

# *Sharing Our Food Security Stories*

**Food Security Initiatives in First Nations  
Communities across Ontario**



*A warm “Thank you” to...*

Michele Smith	Algonquins of Pikwakanagan First Nation
Shirley Corbiere	Aundeck Omni Kaning First Nation
Patricia MacMillan	Beaverhouse First Nation
Terry Optekamp	Chippewas of Nawash Unceded First Nation
Christine Fuller	Chippewas of Rama First Nation
Shelly Hackle	Eagle Lake First Nation
Agathe Nakogee	Fort Albany First Nation
Kelly Solomon	Garden River First Nation
Dan Charette	Mnaamodzawin Health Services
Brigitte Blazina	Mohawks of Akwesasne
Dorothy Green	Mohawks of the Bay of Quinte
Caroline Paavola	Namaygoosisagagun First Nation
Gary Manoakeesic	Sandy Lake First Nation
Janice Horn	Shawanaga First Nation
Donna Mattias	Temagami First Nation
William Bisailon	Thessalon First Nation
Joan Lamoureux	Wahgoshig First Nation

*...for sharing your stories and experiences, and for inspiring us.*

*And also to members of the Ontario First Nations Integrated Health Promotion Strategy Working Group for their continued support of the ADI program.*

*FNHIB-OR, Nutrition Team - Sharmaline, Sarah and Dana.*



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# **Mohawks of Akwesasne**



# Addressing Food Security

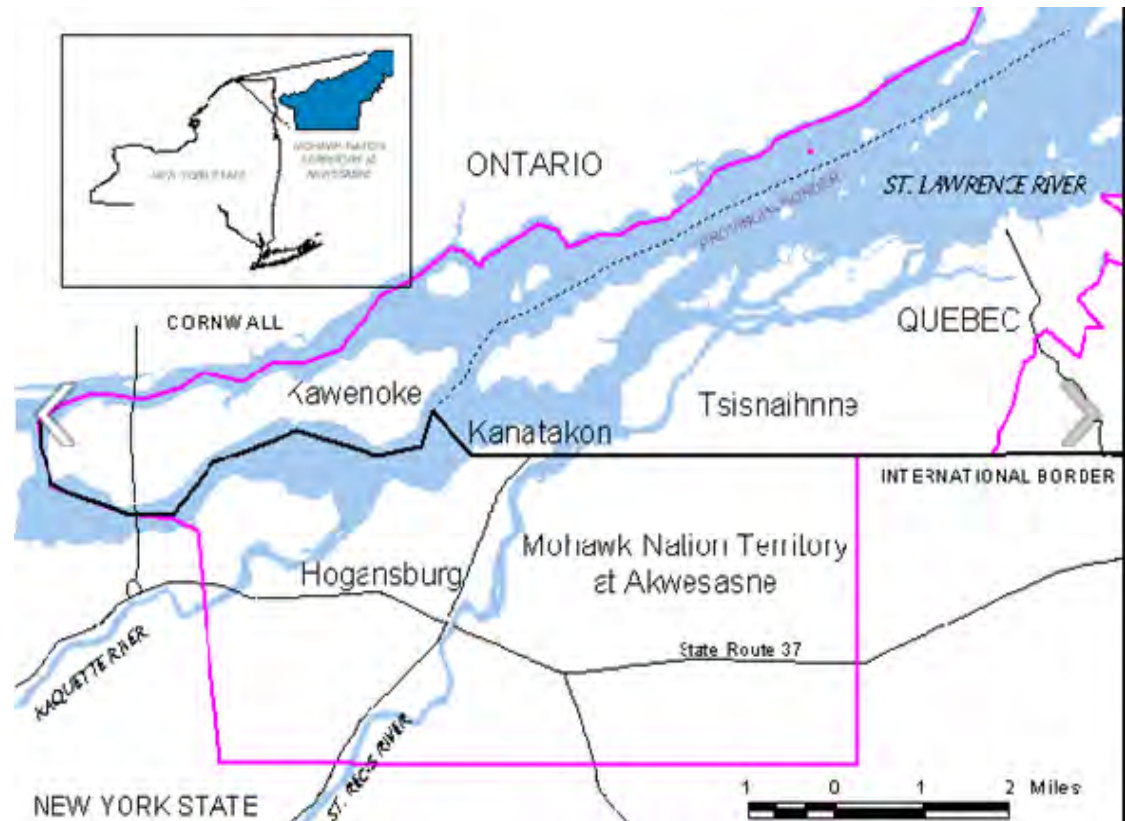


**Akwesasne's Tetewatská:hon  
Green Food Bag Program  
Submitted by: Agnes(Sweets)Jacobs  
Community Food Educator  
Coordinator ATGFB**

# Present Map of Akwesasne

## History of Akwesasne

Mohawks were an agricultural people, only one of many stories told by oral tradition. The abundance of corn, beans and squash (our Three Sisters) was once and almost lost. There are three river tributaries that surround Akwesasne. Hunting and fishing supplemented the abundance of foods. Families shared, the household was a basic social and economic unit. There are many factors that contribute to food insecurities for the Mohawks. The Institution of Christianity is a major factor. Jesuits promoted individualism, male superiority over women and hierarchical political organization. Strategies to end a Nation were residential schooling, the loss of language, culture and way of life. Following American Revolution- the Iroquois lost 95% of their land.



