



Dream
of Wild
Health

2019 ANNUAL REPORT

dreamofwildhealth.org

From our farm in Hugo to the Four Sisters Farmers Market in Minneapolis, Dream of Wild Health works to rebuild our Indigenous foods and medicines in the Twin Cities. Our team is dedicated to meet the growing demand for our community programs and access to healthy and Indigenous foods. In 2019 we added a seed stewardship team, increased our community outreach, and expanded our youth programs while generating momentum in the movement for Indigenous food sovereignty.

On October 14th, we celebrated Indigenous People's Day with our Third Annual Indigenous Food Tasting event. Five Native chefs presented a variety of Indigenous foods, many of them grown at the farm. We welcomed over 700 community members to the Minneapolis American Indian Center to enjoy healthy Indigenous foods together!

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

Our work is led with our values of Reciprocity, Responsibility, Relationships and Resilience. We share our knowledge about traditional and sustainable agriculture, provide access to Indigenous foods and medicines and promote the recovery of cultural identity and health with Native American families.



PHOTO: Jessika Greendeer, DWH Seed Keeper and Farm Manager, giving a lesson to youth in the seed garden.

Youth and Responsibility

At Dream of Wild Health, our youth are the future of our work. Our youth stepped up to take the responsibility of strengthening their relationships with their Indigenous foods, community, and traditions.

Our summer programs gave Cora's Kids and Garden Warriors more opportunities to spend time with our Indigenous plants from seed to table. With the addition of a Seed Team to our farm, youth were able to grow their knowledge of seedkeeping.

Chef Brian Yazzie continued to teach our youth about the preparation of our traditional foods with hands-on food demonstrations and working alongside our youth. Returning Garden Warriors supported the farm as Program, Kitchen, and Seed Interns—a clear sign that they are growing into their roles as the future leaders of Dream of Wild Health.

This year we expanded our Youth Leaders program to give them more opportunities to be food sovereignty advocates in their communities. Youth traveled across the city and state discussing food access and serving healthy Indigenous foods, including with the White Earth Tribal 4-H Youth Program at the Indigenous Farming Conference and as chef interns at Gatherings Cafe in Minneapolis.

Each day, we are reminded that our youth are the leaders of future generations. It is our responsibility to provide them with the knowledge needed to keep our communities strong and healthy in the years to come.

Seeds Reborn

Our first-ever Indigenous seed regeneration team joined DWH, bringing reciprocity to our seeds. Hiring Faith Gronda, a DWH youth alumni, to our seed team was a huge milestone. We are beginning to see our youth become Indigenous food sovereignty leaders in our communities.

Dream of Wild Health's seed stewardship work serves to build partnerships across the region and nation, forming the foundation of the Indigenous food sovereignty movement. DWH serves as the lead organizer of the Upper Midwest Indigenous Seed Keepers Network, sharing seed knowledge and resources back and forth with tribal partners. Our Seed Keeper and Farm Manager, Jessika Greendeer, has grown out and rematriated several seed varieties to their Tribal Nations (see Seed Re-Matriation box above). This is an extraordinary gift and contribution to the future of our food system.

Four Ways You Can Support Indigenous Food Sovereignty

- Volunteer Fridays at the farm
- Make a donation to DWH
- Attend a Dream of Wild Health or Indigenous Food Network event
- Shop at our Farmers Market



PHOTO: Ernie Whiteman holding Dakota flour corn, Photo by Sarah Rubenstein, MN DNR

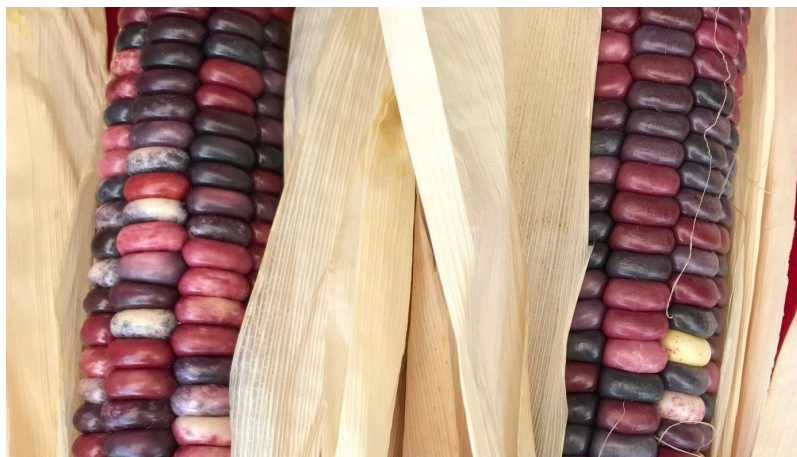
Relationships

The growth of Dream of Wild Health can be attributed to our partnerships and relationship with the community. Staff provides lessons to local schools and daycares, lead farm tours, participate in community events, and present educational workshops across the country. Through increased work and presence in the community, we are fulfilling our mission, values, programs, and commitment to bringing Indigenous foods to our community. Community outreach by our youth and staff takes many forms: sampling Indigenous recipes from food grown at the farm, leading a foraging walk, making hominy, or presenting our food systems change model through the Indigenous Food Network. Leading education in our community is essential to our work of building a movement for Indigenous food sovereignty.

