



Autumn 2023

tanyán yahí, ptanyétu!

With our gardens getting prepped for the cold and wild-harvesting slowing to a trickle, TPWIC is excited for a time of slowing down as well. This season, we'll start our "big-picture" planning for the next growing season, based on what we've learned this season and before too many of the details have been forgotten.

This season, the thoughts of the Project have centered on the continuation and building-up of Traditional Ecological Knowledge (TEK). TEK generally refers to the knowledge a community holds that is specific to the lands where they live, through generations and millennia of attention, care, and observation. But this compiling process hasn't ended; we continue adding knowledge to it every season.

This Spring, we started with plant walks to get out and begin to recognize what makes up the world around us here at Fort Peck. In our garden, we grew traditional foods and are harvesting their fruit and seeds to share. Spring, Summer, and Fall we walked, observed, learned, and shared.

Our Preserve workshop series with FPCC AgExt took some of our wild-harvested and

traditionally grown foods and teas and shared some of our most economical, sustainable, and reliable methods of preserving them: drying. This fall and winter we'll demonstrate how to prepare them and continue to share our stories through our food-focused language tables.

Throughout the seasons, we've opened these spaces up for community sharing. That sharing is TEK at work, building-up new observations and knowledge. Let's keep it up, pidámaya!

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Season Recap: Bdokétú (Summer), monthly offerings

Lunch Break Woúnspe Series

This season, TPWIC continued hosting two different 30-minute, lunch-hour workshops each month. Our first set of workshops was tea-focused and the second highlighted wild-harvested foods that were in-season. A small, always changing group gathers to talk about everything from ethical harvesting practices to memories of these plants and foods growing up. The teas and foods highlighted can all be found growing wild right here at Fort Peck. This season we shared: čanpá waḥpé (chokecherry leaf), ḥanté čanḥlógaṇ (yarrow), and wáčanḡa (sweetgrass). Our summer foods for taste-testing were: fresh tiṇpsína (prairie turnip) in June, wožápi (pudding) in July, pḥanúnḡala wahčáhča wahánpi (milkweed soup) in August, and waštúnḡkala wahánpi (dried corn soup) in September.



chokecherry leaf



yarrow leaf



yarrow flower



sweetgrass



fresh tiṇpsína



juneberry wožápi



milkweed soup



dried corn soup



Community Waḥpé Bins

Because not everyone who may be interested in our Lunch Break Woúnspe workshops is able to join us in-person, TPWIC also leaves small bins of our teas (attached to info/recipe cards) at various public locations across the Reservation: FPCC's Student Services Dep't (WEV Bldg), FPCC's Dumont Bldg (WP), our Tribal Seed Library (in JES Tribal Library), and Roosevelt County Library (WP). Through this effort, TPWIC has been able to share hundreds of additional teas that grow wild locally here at Fort Peck. Not a lot of emphasis has been put on our tea bins throughout the summer, just because we drink less hot teas in the summer. With the return of the cooler weather though, we'll be making sure that the community waḥpé bins remain well-stocked.



Waḥpé Waštémna, at Tribal Elder Ctrs (w/ FPT Comm. Services & Tribal Community Garden)

This Summer, TPWIC and FPT's Community Services Program continued our partnership to bring more traditional teas to our Tribal Elder Centers across the Reservation each month. This summer, the Tribal Garden staff (along with their summer interns) have also helped to pick, dry, and put-together some of the teas we've been handing out. The conversations we're able to have during these outings remain a favorite of ours and as a result these meals have become a sort of staple of our programming. If you or your loved ones receive lunch through our Tribal Elder Centers, encourage them to dine-in!



Season Recap:

Bdokétú (Summer), *seasonal offerings*

Plant Walks & Seed Walks

This Summer, TPWIC continued hosting our monthly plant walks, which eventually became seed walks as the season progressed. It was great to get out early in the season to be able to identify some of our more common plants in their early stages, and also to track which plants we started to see, and when. Some early season plants are hard to recognize by June and July, while others can be recognized all summer and into the fall. Observing our plants throughout their multi-year growing cycles is also important in terms of increasing our individual and collective understandings of our plants and how we can best steward them and help our native plant populations thrive on our Reservation.



From “Dehydration Days” to a more permanent “Dehydration Station”

This past winter, Meg with FPCC AgExt hosted a couple Dehydration Days both in Poplar and Wolf Point. In late Spring, TPWIC proposed that we pick it back up on a regular, monthly basis. During these times, AgExt and TPWIC demonstrated various dehydration methods to prepare foods for upcoming programming and events. With all of the fresh foods coming in from harvesting our gardens and picking out in the hills, the Dehydration Station has been set-up on a more permanent basis and community members are encouraged to stop by anytime to use our dehydrators, prep your foods for drying, or ask any questions you might have about the process.