## Impacts of Resources

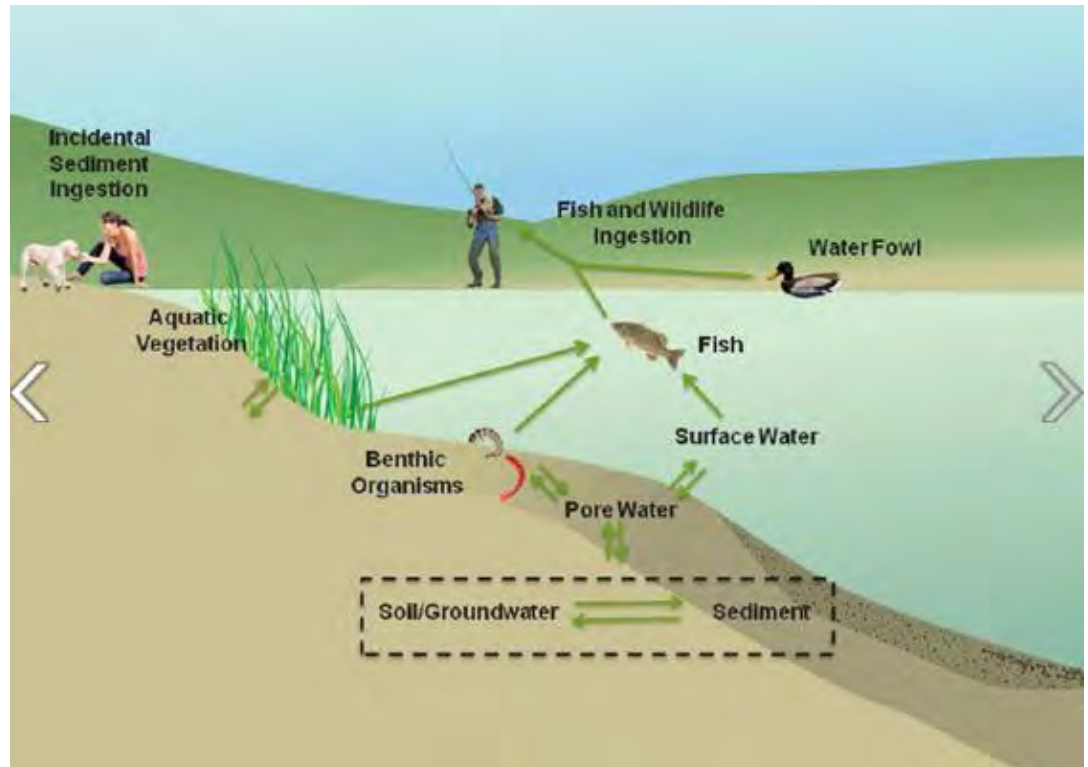
The community of Akwesasne has endured significant impacts to their resources, many of which were agricultural. Because of these impacts it has affected the socio-economic and environmental health status of the Akwesasne community.

The Mohawk Nation at Akwesasne is part of the Haudenosaunee Confederacy, most often referred to as the Iroquois. Akwesasne straddles the U.S. – Canadian border between NY, eastern Ontario and western Quebec. Covers about 28,00 acres and est. Pop of around 10,000. Besides losing its fishing industry it also lost a major source of recreation. Industrial development brought environmental contamination and degradation. Groundwater contamination greatly impacted the principal source of drinking water. Polychlorinated bi-phenols, dibenzofurans, airborne fluoride-PAHs and heavy metals now inhabited the land.



## Traditional Culture

With the contamination of water, soil, fish and fowl this became and still is a tremendous concern for the people. The Mohawk culture emphasizes the unity of people, animals, plants, land and water. The contamination not only affected their food choices, but also their religion, sense of tradition, and their way of life. There were two alternatives-neither of which is acceptable. Continue dietary and cultural practices that increase exposure which of course isn't an option because of health risks for adults, kids and generations to come. Second to ask community members to avoid dietary and cultural practices related to exposure. Now after years of progress and clean up the community is beginning to trust the land again.





## **Akwesasne's Tetewatská:hon Green Food Bag Program**

The nearest grocery store on the U.S. portion of the reserve is about eight – twelve miles away depending where you live and you need American money. The city of Cornwall is anywhere from 6-16 miles away. The community must travel through American and Canadian customs at border crossings and a toll bridge. This leaves everyone in a predicament. The wait time alone causes stress. Tariffs on food also come into the picture.

Our Green food bag program is so unique to any other program. It is a non-profit fresh fruit and vegetable distribution system . The initiative is available to all Akwesasne residents. The program is open to all regardless of income level. There is no limit on how many bags one can purchase.



