



Above: Students receive a lesson in butchering geese.



Left: Learning the steps to build a lean-to shelter.



Below: Community members cooking goose wings over the fire.

Sharing Culture & Traditions in Fox Lake



Each spring as the snow clears, Fox Lake Cree Nation hosts a week-long goose hunting camp where the community comes together to strengthen their traditions and celebrate their culture with the return of the geese. Children from Fox Lake Spiritual School, Gillam School, and Chief Sam Cook School were bussed to the camp, where they had the opportunity to learn their culture and traditions directly from those who know it best.

Hunters led students in to the bush to hunt geese, while others remained in the camp to pluck, singe, and cook the birds. One youth, who had just been taught how to pluck, gut, butcher, and singe a goose by an elder in the community, exclaimed, "I can't wait until I am old enough to teach kids how to do these things." Students were also taught wilderness survival and had the chance to showcase their skills at making shelters. In the center of camp

the kitchen stayed hot, filling hungry bellies with goose soup, goose wings, fried fish, blueberry bannock, and bison stew.

This year's Goose Camp again brought together community members, from the most experienced hunters to the youngest students, and it is this unity that successfully keeps Indigenous culture alive and community gatherings vibrant.

Submit a story

Please send along your northern food stories and photos and share your stories with neighbours in the north.

Send your story ideas to:

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Stories of growing & gathering

Summer 2013



Blueberry Bannock Recipe Inside!

You can also substitute blueberries with other wild berries you find in your region!

If you have a recipe that you would like to share please send it to kelsey@foodmattersmanitoba.ca.



Learning to plant a crab apple tree at the Keenanow Trust Office in Norway House.

Orchard Takes Root in Norway House

Heavy rains and high winds did not deter dedicated community members from learning how to plant and care for Norway House's first community orchard. The first crab apple trees were

planted and preparations were made for the arrival of over 200 additional fruit plants, including raspberries, strawberries, haskup berries, and rhubarb, which arrived in Norway House later that week. Soon after the first berries were harvested, a community member noted how exciting it was to have fresh fruit available and they look forward to production taking off in the orchard in the seasons to come.

The fruit trees were planted during the Grow North conference, the first time that conferences were held in many communities instead of just one. Bayline Regional Roundtable hosted



Youngster working hard at the Cross Lake Community Garden Workday.



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"Soon after the first berries were harvested, a community member noted how exciting it was to have fresh fruit available..."



Crab apple trees successfully make their way into the ground in Norway House.



Community members in Norway House put their newly acquired fruit and berry planting knowledge into action.

their Grow North conference in Thompson, Northern Association of Community Councils hosted conferences in Swan River, Dauphin, and Matheson Island, and Four Arrows Regional Health Authority is holding a conference in the Island Lake communities. In addition to Norway House, Food Matters Manitoba hosted conferences in Cross Lake and Split Lake. ●

The annual Grow North conferences are funded by the Government of Manitoba's Northern Healthy Food Initiative.

Grade 7 Students Garden for a Good Cause

Food Matters Manitoba works with Fox Lake First Nation; La Ronge, Saskatchewan; and Winnipeg's North End on the Our Food Our Health Our Culture Project.

At the end of May, armed with seedlings started in their classrooms and packets of seeds, Grade 7 students from Churchill High School in

La Ronge, SK set out to transform a patch of soil at Potato Lake into a food producing machine for the local food bank. A few teachers accompanied the students and Trudy Connor from the food bank was there to offer guidance for the students. Lunch was provided to the young gardeners by Our Food, Our Health, Our Culture, which also purchased some gardening tools for the students to use at the garden for



Bounty of gardening supplies provided by OFHC.

years to come!

Students agreed that while the day of planting had been hard work, it was a very satisfying experience. One gardener, Ioana, stated "...it was difficult work but it felt great to do because some of our vegetables are going to the food bank."

Everyone went home with dirt under their fingernails, smiles on their faces, and gardening knowledge and



Potato seedlings in the ground at Potato Lake.

experience in their heads! Students look forward to harvesting in the fall when they return to school and being able to enjoy some of the 'vegetables of their labor,' while donating the rest to the food bank. ●

Adapted from the Our Food Our Health Our Culture blog post.



Paddling Down Lake Winnipeg

On July 8th a group of 14 from Pimicikamak Cree Nation (Cross Lake) climbed into a warrior canoe and embarked on a voyage down Lake Winnipeg that many of their ancestors have paddled for generations. This is the 9th year youth from the community have participated in Canoe Quest, traveling to different locations each year.

Bogged down by strong winds and heavy rain, the quest was delayed at the beginning of the journey for two days. The group made the 890 km journey from Cross Lake to Winnipeg armed with only their paddles, camping equipment, and a satellite phone. Teachings were passed down about wild meats and berries, which were harvested throughout the length of the journey. Food Matters Manitoba provided a water filtration system used on the journey and a variety of nuts to supplement their diet.

Paddlers arrived at the Forks in Winnipeg on July 26th to a crowd of family members, friends, and supporters. Festivities were held throughout the day in the paddlers' honour, strengthening

their message of protecting our waters, which they carried with them throughout their journey.

Canoe Quest is organized by Ininiw Aski, an independent organization, which provides youth the opportunity to reclaim their connection to the earth and find healing through the annual quest. ●



Paddlers carry canoe to Odena Circle at the Forks for the celebration.



Above: Warrior Canoe arrives safely at the Forks to cheers from family and friends.

Below: Paddlers celebrate their arrival and the end of a long journey.



Blueberry Bannock

Ingredients:

- 3 cups whole wheat flour
- 1 tbsp baking powder
- 1 1/2 tsp salt
- 1 1/2 cups water
- 1 cup blueberries



Mix dry ingredients together; add water quickly & continue to stir. Mix blueberries into batter. Spread batter on a pie plate & bake in a preheated 425F oven. Bake for 20 minutes.