

2018 Annual Report

Dream of Wild Health

We Grow Seeds and Leaders



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

NOVEMBER 2018

At Dream of Wild Health, we find hope every day working with Native youth and protecting the rare, indigenous seeds in our collection. DWH was created in 1998 as a program to recover and preserve the relationship between Native people and the land. This year we are celebrating 20 years of working with Native families in the Twin Cities to rebuild our relationship with indigenous foods and medicines. Through programs that teach Native youth and families about gardening, seed saving, healthy cooking and nutrition, we are reclaiming our right to healthy, affordable, and culturally appropriate food.

Throughout our Native communities, we are seeing signs of change as more children and families are learning about and sharing healthy food and lifeways. Focusing in the Phillips neighborhood, Dream of Wild Health is co-leading the Indigenous Food Network (IFN) with a coalition of Native organizations committed to providing healthy, indigenous food to the children in our schools and programs. This Fall, we are expanding our pilot project at Division of Indian Work (DIW), with Gatherings Café preparing nutritious and indigenous foods. Our goal is to make healthy and indigenous based meals and snacks accessible to schools and childcare programs in Native communities.

On October 8th, we celebrated Indigenous People's Day with our Second Annual Indigenous Food Tasting event, featuring five talented Native chefs. They used their extraordinary culinary talents to display the variety and flavors of indigenous foods, many of them grown at the DWH farm. During the event, we welcomed nearly 400 community members to the Minneapolis American Indian Center to enjoy healthy traditional foods together!

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!

Seeds of Our Ancestors

In 2000, Potawatomi elder Cora Baker donated her lifetime collection of precious seeds to our program, along with a letter about her hopes for the future of indigenous people. Eighteen years later, we continue to grow out these seeds to last for generations. As a result of Cora's generosity, as well as the other saved seed donations that followed, our communities are reconnecting with our traditional foods and medicines in a powerful way.

Did you know?
Gete-okosomin means 'cool old squash' in the Ojibwe language.

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. This year on our ten-acre farm, we are proud to

have restored four indigenous corn varieties, 3 bean varieties, and saved seed winter squash, including Lakota Squash, Oneida Hubbard, and Gete-okosomin.

At the farm, we saw a ton of growth this year. Literally! We produced 7.6 tons of organic vegetables—an entire ton more than 2017. With this harvest, we fed youth and families in our programs, supported two Farmers' Markets in the Twin Cities, and distributed our weekly Indigenous Food Shares to community members. Introducing the new Farmer and Kitchen Warriors into youth programming strengthened relationships between youth, farmers, and the food we grow, and was a crucial part of our harvest success. We ended our season by expanding our Indigenous Food Shares program to include Winter shares. This fresh take on preserved produce highlighted healthy alternatives to sugar and our late-season foods from the farm.

5 ways YOU can support our 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

As we continue to share these seeds and foods with Native families, community interest in our traditional foods is growing, and we are growing with it. Every season we are able to strengthen our connection to the foods of our ancestors while also expanding the community network that nourishes all of us. Seed by seed, we have been able to slowly grow out Cora Baker's dream, and are looking forward to many more years of growth here at the farm and in community.

"I had prayed and prayed that someone would take this gardening up again. I am very pleased to learn about your project. I feel that the Great Creator has answered my humble prayers. With the help of my great granddaughter and grandson, we set out to help you. I wish that someday the children will come to realize the importance of the garden."

—Cora Baker



Pictured here are the five chefs and their teams at the Second Annual Indigenous Food tasting. The chefs include: Austin Bartold from Gatherings Cafe, Sean Sherman from The Sioux Chef, Howasta Means, Christina White from Native Food Perspectives, and Brian Yazzie from Yazzie the Chef.

FINANCIALS

INCOME STATEMENT	
TOTAL REVENUE	\$697,464
TOTAL EXPENSES	\$517,794
Mission/Program	\$479,620
Mission/Admin	\$35,081
Mission/Fundraising	\$3,093

BALANCE SHEET	
TOTAL ASSETS	\$906,531
Current Assets	\$407,439
Fixed Assets	\$499,092
CURRENT LIABILITIES	
TOTAL NET ASSETS	\$866,657
Unrestricted	\$540,904
Temporarily Restricted	\$325,753
TOTAL LIABILITIES & NET ASSETS	
	\$906,531

Seeds of the Next Generation

At Dream of Wild Health, we grow seeds and we grow leaders. Our summer programs for Native youth throughout the Twin Cities nurture our leaders long-term, from ages 8-18 with our Cora's Kids program (ages 8-12) and our Garden Warriors program (ages 13-18). During the school year, our Youth Leaders program gives our high-school youth an opportunity to develop leadership within their communities. From reconnecting to traditional foods, to advocating for food sovereignty, our youth are growing into the leaders of seven generations to come.