# Green Food Bag coordinator- Sweets Jacobs

## Organization of GFB

Each month the contents will change to reflect seasonal produce as well as market prices, availability and consumer feedback. The GFB is available for purchase only in advance and requires a pre-pay submission deadline-which is always the first Friday of the month. We currently have one price and that is \$10.00. The coordinator has always been able to put ten items in the monthly bag. Usually 5 vegetables and 5 fruits. An example of a green food bag would be: potatoes, celery, onions, lettuce, carrots, pears, mango, oranges, bananas, apples, lemons. Staples that home cooking and preparation are the basis behind the ordering of produce.



## When, how and why?

Tetewatská:hon-meaning “Let ‘s Eat” has a vision. By providing fresh fruit and vegetables to households, we strive to lower obesity rates and decrease the amount of new chronic diseases. Our mission-to increase awareness to a variety of fruits and vegetables and to provide low cost access to the variety, we hope individuals will take charge of their health and be a key player in preventing chronic diseases and maintaining a healthy lifestyle. The program values community relationships and accountability, as well as an honest and cooperative working environment.



# Contents and happy customers.





# From conception to fruition

- March 2011, we talked about the Green Food Box
- April 2011- picked a name
- May 2011- attend Cornwall packing day to get a glimpse
- June 2011-local radio talk show to inform community of new food program
- July 2011-First Distribution Day!!!!
- Every month fine tuning.
- Many partners want to join in as the GFB has a target audience
- Community support purchases a set amount for their clients
- The Green Food Bag is unique in that it has two distribution sites.

## Successes

We are on our own in making the Green food box a success. Cornwall site has an average of 40 GFB per month. We were hoping to get 20 in our first order in July 2011.

- July 2011-**First Distribution 246 bags**
- August 250
- Sept. -259
- October-150
- November-200
- December-235
- January 2012-498

It has not stopped, the average monthly number are that of 300 bags per month.



## Informative and Educational

Due to high volume of community members participating in the Akwesasne's Green Food Bag, it is a perfect opportunity for other programs to capture an audience. The Dietitian will go over the recipe of the month that the coordinator puts in the monthly newsletter. The coordinator puts in cooking tips and healthy eating tidbits. The community health program at MCA will put in news of immunization, flu and other clinics that are in the community. The department of Health does various surveys and calendars at the GFB. We have had a free soup kitchen for the community and free clothing give away. The soup kitchen will serve the community quarterly. Other programs are waiting to jump on board.



## Border issues

We have five sites which make our GFB so unique. Two main ones for delivery of wholesale produce and three other sites that collect orders and pick up. One of the main sites is on Cornwall Island across the bridge from Cornwall Ontario and the other is the center of Akwesasne, St Regis Quebec at the recreation centre. The third Tuesday of the month will always be the pick up for people that order for the St. Regis site. The third Wednesday is Cornwall Island site. We receive our fresh produce from the wholesale club in Cornwall. But that left us with problems. To go to the St. Regis site, the food passes over two main bridges and two border crossings, into the United States for 6 miles then into St. Regis for distribution and packing. The Dept. of Agriculture has stopped the GFB and now requires the coordinator to do a prior approval which entails time, more energy and frustrations. Right now we have acquired an U.S. Wholesaler that delivers to the St. Regis site, but we pay in American dollars. We will be trying to alternate wholesalers for delivery to St. Regis.







## Tri District Elders

The three district of Akwesasne on the northern portion of the reserve, is one of five sites of the Green Food Box program.

## Food Security

**Availability-** The Green Food Box program makes it available to the community once a month, to five different sites. Most of the stores in Akwesasne sell instant, high carb, high sugar, fast food and/or processed foods.

**Accessibility-** Our program makes the fresh produce accessible and hopefully the people will now access these fresh fruit and vegetables when grocery shopping.

**Acceptability-** the coordinator, a life long member and resident ensures that the food is culturally suitable and accepted.

**Adequacy-** Fresh, low cost produce makes this program one of the biggest and healthiest program that the community has encountered.

**Action-** the people of Akwesasne has taken the first step. The numbers tell it all. The volunteers that come pack on GFB day is amazing.

Does the Tetewatská:hon Program solve Food Security? NO! But we are on our way.



# Monthly Food Boxes



# Justice Program volunteering





Other initiatives that address Food Security,  
administered by Community Health of Mohawk Council  
of Akwesasne

## Little Chef's Program



# More “Lil Chefs,” and graduation



# Raised Bed Gardening Instruction





# Community kitchens





# Teaching our youth our traditional foods



# Canning classes



# Cultural food, social singing and dancing





It's up to us, the next seven generations  
depend on it! Niawen (thank-you)





# **Mohawks of the Bay of Quinte First Nation**



# QUINTE MOHAWK SCHOOL NUTRITION PROGRAM

ABORIGINAL DIABETES INITIATIVE FOOD SECURITY PHOTO ESSAY 2013





Our Volunteers work hard at QMS  
to provide our 302 students with  
Healthy Well-balanced Nutritious Meals!



A Healthy Start for Healthy Minds





It's really good food and helps us learn!!



Encourages us to try New Foods!!





We learned about Food Security by planting, growing and harvesting our school gardens!





We are learning to make healthier food choices!





Meals are Healthier with Fresh Ingredients!



Good Nutrition helps to keep us Active!





