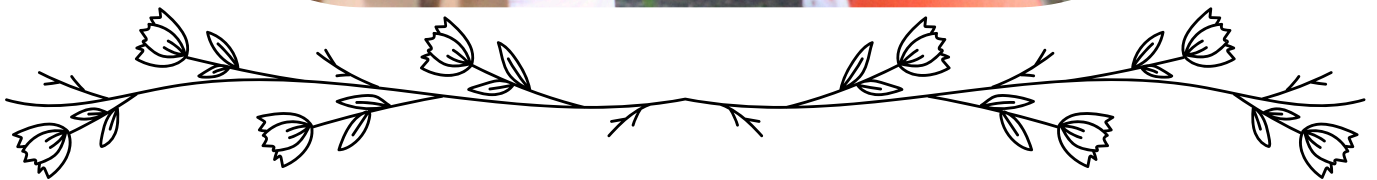


Dream of Wild Health



**Annual Report
2020-2022**



We honor and remember Sally Auger, our founding director, and Ernie Whiteman, our cultural director, who have journeyed on to the spirit world. Sally's vision planted the seeds of Dream of Wild Health, and Ernie's wisdom nurtured them with deep cultural knowledge and love. Together, they paved the way for us, guiding our work and our spirits as we continue the journey they began.

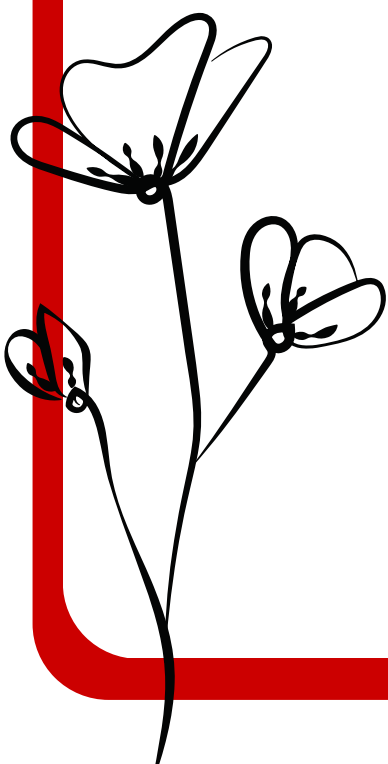


Their dedication to preserving and sharing Indigenous traditions, foods, and values lives on in every seed we plant, every youth we teach, and every community we gather. We honor their memory by keeping the seeds at heart, and by continuing the work that they so passionately began. May their spirits continue to guide and protect us on this sacred journey.

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A Message from our Executive Director

Dear Friends and Relatives,

This was a transformative period as we navigated unprecedented challenges and celebrated significant milestones in our journey toward cultural recovery and community empowerment, highlighting the resilience of our community.

Our commitment to providing a safe and nurturing environment for Native people to reconnect with the land has never been stronger. We've fortified our mission to share knowledge about sustainable agriculture, provide access to Indigenous foods and medicines, and promote the recovery of cultural identity and health within Native youth and families. Our programs adapted to the changing circumstances, ensuring that our community members remain engaged, informed, and supported. This would not have been possible without the generosity and support of our partners, whose contributions have been instrumental in helping us navigate any challenges and emerge even stronger.

Thank you for standing with us and being an integral part of our work.

We are filled with hope and determination as we look into the future. Together, we are sowing the seeds of a brighter, healthier, and more resilient future.

Miigwech (Thank you),
Neely M. Snyder, Executive Director





Native Youth Education and Leadership

In the face of an ongoing global pandemic, Dream of Wild Health's youth programs, including Cora's Kids, Garden Warriors, Interns, and Youth Leaders, remained dedicated to leadership development, learning, and fostering connections within the community and with traditional foods, lifeways, and medicines. During the winter, the organization shifted to online programming and food access outreach, ensuring continued engagement and support.

Despite the challenges, our summer programming provided a safe, high-quality experience where youth participants developed job skills, leadership, language, cultural traditions, gardening/farming, seed saving, cooking, healthy lifestyle practices, and environmental justice. We are incredibly proud of all our youth, who navigated these unprecedented times with resilience and strength.

