

NORTHERN SUN



Photo by Melaine McGillis

Carol's Traditional Medicines



“We are all visitors to this land, our land has so much to offer, our land is overflowing with the medicines our bodies need, but we are only passing through. With respect, our purpose is to watch, to learn, to grow, to love, to teach. Then we will return home.”

- Carol Sanoffksy

This is the quote that is featured on the back of Carol Sanoffksy's recently published book: *Muskgege*, which means 'medicine' in Cree. Carol's book, complete with beautiful illustrations by Nicole Marie Burton, shares her knowledge of harvesting and processing medicines found in northern Manitoba.

Carol and her siblings, eight in total, grew up on a trapline with their parents Frances and Abel Hall. It was through her father that she learned how to identify medicinal plants in nature – everything from *Kakikepakwa* (Labrador Tea) to *Sihtapihkwana* (Black Spruce cones). Growing up far from major cities and towns, doctors and nurses weren't easily accessible, so her family often used traditional medicines as remedies for common ailments.

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Over time, Carol began to store these little pieces of information in her memory without realizing.

It wasn't until her friend, Loretta Dykun, had suggested that she put her father's teachings into writing that Carol realized how valuable her knowledge was. "I didn't even know I had this insight within me, or that I had been sharing knowledge about medicines, until she pointed it out and told me I should put it all in writing," she says in her acknowledgments. When Amanda Froese, our Community Food Facilitator, encouraged Carol to write this book, she felt she had the support to go ahead with the project.

As opposed to many other "field guides", Muskgege is written in a way so that readers of all ages and backgrounds can pick up this guide and start identifying the medicinal plants around them. This was intentional. For Carol, it was important that she write this book so that this knowledge could be passed onto the next generation - youth in Manitoba. She didn't want the knowledge of these traditional medicines to be lost.



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-Carol Sanoffsky**

Muskgege is eye-opening to the valuable and potent medicines that surround us. Carol's hope for future generations is that we don't take these medicines for granted. "Be aware of your environment and don't waste," she says. "We are all visitors to this land."

Written by: Danielle Moore

Photo by Melanie McGillis

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Remembering Emily

This past January, our friend and team member, Emily Ruston Mann, died suddenly. We knew her as a calm, insightful, and devoted young person working to help people grow and eat food all around Canada.

Despite her calm nature it was her explosive, hearty laughter that so many people will remember. “She worked hard and learned voraciously but what we’ll always remember about having Emily on our farm is the laughter!”
Amy Ouchterlony, Fiddle Foot Farm.

Ray Solotki from the Community Greenhouse in Inuvik remembered her fondly at her first day elbow deep in a fish canning workshop “sitting on the floor, using a long saw to hack apart a frozen white fish.” undeterred she stayed on to see their most successful year growing food north of the Arctic Circle. In her honour they are planning an “Emily Mann Demonstration Plot” that will focus on new methods for increasing growing yields.

She took great care in working with community members, always putting their needs first. “Her contributions were outstanding and meaningful whether she was writing a thought-provoking thesis, spending extra-long hours mentoring students [...], or volunteering in the community”
Mary Louise McAllister, University of Waterloo.

She worked hard to help communities become a little more just and sustainable. To honour Emily, our mission will be to continue to carry her vision forward.
Written by: Daniel Kanu



From the Hives...



The Northern Association of Community Councils has been supporting beekeepers since 2013. This program provides northern communities with access to the necessary equipment, resources, mentorship, and training needed to explore, operate, and expand beekeeping operations. Currently, there are 13 beekeepers in 8 communities, with a total of 132 hives. One beekeeper from Meadow Portage has 100 beehives; growing from only 1 hive 3 years ago.

Participants involved range from elders to their grandchildren, individuals to families, and even students. Schools involved in the program have received educational opportunities in the form of honey, hands-on workshops, and the opportunity to keep bees.

The goal of the project is to contribute to a safe and sustainable food system by providing local beekeeping opportunities, supporting established hives, and honey production. Local market opportunities are created where natural, organic honey, and bees wax products (i.e. candles, salves, and lip balm) can be sold locally.

"With bees in our garden, we grew more food than the whole family could eat. We grew corn and pumpkins.

Because of them being pollinated properly things happened faster."
- Steven Larocque, Thompson



Photo by Melanie McGillis

Did you know...

- Honeybees beat their wings 190 times per second
- Flavour in honey comes from the plants bees visit
- A honeybee visits more than 10, 000 flowers every day
- Buying local honey supports beekeepers who own their own businesses and protect our local environment

Why all the buzz about bees?

Bees are vital for a healthy environment because they pollinate flowers, fruit trees, nuts, vegetables, and even some grains. Without bees, any plant that requires pollination would not grow.

Bees also collect nectar from different flowers to make honey. They can travel within 3-5 km of their hive. They need food sources for the entire growing

season (April to September). If there aren't enough flowers in the area, the bees can't make enough honey to survive. A hive can produce 30 lbs (or more) of honey every year.



Also, take a walk around your area to see if there are enough pollen sources to sustain a beehive.

Interested in starting your own hive?

Reach out to other beekeepers in your area. They can answer questions, provide insight, and help you buy a hive, or build your own. You can also purchase bees from local beekeepers. Their colonies will already know your climate and environment better than bees from outside your area.