Teaches Us Food Security!



Date: September 22/13

**Kakhwi:yo "Good Food"  
Quinte Mohawk School (QMS)  
Nutrition Program Survey**

In order to better serve our community we ask that you take a few minutes of your time to answer the following questions. You do not need to sign your name, please simply fill out the questionnaire.

- 1) How many of your children attend QMS? 2
- 2) Did your child/children take part in the Nutrition Program last year? ☒ Yes ☐ No
- 3) Do you feel the program met your child's nutritional needs? ☒ Yes ☐ No
- 4) How many months would you like to see the nutrition program run?  
☐ 4 months ☐ 6 months ☐ 8 months ☒ All 10 months
- 5) To assist the nutrition program, would you be willing to:  
a) Pay for the service? ☒ Yes ☐ No  
    If you answered YES, how often? ☒ Weekly ☐ Monthly ☐ Year  
b) Volunteer? ☐ Yes ☒ No

Please list any comments or suggestions to improve the Kakhwi:yo Nutrition Program:

I would love to see this program again. More  
staff, more funding, bigger kitchen

Nia:wen kowaf

# Quinte Mohawk School Nutrition Program Survey

*"I would like to see  
this program again.  
More staff, more  
funding, bigger  
kitchen".*





# Nia:wenkowa!! Aboriginal Diabetes Initiative

FOR SUPPORTING THE QUINTE MOHAWK SCHOOL NUTRITION PROGRAM

**Namaygoosisgagun First Nation**

# Namaygoosisgagun First Nation

ADI Food Security Photo Essay 2013

Caroline Paavola

# Went shopping for soil

Purchased soil and other necessary material





Brought some of the material into the community by snowmobiles



# Brought in more materials by train



Recycled material was used to  
construct a green house





# Our greenhouse keeper



# Building it up



# Building it up some more





Some veggies that grew



# Elders enjoying the veggies



**Sandy Lake First Nation**





# **Sandy Lake: A People's Tradition**

## **Learning To Grow**



# Experience Sandy Lake

One of Sandy lake's favourite past times has always been going out into the land to hunt and fish, but we should also include that we were once devoted and avid gardeners. For the past few years Sandy Lake First Nation has been going towards a path to recovery. Tradition lost long ago is slowly making a comeback. Gardening, Farming, Net Fishing are just some of the activities currently active in the community. Cooking classes and preparing foods also come to play as we move further into the program. Here are some photographs that benefited from the food security grant from Health Canada.





Springtime is here, its time prepare for the gardens for the upcoming season. Here we see a tiller preparing a new vegetable garden for a new gardener.







Throughout the summer gardeners took the time to look after their vegetable gardens. Very therapeutic and relaxing were just some of the words used by the local gardeners. It brought in a sense of pride, happiness and satisfaction when their gardens started to flourish.





Many community and outside visitors would come out and take a tour of the gardens and with much delight of the gardeners they would happily show off what they have created.





Young and old would take part in this annual tradition. Here we see elder Robert Fiddler posing in front of his garden with an outside visitor.







With harvesting just around the corner, gardeners anxiously await for the perfect time to collect their vegetables.





The Community Kitchen Group poses for a photo opportunity. The group consists of parents, elders and youth. Topics include preserving, healthy eating and gardening.





Two young ladies proudly pose with their finished dish. It is fascinating to see how people use and create great dishes with a minimum amount of ingredients, on the menu tonight chicken and beef Stir-fry.







Community Kitchen sessions is always a fun way to get together to learn and discover new and inexpensive ways to provide healthy meals for the family.





The finished product, here we see two pots of soup prepared by the gardeners and some volunteers.





Job well done, The Community Kitchen Team relax and enjoy their soup after a long and exciting day at the kitchen.





# Shawanaga First Nation



# Food Security Program

## Shawanaga First Nation Healing Centre

Submitted by: Janice Horn, Adult and Seniors Coordinator

# Introduction

Shawanaga First Nation Healing Centre used their food security funding for various projects, with the focus being on foods indigenous to the community, ie., wild meat, corn, berries and vegetables.

The attached will show some of the activities that were conducted in the community.



# Canning/Preserving

Tomatoes and beets were purchased in bulk, and June Twain from Bear Island was contracted to conduct a canning workshop, and with her guidance we were able to do our own preserving the following year. Cranberries were picked from the local cranberry bog, so we did those up too. Strawberry jam was made from berries that were picked by the Elders and community members from one of the berry farms.

# Beets, Tomatoes and Jam



# The Veggies





# Working the Beets

Two community members, Desire and Pete, elbow deep in beets.



# Strawberry Picking





# Strawberry Pickers





# Cranberry Pickers



# Wild Meat

- During the Fall hunt of 2012, the youth hunt camp donated 6 deer for the community. We decided to host a butchering workshop so everyone could see how the meat was processed and packaged. Meat was distributed to the youth who participated in the hunt and to the Elders in the community. Approximately 25 families benefitted from the meat distribution.

# Game

The 6 deer donated by the hunters. The program paid for the butchering and wrapping.

A local butcher brought in his equipment and butchered and packaged up the meat.





