



# Dream of Wild Health

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## To our Friends and Relatives:

Dream of Wild Health is 20 years old! Since our humble beginnings in 1998 on a half-acre in Farmington, we have become a leading organization in the work to rebuild a sovereign food system for Native people. Our recent Anniversary Feast celebrated the people who have helped create our success: staff, Board members, program participants, volunteers, and the community of supporters who make financial contributions. Your gift is critical to the work of preserving our indigenous seeds and educating Native youth.

**Thanks to your support, we grow seeds and we grow leaders!**

This work in collaboration with our partners is reclaiming equity in food access that is essential for 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 these foods. 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.

Native youth are at the forefront of this movement to rebuild the health of our community. Our Youth Leaders recently published a 2018 Cookbook filled with nutritious and delicious recipes for cooks of all ages and expertise. Please visit our website for more information!

DWH is leading development of the "Indigenous Food Network" and the "Upper Midwest Indigenous 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 positive changes through 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.

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!

## Miigwetch and Pidamaye!



Pictured here are volunteers from the Minnesota Council of Nonprofits on the 9/11 National Day of Service

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

## Donors

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