

Summer 2023



# tanyán yahí, bdokétu!

With this second TPWIC Newsletter, we're switching things up a bit!

The first quarterly issue came out with the spring equinox, and publishing with the seasons will continue. The first issue was labeled the "Winter" issue because it recapped what TPWIC had been up to throughout the winter season. It also gave readers an idea of the bigger events that were coming up in spring.

Starting with this second issue, newsletters will be labeled for the new season that is just beginning. This is in response to how well the newsletter has been received! Community members continued to pick-up copies throughout the spring season, but some had mentioned that they were looking for the new "spring" issue and not the older issue for winter, and that makes sense. This second newsletter will be available throughout the summer season, so that's what we're going to call it. Newsletters will still recap what TPWIC had been up to in the previous season and highlight what's being planned for the upcoming/current season. The only shift is in how the newsletter is labeled, to keep us current.

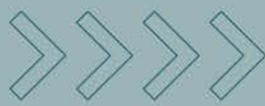
TPWIC has also been very fortunate to have been award an additional grant, this one from First Nations Development Institute, which will support the Project's work in building the accessibility and availability of the traditional foods highlighted in TPWIC's programing (i.e. traditional varieties of corn, squash, beans, sunflowers, and local teas) and increasing our ability to steward our own seeds for these hard-to-find varieties. This includes support for TPWIC and the Fort Peck Tribal Seed Library's seed stewardship efforts and our work with Titoka Tibi to highlight our local growers and makers this season by creating a space for them to share with the community this summer season.

We're also welcoming our first TPWIC Summer Intern, Quincy Belgarde. He'll be helping in the gardens and to prep for our workshops.

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# Season Recap: Wetú (Spring)

## Lunch Break Woúnspe Series, *monthly*

This season, TPWIC started hosting two different 30-minute, lunch hour tea workshops per month. A small, always changing group gathers to talk about everything from ethical harvesting practices to memories of these plants growing up. The teas highlighted can all be found growing wild right here at Fort Peck. This season we shared: canšaša (red willow bark), canpa (chokecherry bark), chanyáh'u (cottonwood bud honey), canšúška (box elder sap/water), and wípazuka (juneberry leaf). Starting in May, while our first set of workshops remained as tea or drink, the second switched to a taste-testing workshop with wild-harvested foods. Our May taste-testing featured wild edible greens: wild prickly lettuce, dandelion greens, wild blue mustard, wild spinach, plantain, green onion, and wild asparagus. The June taste-testing was in line with TPWIC + FPCC AgExt's Preserve Summer Workshop Series focused on prairie turnip and wild onion. While the Preserve workshops focus on ways of preserving these traditional foods, our taste-testing workshop provided an opportunity for community members to taste these foods prepared fresh.

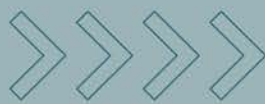


## Community Wahpé Bins, *monthly*

Because not everyone who's interested is able to make it to TPWIC's Wahpé Woúnspe workshops in-person, TPWIC has started leaving small bins of our traditional teas attached to info/recipe cards at various public locations on the Reservation: FPCC's Student Services Dep't (WEV Bldg), FPCC's Dumont Bldg, our Tribal Seed Library (in JES Tribal Library), and Roosevelt County Library. Through this effort, TPWIC has been able to give out hundreds of additional teas that grow wild locally. This summer season, TPWIC will be working hard to collect enough teas to start giving away a greater variety of teas in our community bins. So far, we have been giving away nettle tea, rose hip tea, and hawthorn berry teas, but we're hoping to be able to add some more local teas to what is available in the bins.







# Season Recap: Wetú (Spring)

## Wahpé Waštémna+Traveling Seed Library, *monthly* (w/ FPT Comm. Services & Tribal Seed Library)

This Spring, TPWIC and FPT's Community Services continued our partnership to bring more traditional teas to our Tribal Elder Centers across the Reservation each month. This spring, in preparation for our summer garden season, we also brought along an assortment of the seeds available at the main Fort Peck Tribal Seed Library in a "Traveling Seed Library"—kind of like a bookmobile, but for seeds! Thanks to the effort, dozens of community members were able to access the Seed Library's resources that otherwise would not have. The outreach also helped to highlight which seeds were most needed.