# Cutting up the Meat



# The Finished Product



# White Corn Cleaning

- A bushel of white “Indian” corn was purchased and a workshop was held to show people how to clean corn the old fashioned way, using ashes from the wood stove.
- Although participation was low, enough was processed for future community use.



(L) Raw white corn – (R) After adding wood ashes



# Rinsing the corn

Using an original corn cleaning basket to rinse the corn. The basket is deep and is made in such a way that the eyes and skins will pass through the bottom when being rinsed.



# Gardening

- A community garden was planted behind the Healing Centre. Although participation was low, once people saw the progress, interest picked up. The program paid for the tiller, seeds, plants and manure. Assistance was provided to some families in the community to start up their own gardens and here are a few pictures. More are willing to give it a try next year.



# Green Beans





# Tomatoes and Beans





# Picking pole beans/basket of beans





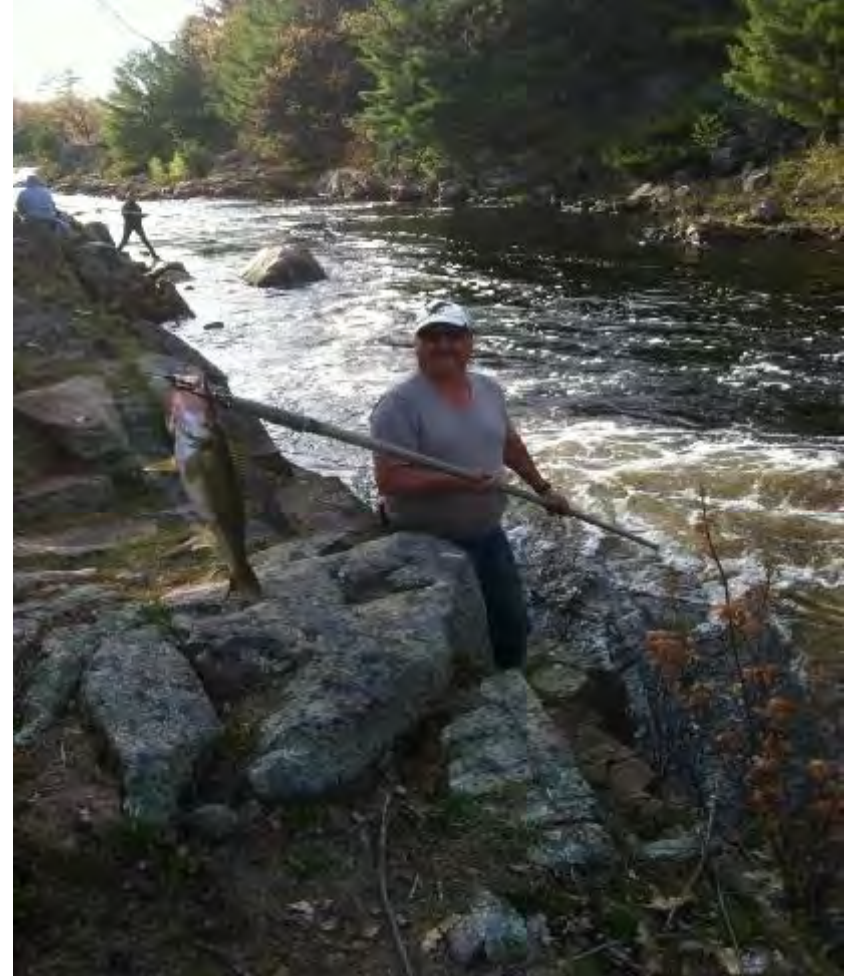
# Future Plans - Gardening

- There is interest from community members to plant their own gardens next year. Seeds, plants, dirt, and manure will be provided to those who want to give it a try. Seedlings will be started in the spring.
- The Healing Centre community garden will focus more on tomatoes, beets, beans, potatoes, and easy growing produce for next year. This will help to cut down on costs at canning time.

# Future Plans – Fish Harvesting

- It is our intent to hold a one week fish camp during the pickerel run/spawn. This takes place during the month of April. This fish camp will not only teach the youth how to spear, but to clean package and to become aware of conservation activities going on at the river. This also provides fish for their families.
- I've attached a few pictures from my personal files.

# Fishing Camp Pics







Shawanaga First Nation Healing Centre

# Nia:wen Kowa/Miigwetch

- On behalf of the Shawanaga First Nation Healing Centre, we appreciate the contribution towards Food Security.
- With this financial assistance we will strive to help our community to attain the goal where every family has an adequate, healthy food supply!

**Temagami First Nation**



The background features abstract, overlapping green geometric shapes in various shades of green, creating a modern and dynamic feel. The shapes are primarily located on the left and right sides of the page, framing the central text.