Native Youth Education and Leadership

2020

Summer programs, carried out with newly created safety measures, hosted 64 youth. Due to these safety protocols, Cora's Kids and Garden Warriors operated at 2/3 capacity. Summer program activities included lessons in traditional hunting methods, fish preparation, wild ricing, plant walks and hands-on farming. Youth Leaders participated in various food sovereignty activities, including ice fishing, maple sugaring, red willow harvesting, and hide tanning. The second cohort of Chef Interns joined the Gatherings Cafe kitchen, gaining hands-on skills in a Native-owned restaurant and contributing to feeding the community. Due to the pandemic, youth leaders adapted programming to online platforms.

2021

Key achievements included successfully continuing the Chef Internship online, engaging the youth with more community partner organizations through food distribution efforts and collaborations, and launching the youth seed intern program with the Indigenous Seed Keeper's Network. Operating at 50-75% capacity with strict safety measures, we reached a long-term goal by hiring five former Garden Warriors as Youth Interns, highlighting successful leadership development. A total of 70 youth participated across all youth programs, enjoying much-needed social interaction and hands-on learning through Garden Warriors and Cora's Kids. Activities included drum-making, pollinator lessons, resume workshops, and traditional crafts.

2022

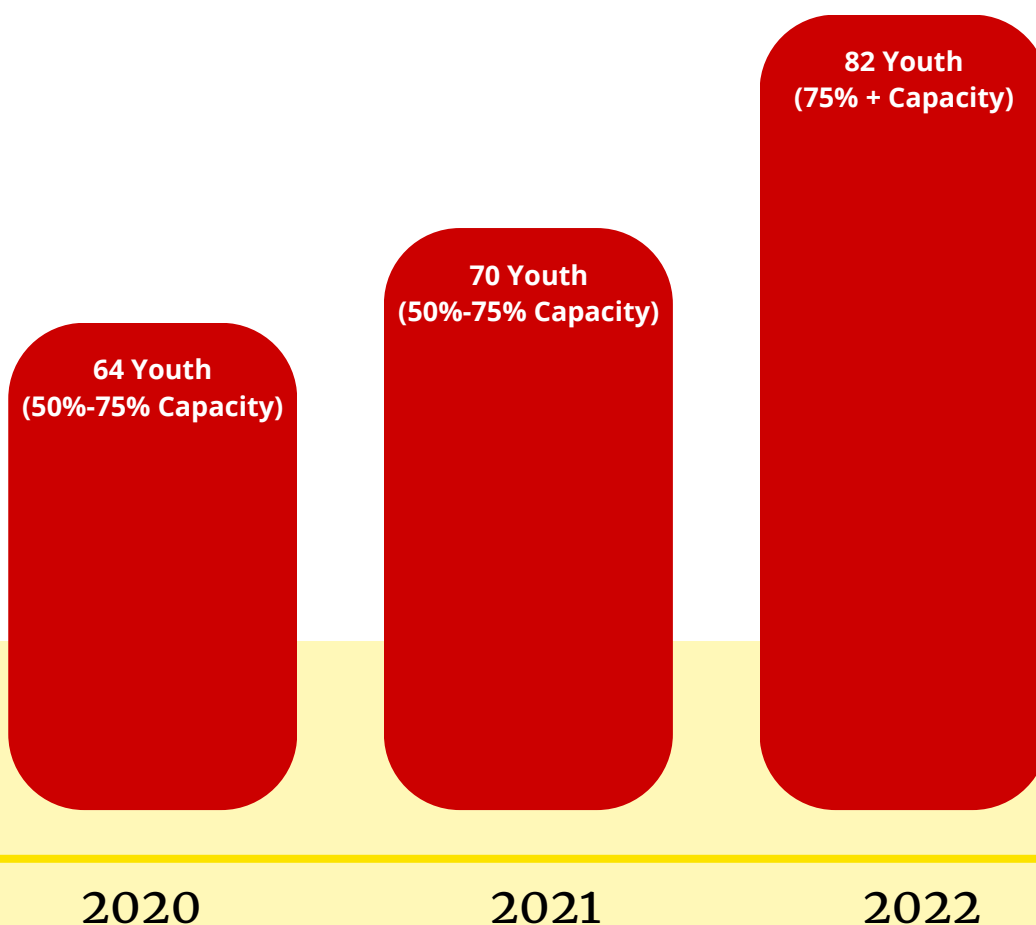
Highlights included the formation of a Cookbook Committee to create some new recipes and dream into a creation of a new Youth Cookbook, and the introduction of many new activities and lessons throughout youth programs, such as traditional Astronomy, Archery, and traditional Lacrosse. The organization maintained over 75% during summer programs, implementing enhanced safety measures. Seven former Garden Warriors were hired as Youth Interns or seasonal staff members. Youth programs served 82 youth total, with 100% expressing their willingness to recommend the program to friends. Youth expressed the feeling that DWH feels like a family to them, and they talk about the friendships they have created with other youth and staff.