Since 2016, DWH has helped found and lead the **Indigenous Food Network**, a groundswell movement to reclaim Indigenous foods and lifeways and promote food sovereignty within the Native urban community. This pilot project successfully demonstrated an effective approach to improving healthy food access for Native people, increasing economic power, and reconnecting them to cultural values.

Resilience

At the end of 2019, our Elder and Cultural Director Ernie Whiteman passed on to the next world, leaving a beautiful legacy for us to follow. He will be missed by all of us at DWH and we will continue to carry on his teachings in his honor. Our resilience allows us to work with the next generations of seedkeepers, educators, Indigenous chefs and food sovereignty leaders while staying rooted in our ancestors and traditions. As Ernie always said, **"We grow seeds and we grow leaders."**



Seed Rematriation

"The act of seed rematriation involves layers of intergenerational healing creating ripples of effects for everyone involved. The seeds are going home to their communities. When they come home they awaken our spirits to the ancestral ritual of planting, singing the songs of our ancestors and reconnecting us to our past. The seed team at Dream of Wild Health has been connecting with communities of origin to learn more about the seeds in our care. After learning that some of the seeds at DWH are no longer grown in their communities, the seed team has been dedicated to growing and sharing the harvest with those communities. This will ensure the seeds will continue to be grown by DWH and the communities of origin."

— Jessika Greendeer, Seed Keeper and Farm Manager



Financials

2019

2018

INCOME STATEMENT

SUPPORT & REVENUE

Grants & Contributions	\$1,062,015	\$549,643
Program Service Revenue	\$21,171	\$26,166
TOTAL SUPPORT & REVENUE	\$1,083,186	\$575,809

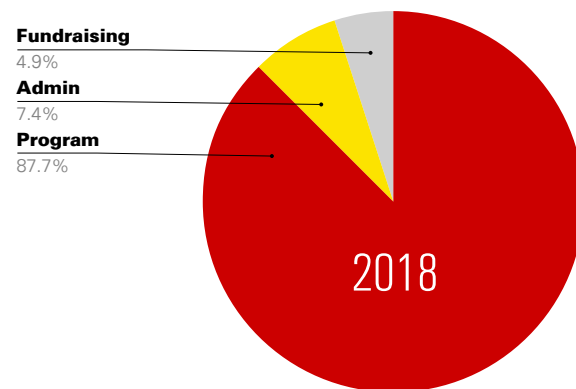
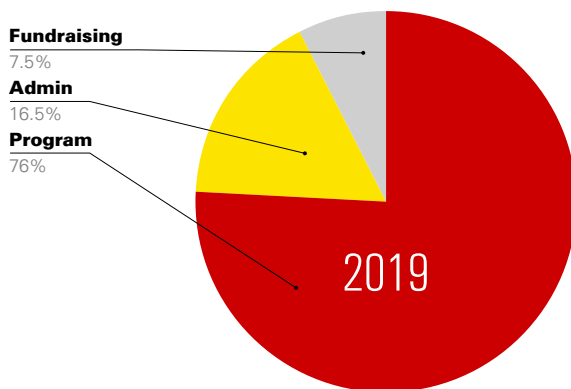
EXPENSES

Program	\$572,694	\$508,140
Admin	\$124,335	\$42,837
Fundraising	\$56,257	\$28,547
TOTAL EXPENSES	\$753,286	\$579,524

STATEMENT OF FINANCIAL POSITION

ASSETS & LIABILITIES

Current Assets	\$666,968	\$375,293
Noncurrent Assets	\$567,785	\$514,846
Liabilities	\$21,112	\$35,197
Net Assets	\$1,213,641	\$854,942
TOTAL LIABILITIES & NET ASSETS	\$1,234,753	\$890,139





What does your donation support?



35 INDIGENOUS FOOD
SHARE MEMBERS

PERCENTAGE OF IFS FAMILIES
THAT ARE NATIVE **70%**

103 VOLUNTEERS SERVED
AT THE FARM AND
THE INDIGENOUS
FOOD TASTING

TOTAL VOLUNTEER
HOURS **360**



25 TRIBAL NATIONS
SERVED IN OUR
YOUTH PROGRAM

NATIVE YOUTH
SERVED IN OUR YEAR-
ROUND PROGRAMS **151**



7.4 TONS
PRODUCE DISTRIBUTED TO OUR COMMUNITY



Dream of Wild Health appreciates your financial support!
Please show your support of quality Native American youth
leadership programs and greater community access to
healthy access to healthy Indigenous foods.

Donate online: dreamofwildhealth.org

Miigwetch! Pidadamayaye! Pinagigi!
Ahéhee'! Yaw^'ko! Ashoogé!

(Thank you in Ojibwe, Dakota, Ho-Chunk, Diné, Oneida, and Apache)

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Dream of Wild Health

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