FOOD IS OUR MEDICINE
Sustaining our Culture by Restoring our Traditional Gardens

Ken Parker, CNLP
Project Manager

- ELDER’S CIRCLE – Seven Generations Gatherings
- YOUTH MENTORING project
- COMMUNITY GARDENS – Public gardens, vegetables, Three Sister’s garden, traditional medicines, White Corn project, Elder’s garden and native plants.
From the Great Law of the Iroquois - Think seven generations ahead into the future & decide whether the decisions we make today will benefit our children seven generations into the future.

Monthly Circle - The Elders’ sharing brings everyone together. It transcends the politics of the tribe. It reaches all generations. It aligns the community toward common goals.
Tell Their Stories, Sing Songs, Share Recipes

There is a structured format provided for each Elder to share their story.

They will each be sharing one of the Traditions.

ELDER’S CIRCLE – Seven Generations

Discuss plants significant to the Iroquois culture

Edibles, dye, medicine, ceremonial and plant uses
Materials – building, hunting, tools and basket making.

ELDER’S CIRCLE – Seven Generations
Spread our Culture to Youth & Community through Gardening

Teach Respect and Ethics for honoring Mother Earth

ELDER’S CIRCLE – Seven Generations

YOUTH MENTORING - Apprentice Program

The Goal is to create a team that is eager to be future horticulturists
YOUTH MENTORING

The saying is: “You can fish for the people for one day or teach them how to fish for the rest of their lives”.

They will know how to “fish” and will have an extraordinary connection with Mother Earth, learning valuable skills.

Classroom & Outdoor Learning

- Create a demo garden that our children can show the community.
Classroom Topics

- Plant science – basics of horticulture, soil, fertilizers
- Landscape maintenance & lawn care
- Intro to design, garden math & plant selection
- Restoration & preservation of native plants
- Intro to plant propagation

YOUTH MENTORING

- Connecting with Mother Earth
- Older teens mentoring younger children, connecting all generations
- Learning valuable skills
COMMUNITY GARDEN
Revitalize traditional Native foods – preservation and use of plants – in a community setting
COMMUNITY GARDEN

Make the community self-sustaining & healthy

Promote Traditional Foods

Tasting Healthy

Eating Local
COMMUNITY GARDEN

COMMUNITY GARDEN
“The recovery of the people is tied to the recovery of the food, since food itself is medicine: not only for the body, but for the soul, is the spiritual connection to history, ancestors and the land”

- Winona LaDuke

Diabetes Prevention or Intervention

Every person will learn how to create a healthy, low-cost and appropriate way to enhance their diet and obtain some exercise.
Getting started

“Empty The Cup Session”

- Open forum
- Facilitated
- Community leaders gather input and exchange ideas

Community Leadership

Brainstorming - needs & priorities
Community Input

Dreams, goals and… wishes

Developed Committees

- Elder’s Circle -7 Generations
- Community Garden
- Media & Marketing –Social Network
- Event Planning
- Youth Mentoring
- Village Sustainability
- Farmer’s Market
Community Activities & Workshops

- Apple tree care & maintenance
- Maple Sugaring
- White Corn project
- Ready - Set - GROW!!
- Healthy Food Challenge
- Farmers Market

Apple Tree Care

Community Activities & Workshops
Apple Tree Care

Apple Tree Care
Apple Tree Care

Apple Tree Care
Maple Sugaring

Maple Sugaring
Maple Sugaring

Maple Sugaring
White Corn project

White Corn
White Corn

White Corn
White Corn
Ready, set... GROW!
Ready, set... GROW!

Healthy Food Challenge
Healthy Food Challenge

[Image of a man speaking to a group of people]

Healthy Food Challenge

[Image of people participating in a food challenge]

Healthy Food Challenge
Healthy Food Challenge

Healthy Food Challenge
Healthy Food Challenge

Healthy Food Challenge
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Healthy Food Challenge

[Images of cookbooks and people]
NATIVE PLANTS

FUTURE

Restore
Preserve
Maintain
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Please join our Facebook Group Page:
FOOD IS OUR MEDICINE – Healthy First Nations