This year the introduction of Farm Warriors and Kitchen Warriors provided more opportunities in the Garden Warriors program for experiential learning. As Kitchen Warriors, youth worked directly with chefs Brian Yazzie (Yazzie the Chef) and Vern DeFoe (The Sioux Chef) to prepare meals from indigenous foods. Our Farm Warriors harvested hundreds of pounds of produce alongside our farmers each week and cared for the food we grow.

Alumni Highlight

Education:
University of Minnesota Morris

Name: **Felicia Galvan** Tribal Affiliation: **White Earth Ojibwe** Years involved: **2015-2017**

Felicia is working on campus through the Center of Small Towns (CST) with Red Lake and their foods initiative. She will be researching farm equipment for smaller farms and is also interested in researching Native plants and species. At DWH Felicia networked with many people working in food and agriculture, connections she is still using today through her work.

Pictured from left to right: Felicia Galvan, Whinape Hunt and Amalia Galan work the Roots for the Home Team booth at a Twins game.



Pictured left to right: Youth Leaders Matoe, Lewis and Miisko, Culture Educator Ernie Whiteman, Youth Leaders Destiny and Alyssa



Other program highlights included hand pollination workshops, field trips to indigenous food sovereignty projects throughout the Twin Cities, and wild foods foraging lessons.

Not only are our youth learning from our programs, but in many cases they are the teachers. This past year, our Youth Leaders developed the new Dream of Wild Health cookbook to highlight the traditional and tasty recipes we cook at the farm. They led traditional food demonstrations at the 2018 Indigenous Farming Conference, learned advocacy skills at the first annual Minnesota Tribal Youth Gathering, and teamed up with the Sioux Chef to present during the Indigenous Food Lab cooking demonstration at the State Fair.

Along the way, our youth speak out about who they are and where they come from. Whether it's introducing themselves in their languages or talking with Minnesota elected leaders about the importance of food sovereignty, our youth are seeds of change for the next generation.

Congratulations to our scholarship recipients!

Charles and Lucille Wilson Memorial Scholarship
Miisko Poupart-Chapman

Sally Auger Rising Star Scholarship
Alyssa Parkhurst



Pictured here: Executive Director Diane Wilson, Scholarship Recipients Alyssa & Miisko



Dream
of Wild
Health

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On November 15, 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!

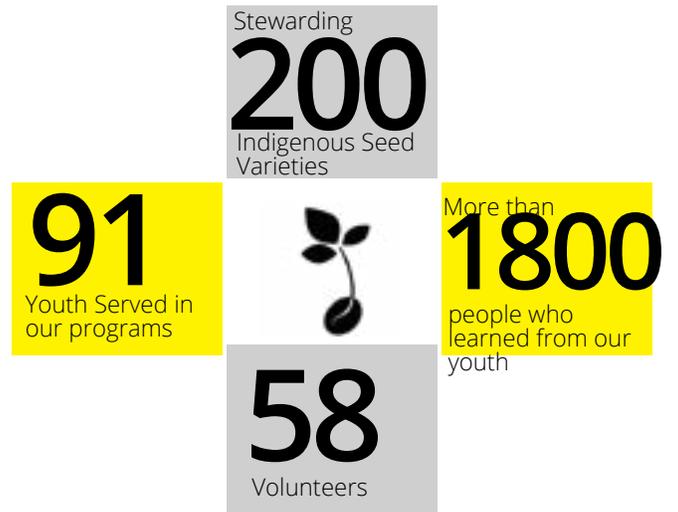
Please give what you can to invest in the health and well-being of our Native community. See more at the link below or on our website.

Donate online on Nov. 1-15th at:
www.givemn.org/organization/Dreamofwildhealth

What does your donation support?



growing seeds + leaders



Miigwetch and Pidamaye!