



# Dream of Wild Health

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## To our Friends and Relatives:

Dream of Wild Health grows seeds and leaders that create equity in food access and healthy Native American communities. By recovering knowledge of, and access to, healthy indigenous foods, medicines and life ways, we have a greater collective impact on the positive change we envision.

DWH connects urban Native communities with the land, history of their seeds, healthy fresh produce and teaches how to grow and prepare it. From small city gardens to our 10-acre farm, native fruit orchard, and pollinator meadow, Dream of Wild Health organizes community and expands access for Native youth and families to healthy and indigenous foods. Your financial contribution is critical to the continued preservation of seeds, education of Native youth, and expansion of food products from our indigenous collections.

Hope is rising to inspiration and change is led by community vision and youth engagement. Youth Leaders led an evening plenary at the 2nd Annual Native Nutrition Conference, created and led their own program for the Garden Warriors II graduation celebration, and are working on a Youth inspired Cookbook for 2018 bringing the stories of the seeds to daily meal preparations.

DWH is leading development of the "Indigenous Food Network" and the "Upper Midwest Seedkeepers Network", which expands community ownership and access to seasonal and local food systems. As a result of our work, the Native American community is creating a strong web of expertise and access to healthy, indigenous foods for and with Native youth.

**Your support of Dream of Wild Health significantly contributes to our ability to expand education with youth, grow out saved seeds and create equity through healthy and indigenous food access.**

Thank you. Together, we grow seeds and we grow leaders that are essential to restoring health in Native communities.

## Pidamaye and Miigwetch

Diane Wilson and Joy Persall

Executive Co-Directors

**P.S. Your gift ensures that seeds are planted, nourished and grown to create greater equity through our youth, the leaders for our future. Support their future, today!**



*A special thanks to all of our farm volunteers from this year!*

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