



Dream of Wild Health

2011 Harvest Newsletter

New Season, New Changes!

Han Mitakuyapi!

What a year! Once again we harvested an abundance of food from our fields, thanks to the blessings we received from the Creator. We welcomed new faces to the farm, started a Mobile Market in St. Paul, and raised our first honeybees. I am especially grateful for the talented and committed staff who gave so generously of their time and energy—they made hard work seem like fun!

We also celebrated the lifework of our founder, Sally Auger, who moved back East in September to be near her family. We are deeply grateful to Sally for working to improve the health of the Native community in the Twin Cities. Her tireless efforts, as well as the efforts of her late husband, John Eichhorn (Kewaygoshkum), have made the Dream of Wild Health farm a reality.

Over the winter months, we'll begin planning the next phase of our vision for the farm. In November, we'll be moving into our new winter den at the Minnesota Chippewa Tribe building – please stop and visit us! This move will mean that our programs can continue throughout the winter, teaching

our Youth Leaders to become strong advocates within the Native community. We'll also be strengthening our outreach programs that help families learn about healthy foods, from gardening to food preservation.

This year we welcome a new partner in this work – Blue Cross Blue Shield Foundation – as we continue to build on our partnership with The Minnesota Eliminating Health Disparities Initiative. And finally, pidamaya ye to the many hard working program participants and volunteers who helped make this season so productive, as well as our many donors for their generous support.

--Diane Wilson, Executive Director



Dream of Wild Health

The mission of Dream of Wild Health is to promote health in the Native community by expanding knowledge of and access to healthy indigenous foods and medicines.

Well first session we plant the foods. Second session we harvest it's a lot of work. Hoeing, picking food and cooking and cleaning, it's a good experience being here. I learned how to do more things than I originally knew plus I got new skills. All is well it's good being on the farm. This garden shows you how to eat healthy.

~2011 Garden Warrior

Please support our program!

Dream of Wild Health relies on generous contributions from supporters like you who understand the importance of the work we do.

Please support our kids by giving what you can afford. Send donations to:

Peta Wakan Tipi

P.O. Box 68, Scandia, MN 55073

Or online at:

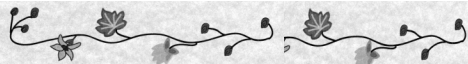
www.dreamofwildhealth.org



2011 Farm & Market Report



Farmer Meagan and Garden Warriors working in the fields.



Cora Baker, Potawatomi elder and Keeper of the Seeds, was a farmer for 35 years in the Wisconsin Dells, hanging her corn to dry on her barn. People passing on the road saw her garden and began giving her their seeds to save. She gifted her lifetime collection to DWH, writing to us, "I am very pleased to learn about your project. I feel that the Great Creator has answered my humble prayers." Her story is told as part of *In Cora's Garden*, the educational curriculum we use to teach our youth about healthy foods and nutrition.



Youth Leaders at Mobile Market

As anyone with a garden knows, 2011 was a challenging year for growing vegetables! Our fields were under water with all the early rains, and then the early frost took care of any fall crops we'd hoped for! With the wonderful blessings we received last year, including a new well, a new tractor, and a heated greenhouse, we were able to get a good start and keep producing beautiful produce all summer long.

Of course, that would never be possible without our brave and determined weed-pickers, the Garden Warriors, and all our fantastic volunteers & interns!

Traditional Garden—Indigenous Seeds:

Each season, we grow out seeds from our Cora Baker collection, a practice that maintains their viability and increases the seed stock of these rare American Indian crops.

This season, we planted Black Turtle Beans and Oneida White Corn. The beans grew exceptionally well, providing lots of shelling work for our fall visitors. The white corn was harvested, dried, and made into hominy in the traditional way. As we continue to grow and develop our seed collection, we are building our commitment to indigenous agriculture for the future.

Market Garden:

Thanks to our farmers Meagan O'Brien and Sharon Utke, we had well-tended fields that yielded a bountiful harvest! We grew over 40 different market crops, from asparagus to zucchini, and sold them at three different farmers markets in Minneapolis and St. Paul. Our sales increased from last year, although we actually planted less acreage! By improving productivity in small fields, it gives the rest of the farm a chance to renew its soil fertility. This allows us to use our land resources more responsibly, and to nurture the land that gives us so much.

P.S. If you know where we can get compost by the semi-load, give us a call!

Farm Markets:

Our hard-working Garden Warriors staffed each market, sharing their own tips about how to cook fresh veggies, something they learned cooking lunch at the farm. Each week, we hosted markets at the Minneapolis American Indian Center as well as the Midtown Market on Lake Street. We also launched our first Mobile Market in St. Paul!

