



Caribou Stew

Recipe adapted from the *Traditional Food Guide for Alaska Native Cancer Survivors*.



Ingredients:

- 1 lb Caribou Meat
- 3 Medium Potatoes (cubed)
- 1 Onion (chopped)
- 2 Carrots (chopped)
- 2 Stalks Celery (chopped)
- 4 Tomatoes (diced)
- 1 Tbsp Beef Soup Seasoning
- ½ Tsp Tabasco Pepper Sauce
- Cooked Wild Rice

Boil caribou for 30 minutes. Add the rest of ingredients and seasoning; salt and pepper to taste. Simmer for 1 hour. Serve on top of wild rice.

Substitute the suggested vegetables with other varieties harvested from your garden.

Horticultural Therapist Honoured for Work in Shamattawa

Building trusting and supportive relationships is key to Cheryl Cohan's success in helping community members benefit from food related projects in Shamattawa First Nation. Cheryl, a certified



horticultural therapist, has been visiting Shamattawa for the last four years, planting with students at the local school, helping families start their own gardens, assisting in the implementation of a community garden, and providing advice and support as the seasons have passed.

Her passion is infectious and, as a result, interest in growing food has spread through the community.

Cheryl embodies what it means to be a Community Food Champion and she was recognized as a distinctive honouree in the Northern category at this year's Golden Carrot Awards held on October 16th at the Manitoba Legislature. During her acceptance speak, Cheryl said the award was really for the residents of Shamattawa and was proud to accept the Golden Carrot on their behalf. Cheryl was one of 32 Community Food Champions nominated at the annual event held by Food Matters Manitoba, which celebrates and honors community members who are working hard to create a just and sustainable food system.



Above: Cheryl working with students in a Shamattawa classroom.

Below: Cheryl accepting her Golden Carrot. Left to right: Executive Director of Food Matters Kreesta Doucette; Cheryl Cohan; former Minister of Healthy Living, Seniors and Consumer Affairs Jim Rondeau; and Minister of Agriculture, Food, and Rural Development Ron Kostyshyn.

Food Matters Manitoba's

Northern SUN

Stories of growing & gathering



Fall 2013



Young man observes as an Elder processes wild rice.



Beaver meat roasts over an open fire at the gathering.

Youth Get Involved in the Fall Harvest in Sagkeeng

Annual harvest celebrations are an opportunity for community members to mentor and inspire their young people to partake in tradition and celebrate their heritage. At Sagkeeng First Nation's annual fall gathering, harvesters set up stations inside or near tipis to show young members of the community harvesting activities including trapping, wild rice processing, medicine gathering, and deer processing.

Local harvesters went out on the land to mentor young men in harvesting deer for the fall feast. Youth had the opportunity to participate in dressing the deer and cutting the meat. A young man reflecting on his experience expressed a sense of pride in the skills he had learned and said that this was something he would take with him into the future.

With time and new technologies, many changes have taken place in the way we harvest. Some people still remember the old ways—

observing the animal, knowing its habits, and using that knowledge to harvest. Reconnecting with tradition reminds us to give back what we take from the land and not take more than what we need. As one young person shared, "If you harvest the old way, it will come back." ●

Food Matters Manitoba has partnered with Brokenhead Ojibway Nation and Sagkeeng First Nation to engage youth in protecting the harvest of their traditional Anicinabe foods. The project is supported by Health Canada through the National First Nation Environmental Contaminants Program.

Submit a story

Share your northern food stories, photos, or recipes with neighbours in the north.

Please send your story ideas by January 15, 2014 to info@foodmattersmanitoba.ca.



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OUR Food
OUR Health
OUR CULTURE



From Manitoba's Interlake, to the shores of Oxford Lake northeast of Lake Winnipeg, to the edge of the Canadian Shield in northern Saskatchewan, this edition of the Northern Sun brings you inspiring success stories of three communities gardening and growing for the health and wellness of their people.



Gardens in Oxford House Are Growing... and Growing!!!

Peguis Community Garden – A Small Story of Huge Success

In 2010, a few interested community members of Peguis First Nation had a vision – to turn three acres of common band land into a community garden that would reconnect the community to the land and the agricultural heritage that their people had for over a hundred years. “Reclaiming Our Culture in Self Sufficiency and Growing Our Own Foods” has since expanded to five additional acres and several individual plots started by families at their homes. This year, gardeners enjoyed a successful growing season, with much of the potatoes, beets, carrots, peas, beans, tomatoes, corn and cucumbers harvested going to the local food bank and community elders. Gardeners also successfully experimented with growing tobacco plants for the first time, which will be used for traditional purposes.

The Garden Committee, headed by Councillor Darlene Bird, along with Diane Bear (Health Rep), Donna Sutherland (PDC Rep), Elder Ernie Stranger, and Carl McCorrister, is looking forward to next spring when a small greenhouse will be put in full operation and plans of forming a co-op to market the vegetables are starting to take shape. “We want to continue to work with the community by bringing more members together in growing their own foods,” said one committee member. “We believe that we must do this for ourselves and this is an important part of starting the process of reconnecting to the land and providing for our tomorrows.”



A Peguis Garden Day visitor checking out the tobacco plants.



Community members share a tasty Peguis Garden Day meal.



Perry, one of the community gardeners, tending the plants.

Hi-Ho, Hi-Ho, Off to Harvest We Go in La Ronge!



Students in La Ronge get dirt under their finger nails during the fall harvest.

Grade Seven students from La Ronge's Churchill Community High School put in a team effort and harvested corn, peppers, potatoes, carrots, zucchini, tomatoes, and beets. While some students harvested, others filled up the vehicle with buckets loaded down with the weight of the vegetables, and others collected firewood and built a fire to cook a celebratory lunch.

Later that week, the students used a part of their harvest to prepare and serve oven roasted vegetable salad and stew to parents and staff at the school's Welcome Back BBQ. The rest of the harvest was donated to the local food bank. Students were proud to be a part of something that helped others in the community.



Dishing up delicious roasted vegetable salad at the welcome back BBQ.

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 funded by Public Health Agency of Canada.

Growing approximately 36,000 pounds of potatoes, carrots, onions, turnips, and lettuce is an impressive feat. Even more impressive is the fact that every pound harvested came from 35 gardens plots in the small remote community of Oxford House, Manitoba, located 950 kilometers northeast of Winnipeg.

Not only is the number and size of the gardens inspiring, it was also wonderful to see the number of grandchildren helping their grandparents with the work this year. With a younger generation getting excited about growing their own food it appears that the success Oxford House has experienced this season will be carried on for years to come.



Above: Tommy Weenusk looks over his sprouting bounty.

Below: William Weenusk and his granddaughter proudly show off their garden.