## Plant Walks & Dehydration Days, *monthly* (w/ FPCC AgExtension)

This Spring, TPWIC was able to host a plant walk in mid-spring (May) and one in late-spring (June). During our mid-spring walk we were able to identify: wild asparagus, prickly lettuce, eastern pasqueflower (prairie crocus), desert biscuitroot, bigseed biscuitroot, wild blue mustard, prickly lettuce, and dandelion greens, which were all ready to be harvested. We also identified plants that were just starting to grow, but not yet ready to harvest: wild onions, prairie turnips, echinacea, box elder trees, cottonwood trees, chokecherry blooms, juneberry bushes, golden currant shrubs, western snowberry (buck brush), yarrow, prairie sage, sagebrush, fringed sage, wild rose, and wild tarragon. By our late-spring walk in early June we were also able to identify peachleaf willow, wild begonia, big-bract verbena, showy milkweed, wild licorice, wild spinach, giant goldenrod, maximillian sunflower, curlycup gumweed, prairie turnip blooms, wild onion blooms, and a muskrat swimming up-river.

Following each of the plant walks, the Project partnered with FPCC AgExt to host a dehydration station upstairs in the War Eagle Vision Bldg. Both of our departments dehydrated foods during this time to be used in future workshops. The Dehydration Station is open to our community on these designated days as well as any other business day. Feel free to contact Sam at [SAzure@fpcc.edu](mailto:SAzure@fpcc.edu) to use the dehydrators we have set up.

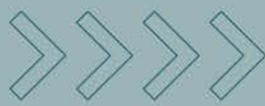


## Spring Seed Swap Series, *wrap-up* (w/ Fort Peck Tribal Seed Library)

TPWIC wrapped-up its 3-month long series of Spring Seed Swaps in partnership with the Fort Peck Tribal Seed Library with seed swaps in April and May. Our swaps were a great opportunity for beginner gardeners to talk with more experienced gardeners, ask general questions about starting our gardens from seed, introduce and recruit for our Traditional Seed & Food Growers groups, talk about which seeds to start indoors and which can wait to be planted outdoors. We also were able to discuss best practices for transplanting native plants to new location to encourage growth in new areas, which usually results in quicker growth, but is also more labor intensive and time sensitive.







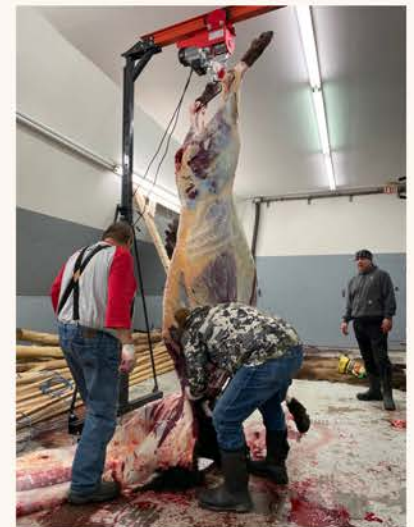
# Season Recap: Wetú (Spring)



## 1st Annual FPCC Buffalo Harvest (w/ FPCC Student Services)

FPCC's Student Services Dep't has been working towards establishing an annual buffalo harvest and it feels good to have had our first one well attended and taken care of. The College's Cultural Liaison, Tommy Christian, was able to attend and speak with community members about the context and significance of the harvest. Community member Tote GrayHawk shared his butchering skills and knowledge with us all.

A couple dozen community members participated in the harvest and processing efforts. The meat and bones will be used by TPWIC and AgExt in community food/cooking demonstrations and College events. The hide will be used in an upcoming cultural arts project. The buffalo was processed on College grounds by our staff and community members with the hope that the ability to process a whole buffalo becomes common once again.

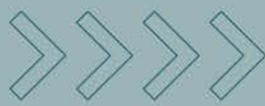


## Preserve: Summer Woúnspe Series, *begins* (w/ FPCC AgExt)

TPWIC has partnered with FPCC AgExt for another season of workshops focused on traditional foods and preservation methods. We started the series by helping community members build their own summer drying racks to use throughout the coming summer and fall seasons. We had a number of workshops showing different methods of drying and storing prairie turnips and wild onions, braiding them, tasting them fresh, showing examples of the seeds as they develop, and talking about the different ways of helping to make sure more will grow next season to replace what we have harvested this season. The last of the June workshops was making cotton bags to hang and store the dried foods in that we'll be working with throughout our summer series: wild turnips, onions, berries, and teas, along with dried meat, squash, and corn.







