



Food Is Our Medicine
HEALTHY FIRST NATIONS

Cattaraugus White Corn Husking Bee Workshop

When: Friday, Oct 30th, 2015

Time: 1pm-7pm

Where: USDA Bldg, SNI
210 Thomas Indian School Extension
Drive

Join us for a day filled with learning, community building, great food and volunteer service. Help the Iroquois White Corn Project husk and braid, hand picked Iroquois White Corn. Learn about this significant indigenous food. Be a part of keeping this important tradition alive.



**For More information please
contact Lafayette Williams at
extension 5016**

Participants are asked to bring their own hand pruning tools



IROQUOIS
◆ WHITE CORN PROJECT ◆

Seneca diabetes foundation
Strong in spirit. Strong in body.

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