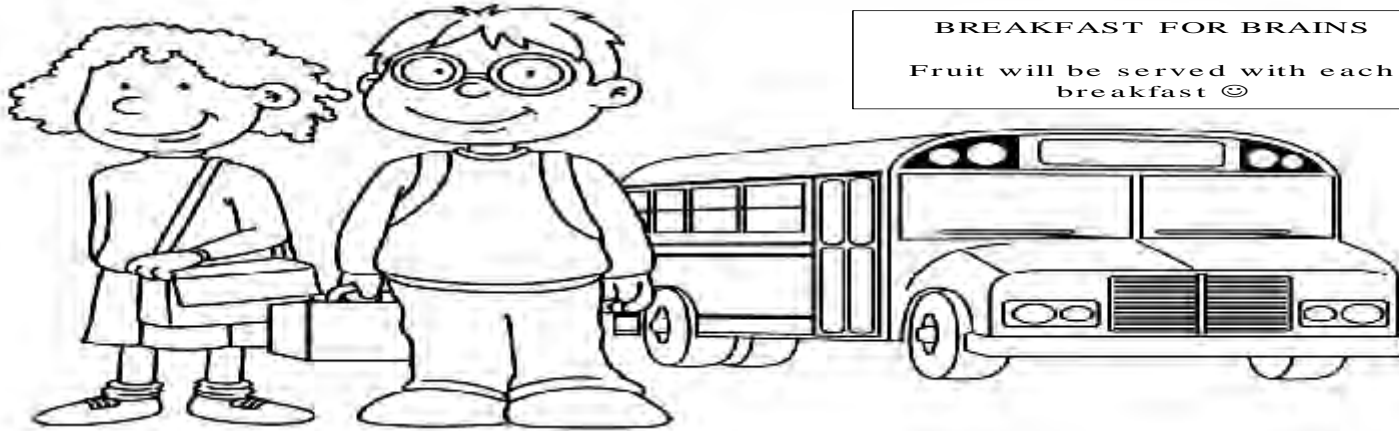
# Food Security Temagami First Nation

2012 - 2013

# Breakfast for Brains

- ▶ This program was provided for the month of September. This program services all children from the ages of 4 to 13 / Grades JK - Grade 8
- ▶ Every morning at 7:00 am the Health Promotion Worker (myself) NADAAP Worker (Carrie Landriault) as well as the Community Wellness Worker (Annette Polson) would fire up the kitchen oven and burners to get breakfast on the go for our little friends who would attend the program.
- ▶ Breakfast doors would open at 8:00 am and close at 8:30 am. The children really enjoyed this program as it was a chance for them to have a warm meal and socialize with their little buddies. I might add the parents also enjoyed this program as fresh coffee was on along with a snack for them as well.
- ▶ The population of our school is 31 children. We would see anywhere from 15 - 24 children on a daily basis. This program was well attended.
- ▶ Fresh fruit and orange juice was served at every breakfast along with their meal.

# Breakfast for Brains Menu



## MONTH of SEPTEMBER

1	2	3 Breakfast Burrito	4 Cereal	5 Eggs & Toast	6 Pancakes	7
8	9 Oatmeal	10 Egg McMuffin	11 Cereal	12 Eggs & Toast	13 French Toast	14
15	16 PD Day	17 Breakfast Pizza	18 Cereal	19 Eggs & Toast	20 Waffles	21
22	23 Oatmeal	24 Breakfast Burrito	25 Cereal	26 Eggs & Toast	27 Pancakes	28
29	30 Oatmeal	1 Egg McMuffin	2 Cereal	3 Eggs & Toast	4 French Toast	



# Healthy Snack Program

- ▶ This program runs from September - June for the length of the school year.
- ▶ The school children are provided a Healthy Snack each day in the morning five days a week. This services the entire school which is 31 children.
- ▶ This ensures that **all** children are receiving a Healthy Snack as some families are on fixed incomes and don't have the means of travel or finances to provide snack for their children on a daily basis.
- ▶ Travel can pose to be an obstacle for families here as we are approximately a 20 - 30 minute boat ride to the main land and about 1.5 - 2 hour drive to the closest grocery store.
- ▶ An example of a week menu for Healthy Snack is as follows:
- ▶ Monday: Yogurt Tuesday: Baked Good (Muffins, Banana Bread etc) Wednesday: Fresh Fruit Trays Thursday: Fresh Vegetable Trays Friday: Smoothies

# Healthy Snack Program

Everyone pitches in with this program even the Health Services Manager - Lydia McKenzie has rolled up her sleeves on occasion ▯



# Halloween Pizza Madness

- ▶ It's Halloween everyone is in a rush, what to make for supper ??
- ▶ To ensure that all families are having a healthy supper before they head out on the Trick or Treating Trail and not being saturated by sugar, sugar and more sugar.
- ▶ The Workers from the Doreen Potts Health Centre, Family Healing & Wellness Centre as well as parents come together to form an assembly line of Pizzas, Pizzas and more Pizzas !!!!!
- ▶ Each family with toddlers up to the age of high school students go home with a ready made pizza with instructions of what temperature to cook it at along with the time it will take.
- ▶ Not only do they get to take home a pizza but they also get the recipe to make their own dough as well as ideas for different toppings.
- ▶ Hidden bonus is they are eating whole wheat pizza dough...who says they don't eat whole wheat !!



