13 MOONS AND MANoomin

FALCON-AIHEC November 2\textsuperscript{nd}-5\textsuperscript{th}, 2018
Minneapolis, Minnesota
1994 TRIBAL COLLEGE AND UNIVERSITIES

US Tribal Colleges
Between 2003 and 2009, science enrolment at America's 36 tribal colleges climbed by 70%.

TCU Infographic
FOND DU LAC TRIBAL COLLEGE EXTENSION

Unique MNSCU and Tribal Relationship

Funded by USDA-NIFA

13 Moons started with 12 workshops 2 hours long, evolved

No garden to a garden providing over 1000 lbs of food to community

Providing outreach and education locally and regionally
FOOD SOVEREIGNTY & MANOOMIN

- Treaty Rights
- Access to Local Foods
- Creating a Local Economy
- Taking care of the land and community
TREATY AREA & TRIBES OF THE GREAT LAKES
LOCAL FOODS AND LOCAL ECONOMIES

- Farm and Gardening on land or the water
- Harvesting wild foods for food and medicine
- Harvesting manoomin and maple syrup
- Fishing including netting and spearing
- Hunting Mooz and Wawaaskeshi
- Trapping
TAKING CARE OF THE LAND AND COMMUNITY THROUGH COLLABORATION

The Environmental Institute is the Fond du Lac Tribal College Extension Program.

Mission Statement:
To promote the education and cultural growth of the community in natural resources and the environment. The Environmental Institute supports and coordinates education, research, and outreach that serve our greater community.
MANOOMIN COLLABORATIONS

- GLIFWC
- APHIS
- 1854 Treaty Authority
- NASA Camp
- Elders and Harvesters
- Community Members
“Nearly 50 years ago, heart disease was virtually unheard of in the Indian community, but rates of the disease are now double the general population,” notes Amanda Fretts, Ph.D., M.P.H., an epidemiologist at the University of Washington who has conducted studies on the dietary habits of the American Indian population. The studies are part of the Strong Heart Study, the largest and longest epidemiologic study on heart disease and its risk factors among American Indians. Strong Heart is funded by the National Heart, Lung, and Blood Institute (NHLBI).

“Several studies have shown that unhealthy, nontraditional foods like canned meats and fast-food, are a large part of the problem,” says Fretts, a member of Mi’kmaq tribe. “Many of these processed foods contribute to diabetes, which is a risk factor for heart disease.”

Antioxidant activity in medicinal plants associated with the symptoms of diabetes mellitus used by the Indigenous Peoples of the North American boreal forest

Letitia M. McCune, Timothy Johns
Antioxidants: Why are they important?

Antioxidants are substances that may protect your cells against the effects of free radicals — molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation. Free radicals may play a role in heart disease, cancer and other diseases.

Antioxidants, such as vitamins C and E, and carotenoids, may help protect cells from damage caused by free radicals. Other naturally occurring antioxidants include flavonoids, tannins, phenols and lignans. Plant-based foods are the best sources. These include fruits, vegetables and their juices, whole-grain products, nuts, seeds, herbs and spices, and even cocoa.
As a bonus, fruits, vegetables and whole grains high in antioxidants are also typically high in fiber, low in saturated fat and cholesterol, and good sources of vitamins and minerals. So enjoy the variety.

https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/antioxidants/sls-20076428?s=1
PROMOTING TRADITIONAL, HEALTHY FOODS

- Abies balsamea, Balsam Fir, Zhingob
- Thuja occidentalis, White Cedar, Giizhik
- Rosa spp., Rose Hips, Ogin
- Typha latifolia, Cat tail, Apakweshkway
- Picea mariana, Black Spruce, Zesegaandag
Rose hips, sometimes called rose haw, are a superb source of vitamin C, having a much higher content than citrus fruit. During World War II when imports of citrus products were limited, rose hips became especially popular in Great Britain. Volunteers spent many hours gathering hips from hedge rows for making rose hip syrup for the Ministry of Health to distribute, particularly to children. Where roses grow wild in North America, they were important in the diet of native peoples for hundreds of years.

In addition to their rich content of vitamin C, rose hips also contain other beneficial vitamins and compounds such as pectin. All these result in rose hips being used for treating rheumatoid arthritis, osteoarthritis, as well as giving possible protection against cardiovascular disease. Rose hips, and especially tea and products made from them, are often found listed for a range of ailments from colds to digestive disorders, as well as being a laxative and diuretic.  [https://pss.uvm.edu/ppp/articles/rosehips.html](https://pss.uvm.edu/ppp/articles/rosehips.html)
ROSA SPP. WILD ROSE OGINIIMINAGAAWANZH

Parts Used:

- Petals
- Fruit/hips
- Roots

Products:

- Tea
- Infusion
- Syrup/Salad dressing
- Jelly/compote
- Wine
- Lotion/Cream
- Salve
- Shampoo
- Conditioner
- Soap
- Candles
- Bath/room sachets
Why should you eat spruce tips?

- Spruce needles are exceptionally high in Vitamin C – frozen or dried spruce tips are good source of vitamin C during wintertime.
- They also contain carotenoids. (An antioxidant)
- Spruce buds are rich in minerals such as potassium and magnesium.
- Spruce needles have long been used by indigenous tribes for relieving coughs and sore throats.
- They also contain plenty of chlorophyll, which helps growing and healing tissues, controlling cravings, as well as transporting oxygen to cells. It also neutralizes free radicals, keeps blood sugar balanced, accelerates wound healing and bonds poisonous metals present in your body.

https://www.nutriplanet.org/2014/05/5-reasons-to-eat-spruce-tips-8-ways-to-use-them/
THE OTHER PLANTS

Cedar: Anti-inflammatory and antimicrobial, mild diuretic. Good for sinus congestion.

Cat tails: They make a good pancake in a pinch! Carbs and some protein.

Balsam: Good for sinus congestion but not while pregnant or nursing.
BEFORE I FORGET!

- Policy work on a Health Impact Assessment
- Providing input on American Indian Cancer Foundation
Gichi Manidoo Giizis
Traditional Pow Wow
“Taking Care of the Land and Community”

Saturday January 12th, 2019

Registration: 10am
Grand Entry: 1pm & 7pm
Feast at 5pm

Black Bear Casino Resort
Otter Creek Event Center
1785 Highway 210
Carlton, MN 55718

Hotel Reservations: 1-888-771-0777
Free Admission—Open to the Public—Alcohol & Drug Free Event

Join our event on the 13 Moons Ashiniswi giizisooog Facebook page

Taking Care of the Land and Community
Info booths and displays of Tribal, State and Federal programs involved in taking care of the land and community.

Vendor tables available
For more information contact:
Nikki Crowe 218-878-7148

Sponsored by
Fond du Lac Band of Lake Superior Chippewa
Fond du Lac Tribal and Community College
USDA-NIFA Funds
MIIGWECH

- Family and Friends
- Co-workers and collaborators
- Creator
- Those who have passed on
- USDA NIFA
- All of you too!
WIISINIDA, LET'S EAT!