Community Feedback (available online)



As part of TPWIC's ongoing evaluation program planning, we hope to incorporate more ways for participants to provide feedback on the events they've participated in or suggestions they'd like to make for future events. We've received great feedback from people in passing conversations and hope to offer an easy process for more people to share. A Community Feedback form has been set up and you can scan the QR Code using the Camera app on your phone or type in the link below. Look forward to hearing from you! <https://forms.office.com/r/Sb61smdmRt>

CEU Course Scholarship “Ethical Harvesting” (w/FP Tribal Seed Library)

The Institute of American Indian Art (IAIA) offered a six-week short course on Ethical Harvesting, lead by Josh Dunn (Osage). For this course, TPWIC partnered with our Tribal Seed Library to offer scholarships to three community members to participate, in addition to TPWIC staff. All three scholarships were claimed and utilized by community members.

One of TPWIC's goals is to assist the Tribal Seed Library in its efforts to increase seed literacy in our community. This course offers the chance to discuss methods of harvesting native plants and their seeds in ways that sustain or increase native plant populations.

Season Recap:

Bdokétú (Summer), *seasonal offerings*



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



Bdokétú Owiyoapeye

a summer market for growers & makers
(w/ Titoka Tibi + FPCC AgExt)

This summer, TPWIC hosted a series of summer markets for growers and makers in which we offered a venue for community members to buy, trade, or sell garden produce, wild harvested foods, and value-added foods, as well as various craft-goods. We also had cold drinks for sale and a bookshelf of free books.

Each market had a better turn out than the one before it and TPWIC is looking forward to hosting again next summer and possibly going one month later in the fall. FPCC AgExt and the FPCC Bookstore were great partners in this community effort and TPWIC's "Changing Native Food Economies" grant from First Nations Development Institute helped with purchasing new tables, canopies, and signage that we'll be able to use for many summers to come.

We will continue to be open to purchasing any traditional foods grown or harvested by the community.



1st Market - July



2nd Market - August



3rd Market - September
FPCC AgExt's Tipi Raising Demo



Preserve: Summer Wóinspe Series, *cont.*

(w/ FPCC AgExt)

TPWIC and AgExt have continued our workshop series preserving summer and fall harvest. We dried berries and various teas in July, chokecherries in August, and corn and squashes in September through both our Dehydration Station as well as some stand-alone events like our Berry Camp.

This summer we also moved many of our Preserve events from evenings and weekends to weekdays during the day. If you have a strong preference for one or the other during the summer months, please feel free to use the feedback link to let us know!

There will be a few more Preserve workshops through the fall, which will focus on winter squashes (wagmú), dried meat (bapá), and the nixtamalization process for flour and flint varieties of traditional corn.



Season Recap: Bdokétú Wóžupi (Summer Garden)

TPWIC Traditional Foods Garden & Garden Days

@ FPCC Community Garden



baby lakota and arikara squash

For our first garden season, we harvested assiniboine flint corn, and several dry bean varieties: arikara yellow, hidatsa red, hidatsa shield, mandan black, cherokee black, and abenaki cranberry. Although we planted several traditional squash varieties, the garden was raided late in the summer. Thankfully, growers from our traditional food growers group that had some success with their squashes. In our corner of the College's garden, we've also planted raspberries donated by the Heather Snell and found wild licorice, asparagus, and several edible spring greens thriving.



dry bean varieties harvested

TPWIC Garden Intern, Quincy B.

Quincy started off as a "summer intern," but stayed on with TPWIC into the fall as well, coming in after school for a couple hours most days. Quincy preferred working in the garden, so has focused his time and efforts there. TPWIC has been fortunate to have been allowed to grow in a corner of the College's Community Garden and Quincy has been instrumental in helping TPWIC create it's own space there. Quincy installed a permanent garden bed that had to be dug twelve inches into the ground to prevent the roots of perennial plants from taking over and running wild. Quincy has also been key to some of TPWIC's efforts to bolster the infrastructure of the Tribal Community Garden by installing similar permanent in-ground beds there and in-ground vermi-compost bins in both gardens. Quincy has been a great help to both garden spaces. We hope to see him back again next summer!



Season Recap: Summer Conference Presentations



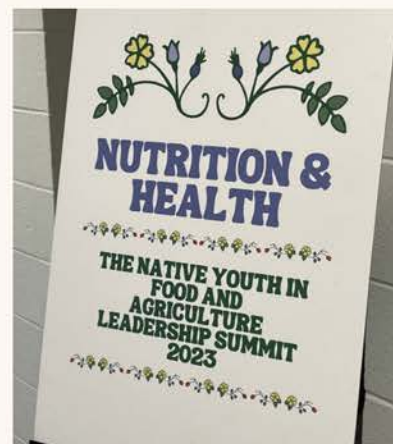
Native Youth in Food & Agriculture Leadership Summit

(w/ Indigenous Food & Ag Initiative,
at Univ. of Ark, School of Law,
Fayetteville, Ark.)



Held annually since 2015, the Youth Summit brings participants from across Indian Country to the University of Arkansas' School of Law in Fayetteville, Arkansas, to spend a week diving deeper into their interests and developing real-world solutions.