# Halloween Pizza Madness

Here is some of our chefs at work. You would never guess that 38 pizzas were made from scratch that day...phewww what a workout !! I am not in the picture as I am up to my arms in dough □



# Christmas Bins

- ▶ Well if you thought we were busy with the Breakfast for Brains, Healthy Snack Program or Halloween Pizza Madness you haven't seen anything until you've seen the Christmas Bins.
- ▶ Christmas Bins are distributed to each household in our Community. Which is approximately 80 - 90 Bins.
- ▶ We start gathering / shopping for these bins usually at the beginning of November. Each Health & Social Program contributes to these bins whether it is HBHC, Health Promotion, CHR or OW...etc.
- ▶ We have family bins and we also have singles / couples bins for those who's children are already grown up and moved out. The family bins consist of a turkey / fixings as well as crafts / present for the family along with hot chocolate, orange juice, marshmallows and cookies. The singles / couples bins are either breakfast or dinner bins depending on what the individual decides.
- ▶ The shopping for this event is mass !!! We usually do approximately 3 trips and have our Savannah (fun bus) filled to the roof. You definitely can't be afraid of work or doing a lot of lifting for these trips. From the grocery store into the van out of the van into the boat out of the boat into a vehicle and unloaded and put away at the Clinic. Wowzers definitely need a rest after this, Christmas Holidays here we come !!
- ▶ Community residents look forward to the Bins each year and actually get quite excited. I've even been called Santa ☐

# Christmas Bins

This is part of our assembly line of bins, there is another line that didn't quite make it in the picture. As you can see the bins on the bottom are for the families and the bins on the tables are for the singles / couples. This is quite an exciting event and we are usually working well into the night to get these done and delivered.



# In conclusion

- ▶ The intent for these projects was to educate our people in regards to healthy eating as well as provide the means for healthy foods as some of our families are on fixed incomes and have no transportation to get to a grocery store. Which can prove to be tricky as we are approximately 2 hours away from the closest one.
- ▶ A lot of hours and heart felt moments were put into these programs and I couldn't have done it without the help from my co workers and other frontline workers as well as parents.
- ▶ Change does not happen over night but I have seen significant changes within our community. We are still working on introducing different foods / healthier foods and reducing the sugars in our meals offered. Sometimes this can prove to be a challenge especially when children are not used to this. This is where we have to be one step ahead and very creative ▢
- ▶ I hope you have enjoyed my slide show and I look forward to hearing from you or any suggestions you might want to add.

Sincerely,

Donna Mattias  
Health Promotion  
Doreen Potts Health Centre  
Temagami First Nation

[Donna.Mattias@temagamifirstnation.ca](mailto:Donna.Mattias@temagamifirstnation.ca)



# Thessalon First Nation

A decorative graphic on the left side of the book cover, consisting of a network of thin, light green lines and small circles, resembling a circuit board or a stylized tree structure, set against a dark green background.

# FOOD SECURITY

THESSALON FIRST NATION

WILLIAM BISAILLON



**Bannock:  
my authentic  
Canadian  
food memory.**

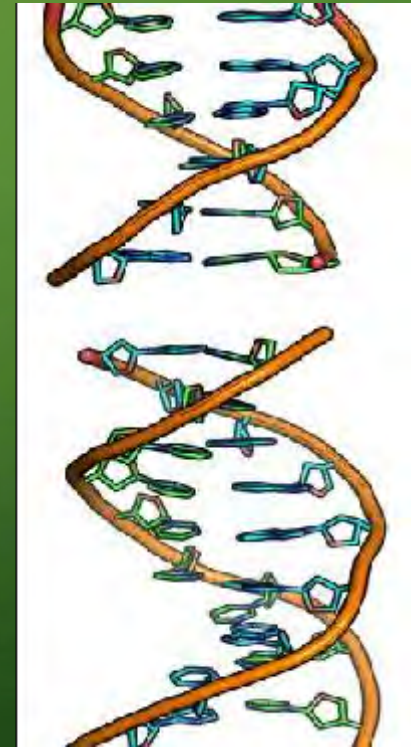
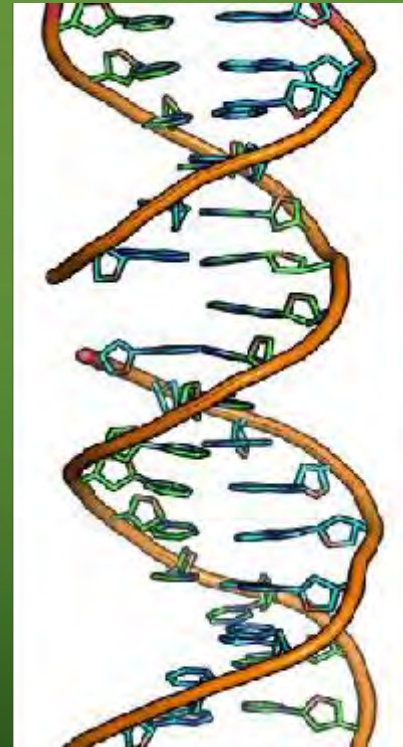
The ole saying “we are what we eat”

