPointe, Community Programs Mgr.
Jenny Krocak, Nutrition Programs Mgr.
Heather Drake, Farm Production Manager
Frank Haney, Education & Outreach Farmer
Clara Sandberg, Market/IFS Coordinator
Aidan Shaughnessy, Special Projects Farmer
Youn-Jee Pine, Cook
Christina White, Cook
Dwayne Williams, Youth Leader Intern
Marshall White, Farm Intern
Trinity Wagner, Farm Intern
Las Deo Tuttle, Farm Intern

Helping us steer the farm with long-term vision are Professor Craig Hassel from the University of Minnesota, Sister Ann O’Neill, CSJ, and Liz Wozniak from Seward Co-op. 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, Pauline Danforth, Darlene St. Clair, Renee Beaulieu-Banks, Nelda Goodman, Sean Sherman, Carly Bad Heart Bull, and Sally Auger, our co-founder and former director.

Thanks also to Jim Gitar, Steve Persall, and all the individuals, groups and classes who volunteered their time on the farm this year.

We’re So Social!

Get all the latest info about us on:



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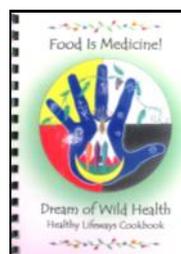
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New 2015 Cookbook!

We have re-imagined and re-designed our collection of favorite recipes from the farm. Now hardbound, it includes over 150 recipes, nutrition information, Native language food words, and more! Visit www.dreamofwildhealth.org/cookbook to order yours today!



A very special Miigwetch to the foundations who have supported our efforts this year. You help make our Dream of Wild Health come true!

Blue Cross Foundation MN
Eliminating Health Disparities Initiative (EHDI)-MN Dept. of Minority Health
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	 Dream of Wild Health
<p>On Nov 12th we have 24 hours to raise as much as we can! Your support makes our Dream of Wild Health possible! See page 2 for details of how you can help!</p>	



"My experience at the farm has been life-changing. The farm has taught me so much about healthy diets and lifestyles, plants, medicine, and traditional ways. I most likely wouldn't have learned any of the stuff the farm has taught me. I'm forever grateful for the farm, and what it's taught me. I'll carry it with me forever."

~2015 Garden Warrior

You Can Support The Seeds of Our Future!

Your generous contributions support the growth of strong leaders, healthy foods, indigenous seeds and community change. For supporting the vision of a healthier Native community, Miigwetch and Pidamaye!