



Garden Warriors Program 2019

For Native Youth ages 13-18. Learn about Culture, Indigenous foods & agriculture.

Participants receive a stipend of \$50 a week with a potential bonus.

Garden Warriors Session I: For first-time participants: Intro to organic agriculture and healthy cooking fundamentals.

July 8th - July 25th 3 weeks, Monday-Thursday **Celebration Feast is July 27th**

Garden Warriors Session II: Returning Garden Warriors only: Deepen your knowledge, improve your skills and gain new experiences in sharing healthy and indigenous foods in the community.

August 5th - August 22nd 3 weeks, Monday-Thursday **Celebration feast is August 24th**

THIS IS A DAY PROGRAM
PICK UP/DROP OFF LOCATIONS

Little Earth of United Tribes Main Office 2501 Cedar Ave S Mpls MN 55404	Pick Up-8:00am	Drop Off- 4:00pm
American Indian Family Center 579 Wells Street St Paul MN 55430	Pick Up-8:30am	Drop off- 3:30pm

APPLICATION DEADLINE: MAY 1st, 2019

Please return the completed application form and essay.

Notifications will be mailed by May 10th 2019.

Dream of Wild Health is an intertribal organization that promotes health in the Native community by expanding knowledge of and access to healthy indigenous foods and medicines. Programs and Feasts take place at our ten-acre organic farm in Hugo, MN.

During our programs, Native youth will be empowered in their own individual cultural identities, and will deepen their connection with the earth, water, pollinators, elders, each other and themselves.

Over the course of three weeks they will learn...

- Seed saving
- Healthy and traditional foods knowledge
- Sustainable agricultural & foraging practices of our ancestors.
- Food is medicine that nourishes our mind, body and spirit. Plant sacred and traditional medicines.
- Food sovereignty, and food justice.
- Confidence and leadership skills
- Fun, physical activities and games (archery, double ball, swimming, gardening & yoga)
- Life skills and knowledge to advocate for healthy community changes

Return completed applications to Dream of Wild Health Attn: Phoebe Young
1308 E Franklin Ave Suite 203 Mpls MN 55404 or scan & email phoebe@dreamofwildhealth.org



GARDEN WARRIORS APPLICATION

Check which session you are applying for:

Garden Warriors Session I

Garden Warriors Session II

Name: _____ Gender Identity: _____ Age : _____ D.O.B.(date of birth) ____/____/____

Years in Program 0 1 2 3 4+ _____ Race/Ethnicity: _____

School: _____ Grade: _____ Qualify for free or reduced lunch? Yes ___ No ___

Tribal Affiliation: _____ Reservation/Homelands _____
Print clearly

Legal Guardian Name(s): _____

Legal Guardian email: _____ Receive E-Newsletter? Yes ___ No ___

Address: _____ City _____ State _____ ZIP Code _____

This year, we will be piloting weekly updates home to families to share teachings of the farm, highlight the amazing work of your Garden Warriors, and send photos of daily activities and workshops. What is the best way to send you these updates? (Please select one)

Email: _____ Letter Home: _____ Social Media (Facebook group): _____

Other (please specify): _____

Youth Applicant phone: _____ Legal Guardian's Phone: _____

Dietary restrictions, allergies or behavior issues we should be aware of? _____

Vegetarian? Yes ___ No ___

*I give my child permission to participate in the 2019 GARDEN WARRIORS SUMMER PROGRAM.
I give Dream of Wild Health permission to teach, transport, feed and photograph my child.
Dream of Wild Health will not be held liable for any injuries that may occur in the event of an unforeseen accident.*

Signature of Legal Guardian

Date

