

NORTHERN SUN



Northern Lights in Lac Brochet. Photography by Jared Danttouze.

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WINTER HARVESTS

IN FOX LAKE, LAC BROCHET & NORWAY HOUSE

Written by Heather Saunders in Fox Lake

I really enjoy and love being out in the bush with my family. I loved the days whenever I went out with my brother and got a moose or caribou.

The part that made me feel good about doing this was learning from it and also helping out and actually providing meat for the elders and the people in my community. It also makes me feel good about it because its something I actually really enjoy. Also learning how to trap has been a really good experience for me because I never really knew much about it back then because I never really involved myself in stuff like this, I'm glad I did and learned how, I'm happy and glad to say I somewhat know the ways to be in the outdoors and hunting and trapping.

I know I'm still learning but I want to learn more things about it. Would like to also thank my brother for taking me with him out there and doing these things.



Smoked caribou meat caught in Lac Brochet.



Heather Saunders with her big brother's partner and the moose they got.



Ice fishing outing in Norway House.

MEDICINE CAMP

CRANE RIVER, FOX LAKE & SPLIT LAKE



Smoking fish in Fox Lake.

Thanks to North West Company and their Healthy Horizons grant this past year, we were able to support 3 medicine camps and a smaller youth gathering.

The unique public health circumstances of spring and summer 2020 made large gatherings impossible but we adapted with smaller, community-based camps. We were grateful for the connections and learning we were able to enjoy in these smaller camps. Thank you.

Fox Lake | July 20-30

This camp was led by Demian Lawrenchuk. Chief Billy Beardy and community elders attended as well. This 10-day event included the harvest and processing of many different medicines, setting nets, canoeing, cleaning and smoking fish, harvesting berries, sweats and skinning and smoking beaver. A few participants travelled from York Factory First Nation and Split Lake to attend.

Crane River | July 23-27

A shorter camp with elders in attendance, the Crane River community harvested and processed medicines and berries. This camp was led by local leaders.

Split Lake | August 6-8

Participants & elders travelled together to Skownan, to visit with elders and medicine people for additional teachings and to harvest together. The group returned to Split Lake to process the medicines and for camp ceremony.

Youth Gathering | August 18 & 19

The Gathering was smaller and locally attended. Councillor Louisa Constant was in attendance. The gathering included pipe ceremonies, sweats, a round dance, canoeing, medicine harvests and various teachings and feasts.



Split Lake group harvesting medicines
(in Skownan)



Medicine Gathering in Fox Lake

PAN SEARED TROUT

WITH STRAWBERRY SAUCE



Ingredients

Trout	1 or 2 fillets
Garlic	1 bulb
Rosemary	1 sprig
Thyme	2 sprigs
Lemon	1 half
Broccoli	2 cups chopped
Carrot	1 carrot
Rice	2 cups
Olive oil	3 Tbsp
Strawberries	1/2-1 cup chopped
Maple syrup	1-3 Tbsp
Butter	1 Tbsp
Salt	
Pepper	
Cayenne pepper	
Chili powder	

Prepare Fish

Cut fillets into 3-4" pieces, sprinkle with salt and pepper and let rest.

Prep other Ingredients

Peel, crush garlic. Cut lemon in half. Set aside with sprigs of rosemary & thyme.

Roughly chop 2 cups broccoli. Peel carrot, chop into coins about 1/3". Set aside.

Chop up 1/2-1 cup strawberries. Set aside.

Cook Rice & Fish

Prepare 2 cups of rice, as per package instructions.

Heat pan to medium high heat.

Pour 2 tablespoons olive oil in pan. Sprinkle chili powder and cayenne powder on fillets. Place fillets into pan - seasoned side down. Place garlic, thyme, and rosemary in pan around the fish. Let sear 2-3 minutes.

Flip fish. Squeeze juice from half a lemon on fish. Let sear 2-3 minutes, basting with liquid from pan occasionally. Pour 2-3 spoons of liquid from pan into rice and mix.

Remove fish pan from heat and cover with lid.