In 2010 we were one of 13 organizations nationwide to receive a grant from the Wallace HUFED program at Winrock International. This grant allowed us to launch a Mobile Market in St. Paul by partnering with four organizations that serve Native families: the American Indian Family Center, Ain Dah Yung, Department of Indian Works, and the Elders Lodge. With so many Native people suffering from diabetes in our community, the Mobile Market helps us provide fresh vegetables directly to families who often lack transportation, or income, or the information needed to cook with these vegetables. Thanks to our new truck and EBT equipment, we delivered fresh veggies where they were most needed!



HIGHLIGHTS 2011

Every day at Dream of Wild Health we give thanks to the Creator for the gifts of the land. We give thanks to Cora Baker, the Potawatomi Seed Keeper and elder, who gifted her collection of seeds to us. And we give thanks to the many people who share our Dream of restoring health to Native people. We would like to mention a few of the individuals and funders who gifts have helped transform the farm this past season. Pidamaya ye!

An award from the Eliminating Health Disparities Initiative (EHDI) funded by the MN Department of Health helped our Youth Leaders develop their skills as advocates for healthy lifestyle choices. After working with consultant Lisa Skjefte to create a 10-minute skit, the Youth Leaders performed at Department of Indian Works, Mde Maka Ska, and the Health and Wellness Fair at MAIC. Congratulations to our Youth Leaders!

The EHDI grant also helped us set up an archery range at the farm. After years of using makeshift bows and rubber tipped arrows, we now have real compound bows and arrows plus four targets where youth practice their skills. We've discovered that people of all ages love archery!

Our feast at the end of the summer season was a very special celebration this year as we honored the lifetime work of Executive Director and founder Sally Auger. In addition to a short documentary video about the farm that was produced by several of the Garden Warriors, we announced the Sally Auger Rising Star Scholarship. This award will be given in 2012 to a Garden Warrior who is enrolled in a college-level program.

One of the wonderful new additions to the farm this season was our first beehive, thanks to the efforts of our farmer, Meagan O'Brien. She set up the hive, introduced the bees to the farm, and taught us about "bee time," meaning that we move very sloooooowly near the hive. As an avid bee enthusiast, Meagan helped our Garden Warriors understand the vital role that bees play as pollinators for the farm. Many of our youth have learned to regard bees as threats without realizing that the bees are the ones who are threatened, whose survival is critical to our food system. Fortunately, Meagan's passion for bees helped many of them learn to appreciate their importance. We may even have inspired one or two new beekeepers!

Fun Fact: each year, Dream of Wild Health offers school presentations, workshops, programs, markets and events to more than 1,100 people!

Thanks to all of our funders and supporters for a great season!



Youth Leaders at Health and Wellness Fair



Meeting the honeybees!



Garden Warriors practicing traditional sports.

Give to the Max!

The Great Minnesota Give Together: November 16, 2011

During Give to the Max Day, your gift makes a BIG difference. Dream of Wild Health will be participating for a second year, and competing for up to \$15,000 in extra prize money! Help us reach our goal by donating ANY amount before midnight on November 16th! Donations over \$25 will receive a DWH cookbook as a thank-you gift!

Donate on Nov 16th at: <http://givemn.razoo.com/story/Peta-Wakan-Tipi>





Education Programs



Ahneen! My name is Sammie Ardito Rivera and I am happy to begin working with my community on connecting to more healthy ways of living. I began this summer as the Program Manager and Outreach and Education Coordinator for Dream of Wild Health. I am Anishinaabe and enrolled at Leech Lake with paternal ties to White Earth. I was born and raised in Minneapolis but spent most of my adult life away from the Twin Cities. It's good to be home.

Our first session of the Garden Warriors program brought young people from the city to the farm to learn about the plants of our peoples here in Minnesota. We were blessed with the experience and plant wisdom of Hope Flanagan who led our youth on plant walks and constructing birch bark basketry. The youth named our new queen honey bee "Pollina the Native Honey" and we all learned from Meagan O'Brien about the life cycle of bees and the importance of pollinators to all of the plants we use and enjoy.

Second session brought another group of youth to the farm,

many of them veteran Garden Warriors. We had the opportunity to learn media skills from the very talented Missy Whiteman and Mike Wilson who led the young people in the creation of a short video on the beginnings of the farm and featured an interview with our founder Sally Auger. The piece was debuted at our final feast as an honoring and recognition of the contributions Sally has provided to our community through the creation of the organization and the farm. It helped both the young people and the staff to have an understanding of our beginnings.

As the seasons have rapidly changed and fall turns colder and colder we are preparing to shut down the farm for the winter. But the work continues as we move operations down to our new Minneapolis office and bring the advocacy and education around food and health into the urban communities where our people reside.