# Season Recap: Wetú (Spring)

## TPWIC Traditional Foods Garden & Garden Days @ FPCC Community Garden



This season, FPCC AgExt kindly shared a quarter of the FPCC Community Garden to grow some of our traditional foods for future workshops demonstrating traditional methods of food preservation, taste-testing, and seed-saving practices. This first season, our garden includes Assiniboine flint corn, Hidatsa red beans, Arikara yellow beans, Hidatsa shield beans, Mandan black beans, Cherokee trail of tears black beans, Abenaki cranberry beans, Lakota squash, Arikara squash, Hidatsa squash, Mandan squash, Omaha pumpkin, and Algonquin long pumpkin. We're hosting once-monthly Garden Tending Days, but the community is welcome any day.



## Traditional Seed + Food Growers Groups (w/ Fort Peck Tribal Seed Library)

This Spring, TPWIC gathered together two groups of community members to help create more opportunity for all of us to grow and taste more of the foods in our traditional diets. Our Traditional Seed Growers are working to grow more bean seeds so that they will be available to more community members through the Tribal Seed Library next Spring, and to offer our community the opportunity to taste them. Our Traditional Food Growers are working to grow traditional variety's of corn and squash that can be kept and eaten by them or shared with the community through our upcoming Summer Markets, or by selling them to the TPWIC Project for use in futurer community meals and workshops.







# Tending to our Medicines

a mini-pod series of the Buffalo Chaser Podcast



## S1-E1: Medicine Walk: Wahčhínca Wahpá

Natural soundscapes are all of the sounds that a person would hear while in nature. We know that taking a walk in nature is good for our wellbeing, but it's also true that just hearing the sounds of nature can bring our heart rates down, bring our breathing back to a more natural rhythm, and reduce levels of stress. This spring's Medicine Walk episode is a quick 30-minute walk towards the Wahchínca (Poplar River), some time spent listening to the sounds of the flowing water, followed by the short walk back. This episode is great to play in the background while getting other things done, but it can also be listened to while challenging yourself to stay focused on a single task for 30 minutes, the length of the episode from start to finish.

## S1-E2: Plant Walk: Late-Spring (June)

In this episode, listeners walk along on a Late-Spring Plant Walk here at Fort Peck as we check-in on our rooted relatives growing here at Fort Peck. In each of our two Spring Plant Walks we have identified dozens of plants and have become better at identifying common plants in their earliest stages of regrowth. In this episode we'll talk about where many of the plants are at at this point in the season, in the late-Spring in mid- to late-June. Amazingly, some spring plants have already sprouted, bloomed, and begun to fade away. Others that hadn't sprouted in our earlier plant walk are now visible. What you will hear in our outdoor episodes are plenty of birds. If anyone can help to identify them, we'd be all ears.



## S1-E3: Woúnspe: Juneberry Leaf Tea

In this episode, we walk through the process of harvesting juneberry leaves, air-drying them, storing them, and finally preparing them in a cup of wahpé (tea). Our Woúnspe episodes are meant as an offering to those in our community, both on-Reservation and off, who are unable to attend our Lunch Break Woúnspe workshops in-person. There have been a number of requests that our Lunch Break workshops be recorded and shared online. It's out of respect for our community members who gather in-person that these workshops are not recorded. By sharing these episodes, we hope to continue the conversations that start around our shared table.



## S1-E4: Dakóta Stars in Wetú

TPWIC is excited to offer an additional episode each season that will focus on our traditional star/sky knowledge. Our guest speaker for this first year will be Debra Granbois who talks with us about star knowledge generally and what we can expect to see happening in the sky throughout each season. We're starting off with the stars of Wetú (Spring) as the beginning of a new year of cycle of life for our plants. We're hoping to be able to record each of these episodes outdoors as we're able to see the stars that we're speaking about and encourage those listening to these episodes to do the same.







