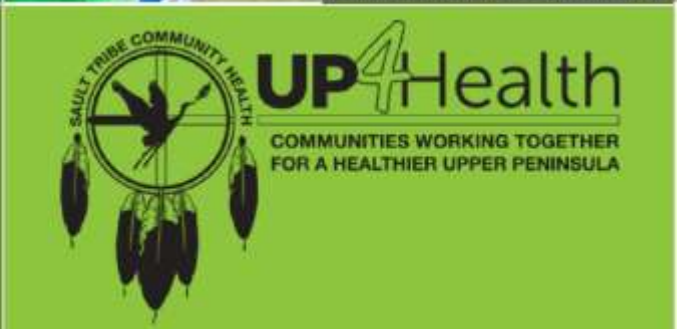




**TRIBAL FOOD
SOVEREIGNTY
COLLABORATIVE
NEWSLETTER
~JULY 2017~**



JKL “Boat to School” Week



JKL Bahweting Middle School launched their first ever “Boat to School” week with hands-on culinary and fisheries educational activities. Tuesday, May 30th sixth graders enjoyed a herring taco cooking lesson and taste test with Michigan State University Extension nutrition educators. On Wednesday, May 31st the sixth grade had a field trip to the Sault Tribe Natural Resource Department’s walleye rearing ponds and hatchery as well as Wilcox Fish House. They also learned about Great Lakes predator pray relationships through an educational game lead by Michigan Sea Grant.



Thursday 6th, 7th and 8th graders heard from a fisheries career panel which included speakers from Bay Mills Community College, Inter-Tribal Council of Michigan, Chippewa Ottawa Resource Authority, and the Sault Ste. Marie Tribe of Chippewa Indians Natural Resource and Law Enforcement Departments. “Boat to School” week culminated in celebration of traditional food for all K-8 students with locally caught whitefish served for lunch in the cafeteria. The whitefish tacos were well received with 129 of the taste testers voting “Loved It” after trying the new recipe. Sault Tribe Community Health sponsored the project through the Good Health and Wellness in Indian Country grant providing whitefish and the development of posters to promote whitefish as the ‘harvest of the month’ or featured menu item. Other schools or agencies interested in these posters can contact Heather Hemming at hemming@saulttribe.net.



Mushroom Workshop

On Saturday, June 17th, Bay Mills Community College hosted a day long workshop lead by the Midwest American Mycological Information (MAMI) to train participants in wild mushroom identification. The MAMI certification program was designed to ensure a participant will, upon successful completion, qualify to meet the requirements of Michigan to harvest, broker and sell wild-harvested mushrooms in the State, whether they sell directly to the public, restaurants, or retailers.

Bay Mills Community College's Land Grant Department, Bay Mills Health Center's BALAC and REACH grants and Sault Tribe Community Health Department's Good Health and Wellness in Indian Country grant all sponsored scholarships to forty tribal members and families.

Forty attendees came from as far away as Grand Rapids and Copper Harbor to seek certification with the majority being Bay Mills Indian Community and Sault Ste. Marie Tribe of Chippewa Indians. Learn more about upcoming MAMI wild mushroom foraging certification trainings held around the state at <http://www.midwestmycology.org/Workshops/Workshops.html>



Spiralizer Workshop



In May and June 2017, tribal and nontribal community members had the opportunity to attend Spiralizer Workshops free of charge at the tribal health clinics in Munising and Manistique. Registered Dietitians from Munising and Manistique facilitated the workshops. Participants learned what a spiralizer is, how to safely use a variety of spiralizers, and how to prepare healthy recipes using a spiralizer. A spiralizer is a kitchen tool that turns vegetables (and fruit) into noodles. It changes their shape, and texture, which allows them to blend better with other ingredients. The Spiralizer Workshops were supported by the Sault Tribe Good Health and Wellness in Indian Country grant.

NMU Native Studies



On Friday May 19th, Northern Michigan University (NMU) Center of Native American Studies hosted a day long Harvest Walk in Duke's Forest and Hiawatha Forest. This harvest walk was available free of charge for tribal and non-tribal members through the support of the Sault Tribe Good Health and Wellness in Indian Country grant. The fifteen participants learned how to harvest leeks, ostrich fern fiddleheads, old growth maples, long-lived trillium, wintergreen, swamp tea, sphagnum moss and pitcher plants.

