

INTRODUCING FOOD IS OUR MEDICINE – Healthy First Nations

A sustainable community garden project sponsored by the Seneca Diabetes Foundation and the Seneca Nation



We are looking for community members to make a commitment in establishing your own family backyard gardens. Volunteer to promote common goals and commitments to the health and well being of the Seneca community.

Participants in need of assistance to prepare a site will be matched up with community volunteers to work together. We will assist homeowners in preparing a site in a location of their choosing in addition to soil testing, vegetable seedling flats, workshop events and gardening education and support along the way.

You will learn about culinary, medicinal and spiritual uses of indigenous North American plants from the Elders in special gatherings that will bridge the generational gap. All will learn how traditional food ways can renew and restore each Seneca's individual health from the inside out.

Vegetable seedling flats supplied at cost. Families will be responsible for watering and weeding and growing a traditional, healthy food source for their families.

We will also be developing a community garden project with White Corn crop which will work on reestablishing indigenous Native plants back to the territories. Community workshops will be held throughout the growing season to support this Nation-wide effort.

- ▶ Let's revitalize traditional Native foods, and embrace preservation and use of plants in a community setting.
- ▶ You can improve the mental, physical, spiritual, and emotional health of the community by planting and harvesting, maintaining the garden, preparing and cooking, using the plants as medicine by integrating Native foods into your family's daily diet.
- ▶ Let's all learn how to create a chemical-free productive garden to feed your family.

Together we will help each other: Eat Healthy – Taste foods as the Creator intended – Live Healthy

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