Bees are essential to a healthy, sustainable

environment. We can all help these little creatures thrive by planting flowers for wild honeybees, supporting local beekeepers, raising bees, and sharing with others about the importance of bees.

Bees and your garden



Bees help gardens to grow by pollinating your plants. Vegetables like cucumbers, squash, tomatoes, potatoes, and peppers could not grow without the help of bees. Here's a list of plants that will keep bees coming back throughout the growing season.

	Spring-Early Summer	Mid-Summer	Late Summer- Early Fall
Flowers	Daffodil Crocus Primrose Bluebell Geranium	Honey Suckle Nasturtium Zinnia Calendula Sunflower	Northern Anemone Lavender Bergamot
Herbs	Rosemary Sage	Chives Yarrow	Oregano Mint
Fruits & Vegetables	Crab Apple Northern Gooseberry Snap Peas Beans	Low-Bush Cranberry Strawberry Blueberry Cucumber Tomato Peppers	Raspberry Saskatoon Berry Rosehip Broccoli* Cabbage* Radish*

*Let these go to flower

TIP: Bees love yard weeds. Let dandelions, borage, milkweed, and clover grow in your lawn.
Written by: Jessica Burton and Matt McCormick

Community Food Champion



“CAN WE MAKE HONEY WINE?” -Fred Hart

Fred Hart

Fred, who hails from Nelson House, Manitoba, is one of Bayline Regional Roundtables' Community Food Champions.

Fred has been with our program for many years and continues to be as dedicated and motivated as when he first started. Fred has provided expertise in gardening, greenhouses, and has now become the first Beekeeper in Nisichawayasihk Cree Nation.

Fred is always willing to share his knowledge with others, and always interested to learn new practices. His introduction to beekeeping was quite the experience (if you ever get the chance, make sure you ask him to share this story). If you saw him working in his apiary, you would believe he has been a beekeeper all his life!

Written by: Carol Sanoffsky

Northern Connections

Northern Connections is a new program to help support community food champions like yourself travel to other communities to improve your food skills. Food Matters Manitoba is accepting applications for **Northern Connections**, to cover travel and accommodation costs.

We hope to provide opportunities for individuals who do not typically have access to travel support to take part in workshops, conferences, and networking throughout the province.

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Eligibility:

- People living in Manitoba, who are north of the Indigenous and Northern Relations Boundary Line
- Travel support must be within the province of Manitoba

Applications need to be submitted **3 weeks prior** to the proposed learning opportunity. For more information or an application form contact;

Amanda Froese

204-943-0822 ext. 106 or

amanda@foodmattersmanitoba.ca

Canned Fish

YOU'LL NEED:

Pressure cooker

500mL mason jar

Fish (trout or white fish works well)

Salt

Vegetable oil

Tomato soup

Pickling vinegar

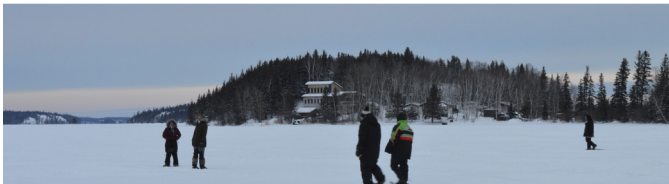
Coarse salt

DIRECTIONS:

- 1) Clean fish and cut into pieces.
- 2) Salt fish and leave overnight in fridge.
- 3) Drain well and pack fish into jars (skin to outside of the jar).
- 4) To each 500mL jar, add the following:
 - a. 1 tbsp. vegetable oil
 - b. 1 tbsp. tomato soup
 - c. 1 tsp. pickling vinegar
 - d. ½ tsp. coarse salt (not regular salt)
- 5) Arrange jars in pressure canner allowing space for steam around jars.
- 6) Process pints at 10lbs for 100 minutes (check altitude of location for accurate pressure requirements)
- 7) Begin counting time when required pressure is reached.
- 8) Remove canner from heat and allow pressure to return to zero naturally (Do not open valve)
- 9) Remove from pressure canner and let jars cool for a day before storing.



Photos by Matt McCormick



**“I AM FOREVER PROUD
TO BE INDIGENOUS,
PROUD OF THE THINGS
WE LEARN AND ARE
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OF THE FISH WE
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-Youth Participant

Go to our website to learn more
about the Winter Youth Gathering.
www.foodmattersmanitoba.ca

FROM THE MEDICINE CABINET:

Kakikepakwa or Labrador Tea



Kakikepakwa can be harvested year-round and can be found in Boreal forests. When harvesting the leaves, only snip off some from each plant; making sure to only take what is needed.

Kakikepakwa leaves can be boiled to make a tea that helps relieve stress and quiet nerves. The tea can also help with colds and coughs, flushing out kidneys, and, when the tea is cold, to flush out eyes. In late September, when the plant has gone to seed, the seeds can be chewed for heart problems.

You can also boil Kakikepakwa with Chaga and Rabbit Root for a boost in energy.

Written by: Carol Sanoffsky

Photo by Amanda Freese

Food Matters
MANITOBA

Food Matters Manitoba
271 Portage Ave.

Winnipeg, MB R3B 2A8

T: (204) 943-0822

info@foodmattersmanitoba.ca

www.foodmattersmanitoba.ca