Sustaining our Culture by
Restoring our Traditional Gardens

Ken Parker, CNLP
New York State

Niagara Falls

Buffalo

Cattaraugus

Allegany/Salamanca
• ELDER’S SHARING CIRCLE - Seven Generations Meeting

• YOUTH Gardening Initiatives

• COMMUNITY GARDENS Public plantings, vegetables – canning, traditional medicines, Heirloom White Corn, Elder’s gardens & native plants.
From the Great Law of the Iroquois

Think seven generations ahead into the future & decide whether the decisions we make today will benefit our children seven generations into the future.
Tell Their Stories, 
Sing Songs, Share 
Recipes

Structured format provided for each Elder to share their story.

They will each share one of the Traditions.
Discuss plants significant to the Iroquois culture

Edibles, dye, medicine, ceremonial and plant uses

Materials – building, hunting, tools and basket making.
Spread our Culture to Youth & Community through Traditional Gardening

ELDER’S SHARING CIRCLE

RESPECT OUR ELDERS
YOUTH Garden Programs

Goal: to create an eager team of future gardeners and native horticulturists
Classroom & Outdoor Learning

• What they learn in class they do at their home

• Digital storytelling – (Video)
ECLC
Deyethinö:nyö:' Ha'dewenode:nö:de'
We Give Thanks for Three Sisters

O:nyöhsowa:neh
Pumpkin

O:nyöhsa'
Squash

Hadiksa'shö'öh
E.C

After School 3
Garden

Hënödeyësdahgwa:yegh
L.C

Planting in Our Gardens

Toddler Room Garden
COMMUNITY GARDEN
Revitalize traditional native foods, preservation and use of plants in a community setting
COMMUNITY GARDENS

Elevated ELDER’S Planter Boxes
35 Raised Garden Beds established
90+ Family gardens

2013-present
COMMUNITY GARDENS
Community outreach
SENeca WHITE CORN PROJECT

All volunteers welcome

Harvest
Sun, Oct 09
9 AM -
12107 Van Vleck RD
Perrysburg, NY 14129

Husking Bee
Mon, Oct 10
11 AM -4 PM
Saylor Community Bldg.
12861 Route 438
Irving, NY 14081

Please bring hoppers and pruners. Light lunch served at Husking Bee

For more info:

Food is Our Medicine
Healthy First Nations

Community outreach
PROCESSING

- Increase consumption
- Readily available
Improve the health and well-being of the Seneca community by raising awareness of our food choices.

2014 DOCUMENTARY FILM SERIES

Ray Evans Theater
10 Main St
Salamanca, NY 14779

These documentary films are part of the Food Is Our Medicine project to improve the health and well-being of Seneca Nation members, and to raise awareness of the crucial role that sound food decisions play in this process. All movies are PG-13

FREE ADMISSION  FREE ADMISSION  FREE ADMISSION

October 16
Inside the world’s largest agricultural company dedicated to producing and distributing genetically modified seeds.

October 23
A modern look at food industry practices and why they need to change.

October 30
America’s obesity epidemic is out of control. That’s just the surface of the food problem.

November 6
Investigating local food movements and the bureaucracy problems they face from government agencies.

November 13
America’s current diet is based on meat and dairy—can we really become healthier by eating solely vegan?

November 20
Examining the nutritional claims of America’s favorite health drink.

December 4
Exploring local food movements and how they could change the food insecurity issues many Americans face.

December 11
www.FoodIsOurMedicine.org

All movies start at 7pm
2016 - Largest Market in the Southern Tier of New York State
Come see
WHAT'S COOKIN'!