“... connecting with the earth
through food is helping (our
child) become the person
they are meant to be.”

-Youth Program Parent Testimonial




Youth Program Participation 2020-2022





Farm and Food Access



Our farm grew a wide variety of fruits, vegetables, herbs, and flowers; including greens, root vegetables, and Indigenous crops such as peppers, tomatoes, corn, beans, squash, and much more. In addition to distributing produce through the Indigenous Food Share and farmers markets, we donated 6,000-7,500 lbs of food each year to the community. We also delivered our produce, flowers and herbs to Owamni Restaurant, the Indigenous Food Lab, Gatherings Cafe at the Minneapolis American Indian Center, and to other Indigenous Food Network partner organizations.

Farm and Food Access

2020

We had to make adaptations to serve a community during a crisis. We increased our donation proportion, introduced a delivery option, and partnered to deliver prepared meals and staple goods alongside fresh produce to youth and families in our community. The Dream of Wild Health farm team grew over 16,500 pounds (8.25 tons) of food, donating over 6,000 pounds to the community. Thanks to community and funder support, we acquired 20 additional acres in March, concentrating on soil enhancement and space design throughout the year.

2021

Despite facing drought-like conditions, our farm overcame challenges to yield 14,217 pounds of food and donated 6,000 pounds. The Indigenous Food Share (IFS), our CSA model, supported 88 members over 24 weeks, participating in key farmers markets for a total of 16 weeks. Nearly 40% of our produce, in collaboration with partners, was donated back to the Urban Native community. We processed over 400 pounds of food-grade seed into value-added products, including fruit leather, squash flour, dehydrated squash rings, hominy, corn flour, corn tea, and dry beans. Introducing a four-week Spring Share and Fall Share expanded access to affordable, fresh produce beyond the regular Indigenous Food Share program. To enhance biodiversity, insectary strips were implemented at the farm to support insect relatives and pollinators.

2022

During the first year of the Seed Pod internship, Youth cultivated Indigenous seeds, resulting in a record-breaking harvest of 27,112 pounds—11,000 pounds more than the previous season. We donated 11,323 pounds (41% of the total harvest) to the community and distributed an additional 7,500 pounds through various partner organizations. No-till production was used on one-third of our growing space, with over 75% of crops being grown using these practices. We cultivated 60 different crops and 125 seed varieties, offering IFS members a diverse selection of 49 vegetables, fruits, and herbs. Additionally, we cared for 400 bare root trees, transplanting them at the 20-acre Farm with the support of over 80 volunteers during three weeks in October.



In 2020, we purchased an additional **20 acres** of farmland.


From 2020-2022, we harvested over **52,820 lbs** of food!



In 2022, **75%** of our crops were grown with no-till production.



Seed Stewardship



Some of our goals at Dream of Wild Health are to ensure a diverse, viable seed stock for future generations, to grow seed as food to reconnect this generation to an Indigenous diet, and to re-matriate seeds to their tribal homes. The seeds and plants are grown both as Indigenous food sources (processed into added value products such as dehydrated squash, bean soups, and tea) and for future seed stock to protect biodiversity. Our seed stewardship builds regional and national partnerships, serving as a hub for the Upper Midwest Indigenous Seed Keepers Network. We conduct workshops and collaborate on seed rematriation.

Seed Stewardship

2020

The importance of seed saving for food and cultural sovereignty was made clearer than ever as commercial seed houses were depleted due to stay-at-home orders. We developed a social enterprise plan to expand seed production, ensuring diverse, viable stock for generations. Partnering with Seed Savers Exchange, we grew and returned five varieties to their home communities in 2020, contributing to the future of our food system.

2021

During the growing season, over 100 varieties were stewarded on the farm, including the Indigenous Seed bundle, market vegetables, and ground cover crops. Experimentation led to the identification of a drought/heat-tolerant spinach variety favored in taste-tests but sought after by deer. Ongoing seed bundle maintenance involves adapting to climate changes and teaching youth about seed saving for various crops. The team managed 16 varieties from the Dream of Wild Health seed bundle, six from Seed Savers Exchange (SSE) under an SARE grant, and incorporated five new varieties in early 2021. Over 200 seed bundles were distributed for the 2021 Upper Midwest Indigenous Seed Keepers Network (ISKN) seed drive, and food processing efforts aimed at creating value-added products for the community. Rematriation seed varieties continued growing, but travel restrictions due to COVID-19 halted returns to some communities. Despite this, three seeds found their way home with a former DWH employee, connecting with their new steward.