THIS SO HOW DO WE GO FROM TO THIS





# WHO ARE YOU



# WHAT IS YOUR HISTORY



YOUR LAND



YOUR FOOD



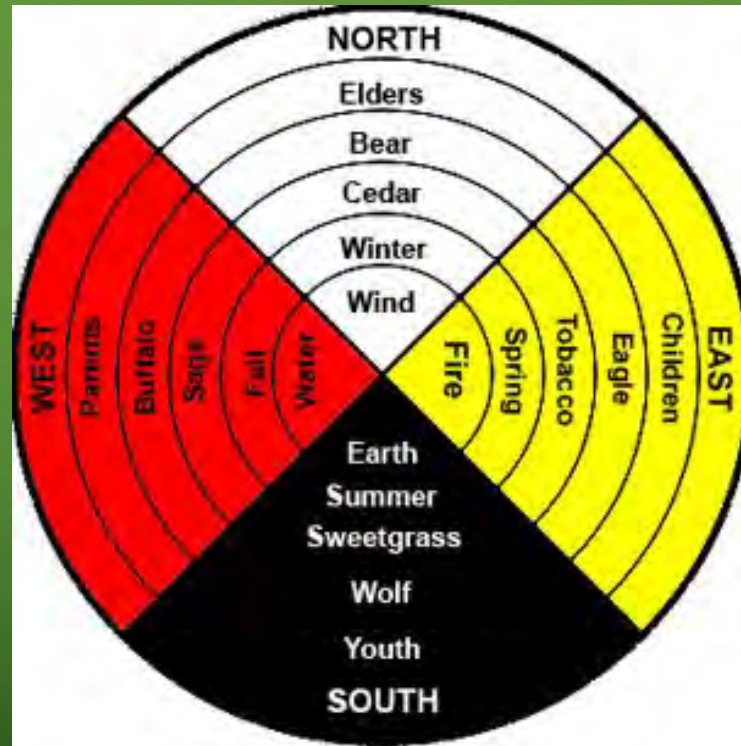
YOUR CONNECTION



# OUR HUNTING GROUND



# IDENTITY





# PLANTING WHOLE VEGETABLES





# PLANTING FRUIT





# HANDING DOWN TRADITION





# HUNTING





# FISHING





# BERRY PICKING





# FOLLOWING THE SEASONS BERRIES





# EATING NATURAL FOODS







By planting wildlife food plots, you may be able to attract Wild Turkeys to your land. Photo by Kerry Vixted







WITH NATURAL FOODS OF TODAY AND  
HEIRLOOM VEGETABLES AND TECHNIQS  
OF YESTERDAY.









NATURAL FOODS MAKE OUR BODIES  
STRONGER AND HEALTHIER





WE ARE WHAT WE EAT



The image features a dark green gradient background. In the corners, there are abstract, light green line art designs that resemble circuit traces or stylized trees. These designs consist of vertical lines with small circles at the ends, branching out in various directions. The text "THE END" is centered in a large, white, sans-serif font.

THE END



**Wahgoshig First Nation**

*WAHGOSHIG FIRST  
NATION COMMUNITY  
GARDEN  
PHOTO JOURNAL*





# The First Visit

- ▣ Our Community Garden came alive once again in May 2013
- ▣ Having snow on the ground the planning began.
- ▣ With curiosity and enthusiasm, community members began planning their own plots so we knew what to buy.
- ▣ The children from the community came to check out the greenhouse and learn how to plant flowers and vegetables.
- ▣ Leaving wet, dirty and smiling with their beans and flowers. Not before planting flower mountain.

# Planting the Pumpkin Patch









# Happy Gardener





# The expectation of beautiful pumpkins in the Fall





With pride and amazement, we had beautiful neon and mini pumpkins to create into whatever the imagination brought.





Other community members grew beans, beets, celery, cauliflower, broccoli, tomatoes and so much more.









All was not without trial and tribulations. There was one vegetable that everyone wanted and there wasn't one grown, but not without trying, nets and dusting and diligent servalence.

“CARROTS”



This was due to our arch  
nemesis the  
“GRASSHOPPER”



# Bug Hunt

Despite our frustration, we welcomed the grasshopper into our other activities. Teaching the children about good bugs and bad bugs for our garden with an adventurous bug hunt and identification. The grasshopper was also included into our list for accumulation of information for our plan to be certified with the Canadian Wildlife Federation along with flowers.

# Habitat

We had other friends in our garden that we built a habitat for and decorated bird houses for, welcoming all nature with delight and respect.



# Investigating



# Bird Houses





# Homemade Bird feeders





# Creating Habitat





# Critters



# Greenhouse

There is also a fifty foot greenhouse with our garden. In the greenhouse grew, castor beans, cucumbers, tomatoes, butternut squash, spaghetti squash, nasturtiums and herbs and so much more.



# Imagine the possibilities



# Yellow beans and Cucumber





# Pest Control and Harvest

For pest control we used natural homemade solutions for early blight and herbs and flowers for prevention.

Harvest time produced and abundance of potatoes for the community, onions and more individual crops.



# Potatoes







# Fall Clean up

With the frost setting in, the clean up begins with tucking in the asparagus and herbs for a long winters nap and a rushing flow of ideas for next year.

## Map of First Nations Communities in Ontario



