



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.