Cook sauce & vegetables

Heat another pan to medium high heat. Pour tablespoon of olive oil into pan. Place carrots and broccoli in pan. Sprinkle with salt, pepper, chili powder, and garlic powder. Stir occasionally.

Remove herbs and most garlic from fish pan. Place fish on plate(s) to serve. Heat pan to medium heat. Place chopped strawberries in pan. Place tablespoon of butter in pan. Reduce vegetables to medium heat. Cook until tender. Stir occasionally.

Mash strawberries and remaining garlic with spatula as they cook (5-6 minutes). Pour 1-3 tablespoons of maple syrup into sauce, to taste. Cook for 1-2 minutes, remove from heat.

Serve

Place all remaining food on plate as per desired serving sizes. Pour sauce on fish. Garnish with chopped chives and serve.



CEREMONY

IN YORK FACTORY FIRST NATION

Tansi, my name is Jared Wastesicoot from York Landing, Manitoba. York Factory First Nation.

We noticed that we were getting low on stones (grandfathers). Which we use for our sweat ceremonies. Nine of us with four trucks ventured out that day along the highway to collect more. Our ceremony family. We had to dig through deep snow to get at them. It took us some time but we collected what we needed that day. It was a good day.

Our sweat ceremonies are very important to us. We try to sweat as much as we can and be consistent. It helps us heal physically, emotionally, spiritually and mentally. It's also a safe place for our people to feel comfortable, happy and to have good laughs with each other. It helped a lot of us change our lives around and continues to do so. It is our way of life. Thank you Food Matters Manitoba for supporting our ceremonies. Ekosi.



Collecting sweat rocks



Mens drumming

WINTER ROADS

IN YORK LANDING

Written by Morgan Serger in York Landing

Living in a remote community is full of blessings and challenges. On the one hand we can live close to the land and participate in local harvests and food resource management. The relationships we develop bring a richness to food security and a simplicity to life.

On the other hand accessing goods from outside the community can be a real challenge. Prices for items locally or shipping costs remain high and prohibitive for exploring many food sustainability projects. Even just running to the hardware store is a multiple day adventure, when it is even possible. To that end we are very thankful for the Food Matters winter road program that sources and delivers soil, lumber for raised beds and greenhouses and even chicken feed right to our community.

In this way the local team can access and share these materials with anyone interested which removes one barrier to getting started. Local champions can then focus on getting others interested and involved in agriculture. Local champions can set up training sessions, build raised beds and walk along others interested with the time and energy saved. There are many exciting projects in our community involving local harvests and food sustainability. Every one of these projects is enhanced and expanded due to the winter road program from Food Matters. From our community to them, Ekosi, Thank you!



Chicken feed goes up on the winter roads.



A typical fishing package with sturgeon net, pickerel net, sideline, knives, and sharpeners.

CREATING NATURAL LARONGE, SASKATCHEWAN

Written by Christine Ravenis

The opportunity to gather different medicinal plants over the seasons from a variety of places is integral to the creation of natural tobacco. FMM kindly supported youth, knowledge sharers and community members in the harvesting, gathering, drying, and creating a traditional tobacco that is used in ceremony protocol.

In the spring, red willow bark was peeled from cut red willow sticks. We were taught that our thoughts needed to be positive as we worked with the different plants. Also, to have our minds in prayer, as positivity amplifies the plant energy. The rest of the plants were gathered as the summer season came into full bloom. Then came the fall plants as they turned their beautiful colours. Bearberry, coltsfoot and mint tea were some of the additions.

TOBACCO

One of the last ingredients to be harvested was the beautiful red leaves of the red willow. All the medicines were dried and stored according to the teachings. It was such an incredible energy when all the medicines were combined. Students were each given a pouch of the tobacco and the rest was distributed according to protocol to elders as offerings over the course of the year.

We are looking forward to starting the harvest once again and plan to increase the amount for distribution. Our gratitude to Creation and our plant relations for making treaty with us humans. One of the original treaties where the plant nation agreed to provide for us because we are pitiful and would not survive on our own.

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