2022

Our seed regeneration team were all under 18 in order to further our goal of multiplying both seeds and individuals involved in seed work. Following a spring seed curriculum, the team started seeds in the greenhouse, transplanted crops, and processed them for medicinal and culinary uses. The team had two trips this growing season to see other Indigenous farm operations and also participated in a seed rematriation event at the Oneida reservation in Wisconsin. Harvesting over 60 crops and seeding 125 varieties, the team continues to contribute to variety maintenance, seed rematriation, and multiplication for ongoing food production.



Helping Seeds Return Home

"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."

*Farm Director & Seed Regeneration Manager
Jessika Greendeer*



Community Outreach and Education

Dream of Wild Health remained committed to fostering connections and sharing cultural knowledge within and beyond our community throughout the pandemic era. We maintained a focus on virtual and outdoor events, ensuring the safety of both staff and the community. These efforts included food delivery and community distribution, storytelling, farming and gardening lessons, cooking demonstrations, Indigenous foods cultural and historical teachings, language sessions, songs, medicinal plants, wild foraged foods, birchbark lessons, seed saving, and more. Prioritizing knowledge sharing within the Native community, we collaborated with various community organizations and local school programs to provide easy access to traditional knowledge, medicines, food, and language for Native students and their families.

Community Outreach and Education

2020

Despite canceling the annual Indigenous Food Tasting event, which drew an estimated 700 people in 2019, the organization shifted its focus to virtual and outdoor events to ensure community safety. The outreach efforts reached over 6,800 people, including 950 youth and a majority of Native individuals. Activities included 15 storytelling sessions in collaboration with various twin cities Indian Education programs, engaging Native students and families with traditional knowledge and language. Noteworthy workshops led by the Community Outreach & Cultural Teacher, Hope Flanagan, covered topics such as wild plants, plant medicines, and included events like the Harvest Howl Wild Ricing Demonstration, Master Gardener keynote, and First Medicines Plant Walk.

2021

Through 15 winter/spring storytelling sessions led by Hope Flanagan and 61 ceremony/traditional lifestyle teaching lessons, Dream of Wild Health collaborated with Indian Education programs all across the region. This ensured that Native students and their families had accessible resources for traditional knowledge and language. Hope Flanagan's commitment to plant and medicine education was highlighted through more than 20 workshops conducted over the year, including plant walks and events like the Harvest Howl Wild Ricing Demonstration, collaboration with U of M Master Gardeners, First Medicines Plant Walk, daily lessons during Summer Youth Programs, and participation in the Pollinator Festival.

2022

The organization continued to extend its impact through diverse community outreach and education initiatives, reaching over 12,000 people, including approximately 2,000 youth. Outreach & Education activities included lessons on farming and gardening, cooking, Indigenous food history, language, songs, medicinal plants and wild-foraged foods, and birch bark; as well as food delivery and community distribution efforts, storytelling events at Indian Education programs in local schools, a "Welcoming Seed Home Series" led by Jessika Greendeer and Phoebe Young, and a Garden Blessing at Augsburg College led by a former DWH Youth Alumni for the Indian Student Association.



“(I learned) how joyful
it can be. Traditional
ways of preparing
foods, gathering food.”

-Indigenous Food Series Class Participant





Network Leadership

Working with partners is vital to the success of our programs as we rely on the skills and expertise of other organizations to complement the work we do in our community. DWH is the lead organizer of the Indigenous Food Network (IFN). The Network's objectives include increasing access to healthier foods for the Native community, fostering economic opportunities for Native food producers and chefs, promoting community connectedness, and influencing systemic change to address inequities. This collaboration worked to support community partners through resource sharing, including funding for staffing, licensing, infrastructure, and community education efforts. The network also supported community partners by facilitating produce distribution initiatives and distributing Food is Medicine cards as a resource for families. DWH and core partners collaborated to guide the IFN's ongoing direction, reinforcing the commitment to rebuilding a Native American cultural food system that addresses community health needs and fosters resource redistribution.