# Recipes from Wetú (Spring)



## wípazuka wahpé

juneberry, *amelanchier alnifolia*

*establish a harvesting ethic & ritual of reciprocity*

Wípazuka is native to our Reservation, and grows in places where water collects between hills and other low-lying areas. Leaves for tea are best harvested before the berries ripen, as they will have less time in the elements. Harvest leaves sparingly, so as not to deter the fruit from fully ripening. Air dry or dehydrate on the lowest heat. Once dry, place in container marked with plant info, date harvested and stored. Condition for one week then store in a dry, cool location out of direct sunlight.

### Ingredients

- 1 cup mni (water)
- 1 tsp wípazuka wahpé (juneberry leaf) or 5 leaves
- tuhmuga hanpí (honey) or canjhanpí (maple syrup), to taste

### Method Decoction

1. **Heat.** Bring mni (water) to a boil.
2. **Steep.** Add wípazuka to cup either loose leaf or in sachet and pour mni over. Cover and steep for 10 min.
3. **Strain** tea or remove sachet. (If adding sweetener, wait until cooled enough to drink before adding.)
4. **Sip** Drink 1-2 cups per day, warm or iced.

**Note.** Can also be made as a sun tea

wóyatke (drink)



## tínpsina

wild prairie turnip, *pediometum esculentum*

*establish a harvesting ethic & ritual of reciprocity*

tínpsina is native to our Reservation, and grows higher up on the hillsides. The roots form edible tubers that require the whole plant to be dug up. Because of this, it's best to wait until the plant has already gone to seed before harvesting. Remove outer husk/hide and either eat fresh, or air dry for later use. Once dry, place in container marked with plant info, date harvested and stored. Condition for one week then store in a dry, cool location out of direct sunlight.

### Ingredients

- fresh tínpsina (prairie turnip), sliced
- wasná (tallow), or olive oil, etc.

### Method - Roasted

1. **Melt** wasná (tallow) in sauce pan.
2. **Lightly Coat** wasná over tínpsina to coat on oven-safe dish and mix.
3. **Bake** in 350° oven until center is tender and edges are golden brown.
4. **Enjoy** warm.

### Method Pan Fried

1. **Melt** wasná (tallow) in frying pan over med-low heat.
2. **Fry** until tender and edges are golden brown. Remove from pan.
3. **Enjoy** warm.

wóyute (food)



# Recipes from Wetú (Spring)

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*thoughts, doodles, and wahpé stories*



In 2022, the Fort Peck Community College was awarded a Tribal Practices for Wellness in Indian Country (TPWIC) grant through the Centers for Disease Control and Prevention (CDC), entitled "Tending to Land-Based, Whole Health Practices for Wellness at Fort Peck."

This outreach is provided by the FPCC TPWIC Project to promote traditional wellness practices.

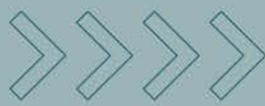
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# Take a Deep Dive: TPWIC Rec's



## Kids Book Rec Forever our Home

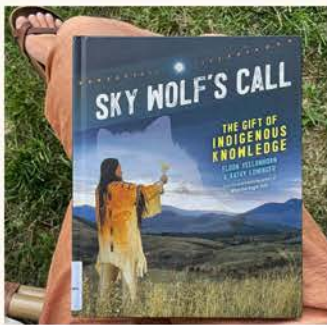
by Tonya Simpson (Cree of the Pasqua First Nation) and illustrated by Carla Joseph (Cree) was originally a lullaby the author wrote for her son, meant to reinforce indigenous

children's connection to the land that will forever be their home. The prairie setting and visuals of a modern Indigenous family throughout this book really made this one feel like home.

## Kids Podcast Rec Warrior Kids Podcast

hosted by Pam Palmater (Mi'kmaw of Eel River Bar First Nation), an interactive podcast that celebrates everything Indigenous, highlighting our indigenous cultures and values and what it means to be strong, healthy, and

compassionate warriorrrs for themselves, their families, communities, and Nations with specific episodes speaking to our natural world, traditional medicines, waters, etc.