Cooking for Beginners

Cooking for Beginners was a six class cooking series facilitated by Sault Tribe Community Health Registered Dietitians at the newly remodeled commercial kitchen located on the second floor at the Chi Mukwa Community Recreation Center in Sault Sainte Marie, MI. Supported by the Sault Tribe Good Health and Wellness in Indian Country grant, Cooking for Beginners was offered free of charge to both tribal and nontribal members of the community. Participants learned about food safety, knife skills, how to properly handle kitchen equipment, and ways to cook healthy alternatives with foods such as eggs, fish, vegetables, chicken, and lentils. In total, twenty-six community members participated in the cooking series. The goal of the series was to increase the participants general knowledge of cooking skills and improve their confidence to cook healthy meals in their own homes.



UPCOMING WORKSHOPS AND EVENTS

- + NMU Native Studies Decolonizing Diet Project (DDP) Food Demo - Jacobetti Building - July 19th @ 5- 9pm
Participants will prepare DDP bison/venison meatloaf, sweet potato chunks, pumpkin cornbread, white pine/wintergreen tea, and sunbutter cookies. To register, call (906) 227-1397.

- + NMU Native Studies Seed Saving Workshop - Jacobetti Building - July 20th @ 5-9:30pm
Tentatively featuring key note speaker Valerie Segrest, a member of Muckleshoot tribe who is a Native foods educator, community nutritionist, and coordinator of the Muckleshoot Food Sovereignty Project. The workshop will also include a showing of the film Seed: The Untold Story, a visit to the NMU Superior Acre Permaculture Garden, and an Indigenous seeds swap/giveaway. To register, call (906) 227-1397.

- + Seasons of the UP at the Pickford PAL Center - July 22nd @ 10am-12pm
Participants will learn what wild foods are safe to eat and how to identify them, where to find wild foods on public lands and harvest sustainable, how to prepare foraged foods, and ways to save on grocery bills by collecting nutritious wild foods. For more information, call MSUE office at (906) 643-7307.

Canning and Preserving Workshops



| June 2017 | | |
|-----------|------------------|------------------|
| Date | Location | Area |
| June 14 | Clark Twp. Hall | Cedarville |
| June 22 | Community Action | Newberry |
| June 27 | Big Bear Kitchen | Sault Ste. Marie |



All classes will be from 5:30 to 8:30pm

FREE to participate!

Instructor Michelle Janile from MSUE will be teaching the workshops.

| July 2017 | | |
|-----------|------------------|------------------|
| Date | Location | Area |
| July 6 | Big Bear Kitchen | Sault Ste. Marie |
| July 11 | Community Action | Newberry |
| July 24 | Clark Twp. Hall | Cedarville |

| August 2017 | | |
|-------------|------------------|------------------|
| Date | Location | Area |
| August 10 | Community Action | Newberry |
| August 21 | Clark Twp. Hall | Cedarville |
| August 29 | Niigaanagizhik | Sault Ste. Marie |

| September 2017 | | |
|----------------|------------------|------------------|
| Date | Location | Area |
| September 7 | Niigaanagizhik | Sault Ste. Marie |
| September 13 | Clark Twp. Hall | Cedarville |
| September 18 | Community Action | Newberry |

From Beginner to Experienced, everyone will learn something new!

To register or for more information, please contact Jennifer Eyles at (906) 632-5210 ext. 41111 or at jeyles@saulttribe.net

Supported by the Sault Tribe Good Health and Wellness in Indian Country Project
Made Possible with Funding from the Centers for Disease Control and Prevention





Canning and Preserving Workshops

Alger County



| July 2017 | | |
|-----------|----------------|---|
| Date | Topic | Location |
| July 11th | Strawberry Jam | Munising Tribal Health Center (Lower Level) |
| July 17th | Moose | Munising Tribal Health Center (Lower Level) |



All classes will be from 5:00 to 7:30pm

FREE to participate!

| August 2017 | | |
|-------------|-----------|---|
| Date | Topic | Location |
| August 14th | Whitefish | Munising Tribal Health Center (Lower Level) |
| August 24th | Pickling | Munising Tribal Health Center (Lower Level) |

| September 2017 | | |
|----------------|---------|---|
| Date | Topic | Location |
| September 28th | Veggies | Munising Tribal Health Center (Lower Level) |

All participants will be entered for drawings!

From Beginner to Experienced, everyone will learn something new!

Instructor Cassie Steinhoff, RD, from Community Health will be facilitating the workshops.

To register or for more information, please contact Cassie Steinhoff at (906) 387-4721 or at csteinhoff@saulttribe.net

REGISTRATION IS LIMITED!

Supported by the Sault Tribe Good Health and Wellness in Indian Country Project
Made Possible with Funding from the Centers for Disease Control and Prevention




Please contact Heather Hemming at (906) 632-5210 or at hhemming@saulttribe.net for more information or to join the Tribal Food Sovereignty Collaborative