~Sammie Ardito Rivera



The garden is important because we use seeds from ancient times. We grow tobacco and sacred foods that we once had in earlier times. Like the Three Sisters and tobacco, as well as sage. It feels good that people still care about the history of the Natives. We bring back history to America on growing sacred foods we once had.

~2011 Garden Warrior





Nutrition Spotlight - Diabetes



I learned how to cook some foods. I enjoyed making the carrots with maple syrup because they were so delicious.

~2011 Garden Warrior

90% of the estimated 25.8 million people living with diabetes in the U.S. have Type 2 diabetes. Type 2 diabetes is a chronic, non-progressive disease that has no established cure, but can be delayed or prevented with diet and exercise. Traditionally considered a disease of adults, type 2 diabetes is being increasingly diagnosed in children.

At Dream of Wild Health, our youth and adults have an opportunity to learn the importance of cooking and eating fresh fruit and vegetables, exercising and maintaining a healthy weight as part of a lifestyle that may help prevent the development of Type 2 Diabetes.

'Westernization' of many indigenous diets has led to dramatic increases in number of cases of type 2 diabetes. Several risk factors are associated with the development of type 2 diabetes:

- People with Native American, Asian American, Pacific Islander, African American or Hispanic American/Latino heritages are at higher risk
- obesity or overweight
- lifestyle behaviors such as eating an unhealthy diet and lack of physical activity
- Family history of type 2 diabetes
- A mother with gestational diabetes

~Cassandra Silveira, RD

Recipe Corner

Three Sisters Soup

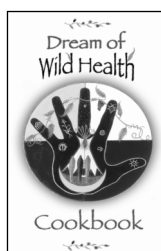
3 Tbsp. Butter
1 c. finely chopped onion
1 Clove garlic
1 tsp. curry powder
1/2 tsp. salt
1/4 tsp. ground coriander
1/8 tsp. crushed red pepper (or more if desired)

4 c. chicken or vegetable stock
1 butternut or acorn squash, pre-cooked and pureed
1/2 c. yellow corn
1/2 c. hominy
1/2 c. cooked white beans

Melt butter in a large saucepan over medium-high heat. Add onion and garlic and cook for 3-5 minutes or until onions are transparent. Stir in curry powder, salt, coriander, and red pepper, and cook for 1 minute. Add chicken or vegetable stock, corn, hominy, and beans, and bring to a boil. Reduce heat to low. Cook, stirring occasionally, for 15-20 minutes to develop flavors. Stir in pureed squash and cook until heated through. Taste before serving and season to desired spiciness.

Serve warm with chives and plain yogurt for garnish.

~contributed by Donna LaChapelle and Patricia Chandler
Find more healthy recipes like this in our cookbook!



2011 updated Cookbook!

Try some of our favorite dishes from the summer program and community feasts!

Now available to order online at www.dreamofwildhealth.org. You can also call or email clara@dreamofwildhealth.org. All proceeds help support our programs!



A very special Miigwetch (thank you!) to the foundations and individuals who have supported the farm this year. You helped to make our Dream of Wild Health come true!

Our biggest thanks of all to the staff!

Sally Auger, Founder
Diane Wilson, Executive Director
Sammie Ardito-Rivera, Outreach Coor
Ernie Whiteman, Cultural Dir.
Hope Flanagan, Program Staff
Meagan O'Brien, Farm Mgr.
Sharon Utke, Farmer
Cassandra Silveira, Nutritionist
Jenny Hannaford, Nutritionist
Clara Sandberg, Admin Asst.

Serita Hewitt, Intern
Melissa Collins-Rutter, Intern



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 Shakopee Mdewakanton Dakota Community
 Sisters of St. Joseph of Carondelet
 Target
 Wallace Center at Winrock Int'l
 Wells Fargo

Many thanks to our Volunteers!

The older youth learned the essential lessons of opening a checking account from Lisa Clasen at University Bank. Helping us steer the farm with long-term vision and grace are Professors Craig Hassel and Bud Markhart from the University of Minnesota, with help from Sister Ann O'Neill, St. Joseph of Carondelet. We are also deeply grateful to the Master Gardeners of Ramsey County for their help in teaching garden lessons, and Megan King from the Simply Good Eating Program of the University of MN Extension.

Thanks also to the many groups and classes that volunteered their time on the farm.

And many individual donors!

PETA WAKAN TIPI
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www.dreamofwildhealth.org

Come visit us in our new winter den at the Minnesota Chippewa Tribe building, 1308 Franklin Ave, Mpls. (612) 874-4200