## Young Readers Book Rec Sky Wolf's Call: The Gift of Indigenous Knowledge

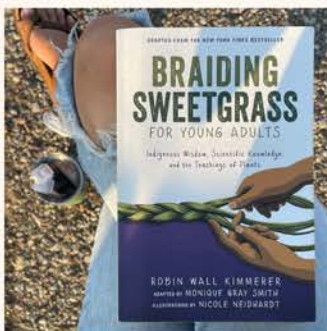
by Eldon Yellowhorn (Piikani Nation) & Kathy Lowinger is a middle grade introduction to

Traditional Ecological Knowledge (TEK), similar to Monique Gray Smith's adaptation of Robin Wall Kimmerer's "Braiding Sweetgrass for Young Adults," which is geared more towards high school-aged readers and also a fantastic read.

## Podcast Rec The Native Seed Pod

hosted by Melissa K. Nelson, (Turtle Mountain Chippewa) and is in its third season. The podcast explores and celebrates Native foodways, ancestral seeds, and traditional

ecological knowledge. Melissa is a thoughtful host and the 20+ episodes cover topics from seed repatriation to the return of the buffalo. This podcast is a project of the Cultural Conservancy based in the San Francisco Bay Area.



## Book Rec Braiding Sweetgrass for Young Adults

Indigenous Wisdom, Scientific and the Teachings of Plants, is an adaptation of Robin Wall Kimmerer's (Potawatomi) well-loved

"Braiding Sweetgrass," adapted by Monique Gray Smith (Cree/Lakota), and illustrated by Nicole Neidhardt (Diné). A beautiful book that offers an opportunity to consider our connections to the world in a lighter reading format.

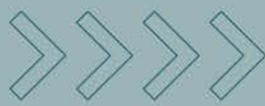
## Film/Series Rec Tending the Wild

is a one-hour documentary produced by PBS of Southern California and Autry Museum. This film shines a light on the ecological knowledge held by indigenous peoples across

California which developed by actively tending the land for millennia, and emphasizes how critical it is for both indigenous Californians and the lands and waters of California that the relationship continue







# TPWIC this Bdokétu (Summer)



## Bdokétu Owíyopeye, for Growers & Makers

(w/Titoka Tibi, on Bookstore's Lawn)

In 2023, FPCC's Traditional Practices for Wellness (TPWIC) Project was awarded a **"Changing Native Food Economies" grant from First Nations Development Institute** to encourage and promote a sustainable economy surrounding our locally-grown and ethically-harvested traditional foods here at Fort Peck. As a part of this grant, and in collaboration with our tribal college bookstore, Titoka Tibi, we are establishing a bdokétu owíyopeye, a summer market, once a month throughout the summer growing season.

The Market will be open from 9:00a to 12:00p on Sat, Jul 15, Aug 12, and Sept 2 (Poplar Indian Days Powwow weekend). We will be offering spaces for growers and makers to sell your garden produce (berries, veggies, lettuces, eggs, local honey, etc.), local-harvested traditional foods (fresh berries, turnips, teas, etc.), value-added goods (dried turnips, chokecherry patties, dried meat, etc), and prepared fresh or baked goods (breads, wožapi, sun teas, etc.). we are also making space for the artists and crafts-makers in our community.

**Call for Vendors.** A formal call for vendors has been made on the FPCC Facebook page and individuals are encouraged to sign-up for a table, at no charge, using the QR code or by contacting Sam at [sazure@fpcc.edu](mailto:sazure@fpcc.edu).



*a Summer Growers & Makers Market, hosted by*  
**FPCC TPWIC + Titoka Tibi + AgExtension**



## Preserve, Summer Series of traditional foods & methods

(w/FPCC AgExtension)

Throughout the summer and early fall, TPWIC will continue to offer a series of workshops demonstrating the preservation of traditional foods. Community members are welcome and encouraged to join our ongoing discussion of methods that have been practiced here at Fort Peck and elsewhere. We've observed that these workshops are great for those wanting to learn the skill, but are equally great as a space for discussion and learning from each other.

## Seed Stewarding Series: saving wild and garden varieties

(w/Fort Peck Tribal Seed Library)

As a continuation of TPWIC's continued effort to assist the Fort Peck Tribal Seed Library in offering seed education to our community, TPWIC and the Tribal Seed Library will be offering a three-part series of Seed Saving Workshops starting in late summer and into the fall to learn from those in our community who have experience in saving seeds and storing the seeds for use in future planting seasons.