Traditional Gardening and Gathering Practices to Provide Healthy Food Options

Dolly Potts - Agricultural Research Assistant
Rebecca Edler - Mentor
SDI Planting Potluck

In celebration of planting our initial crop of Bear Island Flint Corn for the Agricultural Research Project. We at SDI are honored to host a Traditionalist who will share the Green Man story, how the Menominee received the gift of corn.

Please join us, bring a dish to pass and your dish bag to help the environment.

No dish bag that’s fine, bring your appetite.
Traditional Menu

**Soup**
Stew with mushroom and vegetables

**Nanapun**
Traditional baked Menominee bread

**Fish**
Baked Walleye

**Wild Rice**
Wild Rice and mushrooms

**Venison with Wild Onions**
Made by Dolly Potts, Adam Schulz contributed onions

**Maple cake with Berries**
Made by Dolly Potts, baked using maple syrup and berries
Picking the seed – Bear Island Flint Corn
Planting the Seed
Dr. Overstreet lecturing at museum garden

Bear Island Flint
Corn - White Earth Seeds

Com in mounds

Three Sisters
Menominee Nation – Welcome Back Bear Island Flint Corn
Thank you
Any Questions?