Network Leadership

2020

As the lead organizer of the IFN, Dream of Wild Health collaborated with Native organizations in the Phillips neighborhood to create an Indigenous food system. Due to challenges posed by COVID-19, partners adapted meetings and programming to virtual formats. The IFN Youth Curriculum was well underway during this time, with lessons soon to be available for use by partners and community agencies when the year ended. Additionally, the Network initiated a COVID-safe free produce pop-up distribution model, successfully serving the community and planning expansion in 2021. The IFN implemented a Healthy Food and Beverage Policy and ongoing efforts in evaluations, communications/branding, and business planning.

2021

The Network organized several community food distribution initiatives this year, conducting pop-ups at the Native American Community Clinic (NACC) and the Minneapolis American Indian Center (MAIC), along with food box deliveries. Youth engagement in distribution efforts resulted in a collective effort to donate 1,585 pounds of produce to over 300 Native families. The IFN chose the mission statement “to rebuild sovereign food systems within the intertribal urban Native community through collaboration.” The network worked to develop their logo and branding, and initiated the trademark process. The IFN Youth Curriculum lessons were completed and planned to be distributed in 2022 for use with students and community members.

2022

DWH has worked with several community partners to distribute produce at free or reduced pricing, including the Native American Community Clinic Harvest Health Fair and DWH Farm Produce Pop-up where 1,850 pounds of produce was distributed to the community. At the Pop-up, 500 Food is Medicine cards were distributed as a resource to provide families with recipes, nutrition, and storage tips. The IFN continued the strategic planning process to guide the network’s ongoing direction, with core partners involved throughout the process. Through regular meetings, partners shared opportunities and deepened their understanding of community needs, enhanced collaborations, and supported the collective goals of health and community change.

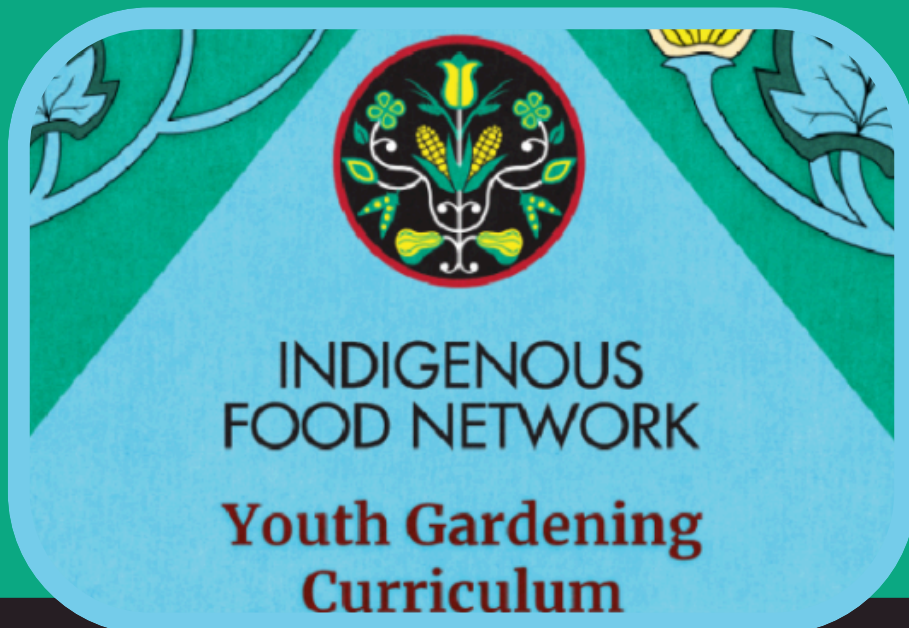
From 2021-2022,
3,435 lbs of Dream of
Wild Health produce
were donated at the
NACC pop-up!



500 Food Is
Medicine Cards
were distributed at
the NACC Harvest
Health Fair in 2022.



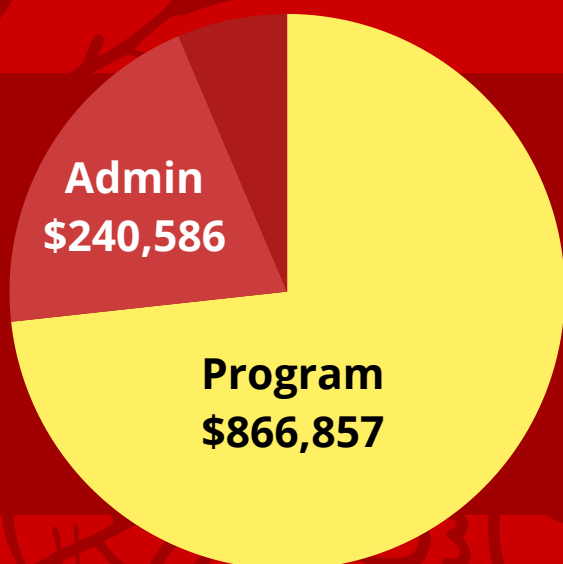
The **IFN Youth
Gardening
Curriculum** was
completed in 2021.