Food Bank of WNY
Fighting Hunger
One Day at a Time

Welcome!!!
Topics:
Healthy Portions
National Farmers Market Week
Farmers Market - YOUTH Activities
Farmers Market - YOUTH Activities
INDIGENOUS
Food Challenge

[Image of people cooking at an outdoor event]
Past Indigenous “mystery” Ingredients

<table>
<thead>
<tr>
<th>Purple Potato</th>
<th>Juniper berries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow Squash</td>
<td>Cranberry</td>
</tr>
<tr>
<td>Sun Choke</td>
<td>Sumac -ground</td>
</tr>
<tr>
<td>Wild Rice</td>
<td>Elk</td>
</tr>
<tr>
<td>Wild Rice flour</td>
<td>Bison</td>
</tr>
<tr>
<td>White Corn –whole</td>
<td>Venison</td>
</tr>
<tr>
<td>White Corn flour</td>
<td>Trout -whole</td>
</tr>
<tr>
<td>Roasted White Corn flour</td>
<td>Rabbit -whole</td>
</tr>
</tbody>
</table>
5K RUN/WALK

EARTH DAY - April
Fall Festival - Sept
A Community CAN!
A Community CAN!
A Community CAN!
A Community CAN!

2014
3,200 total QTS
NATIVE PLANTS
SENeca nation of InDianS
Policy on the Usage of Indigenous Plants Species in Landscaping

Passed on March 08, 2014
NATIVE PLANTS
• Planted 448 Native trees & shrubs
• 25 different species re-introduced
## SNI NO-PLANTING List

**Eurasian -alien species**

<table>
<thead>
<tr>
<th>BOTANICAL NAME</th>
<th>COMMON NAME</th>
<th>Invasive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abies concolor</td>
<td>White Fir</td>
<td>Evergreen</td>
</tr>
<tr>
<td>Abies fraseri</td>
<td>Fraser Fir</td>
<td>Evergreen</td>
</tr>
<tr>
<td>Abies koreana</td>
<td>Korean Fir</td>
<td>Evergreen</td>
</tr>
<tr>
<td>Abies lasiocarpa</td>
<td>Alpine Fir</td>
<td>Evergreen</td>
</tr>
<tr>
<td>Acer griseum</td>
<td>Paper Bark Maple</td>
<td>Tree</td>
</tr>
<tr>
<td>Acer japonicum</td>
<td>Downy Japanese Maple</td>
<td>Tree</td>
</tr>
<tr>
<td>Acer palmatum</td>
<td>Smooth Japanese Maple</td>
<td>Tree</td>
</tr>
<tr>
<td>Acer platanoides</td>
<td>Norway Maple</td>
<td>Tree</td>
</tr>
<tr>
<td>Acer pseudoplatanus</td>
<td>Sycamore Maple</td>
<td>Tree</td>
</tr>
<tr>
<td>Acer shirasawanum</td>
<td>Shirasawa's Japanese Maple</td>
<td>Tree</td>
</tr>
<tr>
<td>Achillea x</td>
<td>Hybrid Yarrow</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Ailanthus altissima</td>
<td>Tree of Heaven</td>
<td>Tree</td>
</tr>
<tr>
<td>Ajuga reptans</td>
<td>Bugleweed</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Alliaria petiolata</td>
<td>Garlic Mustard</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Ampelopsis brevipedunculata</td>
<td>Porcelain Berry</td>
<td>Vine</td>
</tr>
<tr>
<td>Anemone sylvestris</td>
<td>Snowdrop Japanese Anemone</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Anemone tomentosa</td>
<td>Japanese Anemone</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Anthriscus sylvestris</td>
<td>Wild Chervil</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Aquilegia x</td>
<td>Hybrid Columbine</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Aralia elata</td>
<td>Japanese Angelica Tree</td>
<td>Tree</td>
</tr>
<tr>
<td>Artemisia vulgaris</td>
<td>Mugwort</td>
<td>Herbaceous</td>
</tr>
<tr>
<td>Arthraxon hispidus</td>
<td>Small Cargrass</td>
<td>Grass, Sedge</td>
</tr>
</tbody>
</table>

*Note: Invasive levels: Very High, High, Tree, Herbaceous, Vine*
“FIOM is successfully teaching the community about the roots of Native and particularly Seneca health issues as they relate to food and diet”
“Many have changed their eating habits and engage in healthier activities”
Restore
Preserve
Maintain

Seneca Nation of Indians
Building a HEALTHY Seneca Nation