



# Dream of Wild Health

## We Grow Seeds and Leaders

November 2017

## 2017 Annual Report

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



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!

On a 10-acre farm in Hugo, MN, Dream of Wild Health works with Native people in the Twin Cities to rebuild our relationship with indigenous foods and medicines. We grow and protect rare, tribal seeds that were a gift from Cora Baker, a Potawatomi Seed Keeper, who believed that returning to our traditional foods was the best way to heal the health of our community. Through programs that teach Native youth and families about gardening, healthy cooking and nutrition, we are reclaiming our right to healthy, affordable, and culturally appropriate food.

From our early days as a small garden in 1998, Dream of Wild Health produced over 6 tons of organic vegetables this year. We have grown and expanded as more Native people have become interested in teaching their children about healthy food and lifeways. This momentum has created significant change in local Native organizations, from banning soda in

vending machines to healthy food policies. In the Phillips neighborhood, Dream of Wild Health is leading the Indigenous Food Network (IFN), a coalition of Native organizations committed to providing healthy, indigenous food to the children in our schools and programs. This Fall, we are working together to test a pilot project at Division of Indian Work (DIW), with Gatherings Café preparing nutritious and indigenous meals, as elders and community leaders provide cultural teachings to our children.

On October 28, we hosted the first Indigenous Food Tasting event with our IFN partners, showcasing four local indigenous chefs who used their culinary talents to display the incredible variety and flavors of indigenous foods, many of them grown at the DWH farm. During the event, we welcomed nearly 500 community members to the Minneapolis American Indian Center to enjoy healthy traditional foods together!



As the organizer of the **Indigenous Food Network** (IFN), DWH mobilizes 12+ community partners around healthy and indigenous food access.



**5 ways to support this work:**

Volunteer Fridays at the farm

Make a donation to DWH

Start a garden & grow organic

Plant and Save Heirloom seeds

Choose carefully where you buy your food

DWH supports the East Side Indigenous Garden as a collaborative garden project for Native families in St. Paul. A special thanks to Maggie Lorenz and all of the garden volunteers for their efforts!



## Rebuilding Food Sovereignty

Over the past 12 years, Dream of Wild Health has grown from a single farmer with a shovel to supporting three Farmers' Markets in the Twin Cities, an Indigenous Food Share CSA that is distributed weekly to our members, produce donations to local food shelves and the Elders Lodge, and providing delicious meals to the youth and families in our programs. In addition to more staff and equipment, in recent years we've added a two-acre berry orchard, and restored two additional acres with prairie plants that provide a safe habitat for our pollinators.

At the heart of our work is a commitment to growing indigenous foods and medicines, especially the rare, old seeds that were donated by Cora Baker. As a founding member of the Upper Midwest Indigenous Seed Keepers Network, we

work with tribes and individuals to grow, protect and restore our seeds as food for our communities.

In 2017, thanks to incredibly hard working, dedicated farm staff, we expanded from a few rows to nearly two acres of Dakota corn and Black Turtle beans, using land that was donated by generous supporters. From this successful season, we now have a substantial seed inventory to continue expanding next year. As we continue to share these seeds and foods with Native families, we are also exploring creating prepared foods such as hominy and corn meal as a way to help the farm become more financially sustainable.

With help from the youth in our summer programs, this past season produced some of the best heirloom tomatoes ever, along with an abundance of ground cherries, Jerusalem artichokes, a variety of potatoes, succulent greens, tasty herbs, and our favorite non-indigenous superfood: kale.

## Our Youth are the Seeds of the Future

At Dream of Wild Health, we often say that we "Grow Seeds and Leaders!" Each summer, we offer culturally based gardening and cooking programs to Native youth from the Twin Cities. Cora's Kids (ages 8-12) learn fundamental skills while the Garden Warriors (ages 13-18) also learn job skills and leadership training, and earn a weekly stipend. Many of our youth struggle with the issues that challenge our Native communities. When provided with a safe environment at the farm, healthy food, stable adults, and high expectations, our youth thrive!

Each day, Garden Warriors work in the garden and in the kitchen, preparing a nutritious lunch from vegetables grown at the farm. This season they tended their own kitchen garden, learning the importance of

hand pollinating corn and squash to protect our seeds from the GMO crops that surround us. Garden Warriors experienced new learning opportunities by attending a language camp at Fond du Lac, where they spent time with elders while camping, fishing, and learning Ojibwe.

With participation in our programs being limited, we have new partners who help us bring our programs to more youth. This summer continued our partnership with Bdote Learning Center, providing two days of farm programs for 65 youth, and hosted youth from the American Indian Family Center and the Division of Indian Work at several farm events.

Successful Garden Warriors are invited to join our Youth Leaders program, where they learn to advocate for healthy lifestyles in their communities. This past year, Youth Leaders presented at the Indigenous Farming Conference in White Earth,

at the recent conference on Native American Nutrition in Shakopee, and spent a day at the Minnesota state capitol advocating for the Good Food Access Fund. These teens also support the Healthy Food Policy at DWH, and participate in partner programs with Roots for the Home Team, Climate Generation, and Fund of the Sacred Circle.

We are so proud of all of our youth! We especially want to congratulate this year's scholarship recipients.

**Charles and Lucille Wilson Memorial Scholarship**  
Tayah Reyes

**Sally Auger Rising Star Scholarship**  
Faith Gronda  
Miisko Poupart-Chapman



"DWH has been an extremely positive influence in my life. When I see the caring and generosity of those around me it inspires me to live a better life."

- Youth Leader, 2017



### FINANCIALS

<b>INCOME STATEMENT</b>	
TOTAL REVENUE	\$405,778
TOTAL EXPENSES	\$523,003
Mission/Program	\$486,542
Mission/Admin	\$33,562
Mission/Fundraising	\$6,129

<b>BALANCE SHEET</b>	
TOTAL ASSETS	\$688,689
Current Assets	\$200,597
Fixed Assets	\$488,092
CURRENT LIABILITIES	\$1,702
TOTAL NET ASSETS	\$686,987
Unrestricted	\$582,487
Temporarily Restricted	\$114,500
TOTAL LIABILITIES & NET ASSETS	\$688,689



# Dream of Wild Health

1308 E. Franklin Ave.  
Minneapolis, MN 55404

## give TO THE MAX

NOV. 16, 2017

On November 16, we have 24 hours to raise as much as we can!

**During Give to the Max Day, your donation could win us an extra \$1,000-\$10,000!**

Please give what you can to invest in the health and well-being of our Native community. This year, DWH is offering unique prizes to certain donation levels. See more at the link below or on our website.

Donate online on Nov. 1-16th at:  
[www.givemn.org/organization/Dreamofwildhealth](http://www.givemn.org/organization/Dreamofwildhealth)

## What does your donation support?

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Miigwetch and Pidamaye!