Financial Data

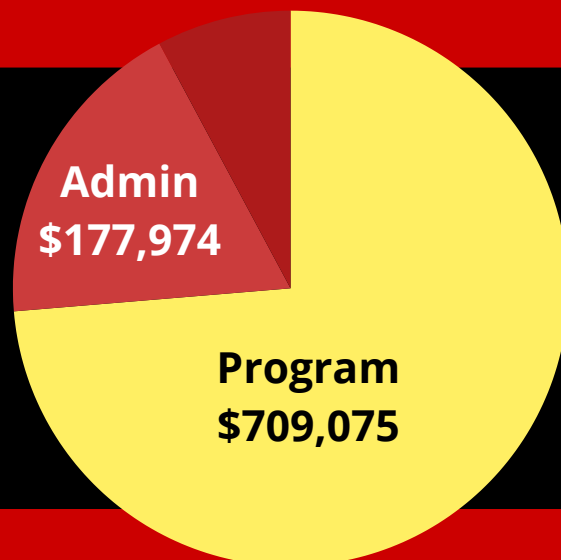
2020

Fundraising
\$75,722



2022

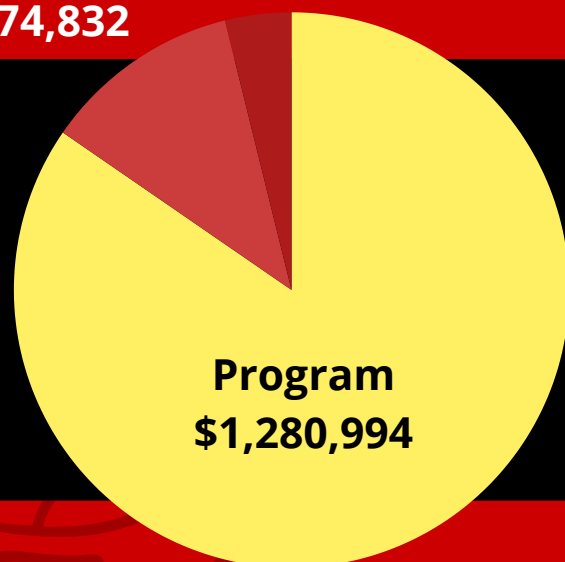
Fundraising
\$75,368



2021

Fundraising
\$58,386

Admin
\$174,832





Closing

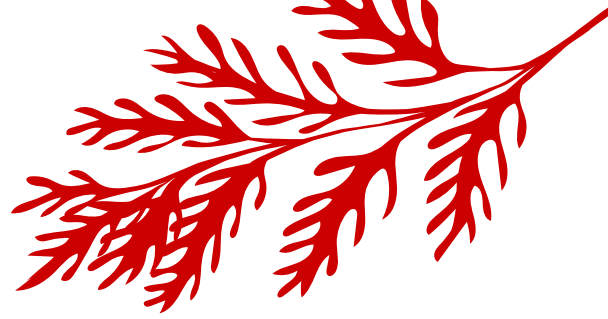
Dream of Wild Health had to make numerous adjustments to ensure our work could carry on through the unexpected challenges of the pandemic. Through our programs, we were able to share in the gifts of indigenous foods, the joy of reconnecting with ancestral traditions, and the importance of nurturing our youth. Each seed planted is a promise to our future generations—a commitment to health, culture, and sustainability.

Together, we will continue to build a healthier, more sustainable future.

Thank you for being a vital part of Dream of Wild Health. Your support makes all the difference.

-The Dream of Wild Health Team

Thank You!



Chiokoe!

Kherkhem!

Ahéhee'!

Pídamaya!

Ashòògè!

Míigwech!

Ho'hou!

WetAXkoosšteéRAAt!



Dream
of Wild
Health

Pinagigi!