TPWIC was invited to speak specifically to those interested in the Nutrition and Health track and about 20 students attended the presentation. Čeyáka waḥpé (mint tea) was shared to enjoy as we discussed how FPCC's TPWIC Project came to be, what our goals are, and what programming we offer in our community.



RMTLC Health Conf.

(w/Rocky Mountain Tribal
Leaders Council, Billings, Mont.)

TPWIC was invited by fellow tribal member Sonya Big Leggings to present at this year's annual Health Conference hosted by the Rocky Mountain Tribal Leaders Council and we are so appreciative of the opportunity to share our work.

Our presentation, like most others, was well attended with around 40 attendees, including several fellow tribal members. TPWIC was able to share čaničáhpehu waḥpé (stinging nettle tea) that had been harvested at Fort Peck and prepared by our Tribal Comm. Garden staff and summer interns. Again, the presentation centered on how our TPWIC Project came to be, what our overarching goals are, and what programming we offer to achieve our goals of community health through the sharing food, space, and language.



Season Recap:

Recipes from Bdokétu (Summer)

wačhánga wahpé

sweetgrass, *hierochloa odorata*

establish a harvesting ethic & ritual of reciprocity

Although sweetgrass has grown at Fort Peck in the past, it isn't clear whether any stands remain.

Sweetgrass tea is made from the same dried sweetgrass that is smudged with and is helpful in soothing sore throats. If you receive a braid of sweetgrass you would like to save for tea, allow sweetgrass to dry in a shaded area, chop to smaller-size pieces and store in an airtight glass container in a cool, dry location.

Ingredients

- 1-2 cups mni (water)
- 1 tbsp wačhánga (sweetgrass), dried
- tuhmúga hanpi (honey) or
- čanhanpi (maple syrup), to taste

Method - Infusion

1. **Boil.** Bring mni (water) to a boil.
2. **Steep.** Pour mni (water) over phezi wachánga (sweetgrass) and let steep for 10 min.
3. **Sip & Enjoy.** Serve warm or cooled, if sweetening, add after wahpé (tea) has cooled enough to sip.

wóyatke (drink)

waštúnkala wahánpi

dried corn soup

establish a harvesting ethic & ritual of reciprocity

In the summer, when sweet corn is ripe for boiling/steaming then eating fresh, it can also be dried on or off the cob for use later. It can be sun-dried outdoors if the weather is right, or indoors in a dehydrator on a low setting. Once you're ready to make corn soup, there are many different ways and additional ingredients that might be added. Bapá (dried meat) can also be substituted for fresh. The recipe provided here is a basic recipe that can be used to get you started.

Ingredients

- 1 cup dried corn, soaked in 2 c. water
- 1 cup dried tinpsína, soaked in 2 c. water
- 1 lb tatánka stew meat, cut bite-sized
- 1/2 cup dried prairie onions, or 1 md onion
- salt and pepper to taste

Method - Infusion

1. **Rehydrate** dry ingredients overnight in water at a 2:1 ratio, water to dry ingredients.
2. **Add** all ingredients to soup pot with enough water to keep covered.
3. **Simmer** for 1.5-2 hrs, until all ingredients are tender.
4. **Enjoy.** Add salt and pepper to taste and enjoy warm.

wóyute (food)

Season Recap:

Recipes from Bdokétu (Summer)

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 CDC, entitled "Tending to Land-Based, Whole Health Practices for Wellness at Fort Peck." This event is hosted by the FPCC TPWIC Project to promote traditional wellness practices.

thoughts, doodles, and waháŋpi stories



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Season Recap:

Tending to our Medicines, a mini pod series

TPWIC has been recording the audio for our podcasts, but is behind on editing and publishing them. It's our hope that as gardening and harvesting slow down this fall and winter, we'll be able to catch up. We'd like to acknowledge that our podcast publishing will likely remain slow during the growing seasons in the future.



S1-E5: Medicine Walk: Wahchínca 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 summer's Medicine Walk episode is another 30-minute walk towards the Wahchínca Wahpá (Poplar River), some time spent listening to the sounds of the flowing water, followed by the short walk back. This episode also features a couple other walkers who happened to be out that morning, which is always great to see.

S1-E6: Plant Walk: Mid-Summer (Aug)

In this episode, listeners walk along on a Late-Summer Plant Walk here at Fort Peck as we check-in on our rooted relatives. We had unfortunately lost most of the plants that we had been watching all season to mowers prior to the late summer powwows. We did make our way quickly through to see the many plants that remain, but we also made our way up river a bit to be able to see a different variety of plants and to acknowledge and observe which plants have begun to go to seed at this point in the season. As such, this episode also speaks a little towards seed saving and the importance of local seed stock.



S1-E7: Woúnspe: Dried Corn Soup

In this episode, we walk through the process of harvesting modern sweet corn, prepping the corn for sun-drying, storage, and then finally how to use your dried corn in our simple corn soup recipe. This recipe can really be used as the base of your very own recipe that includes any additional ingredients that you and your family may like to add. You can also take away or substitute the ingredients that are included in this recipe. We also acknowledge the importance of writing down or passing along your own family's recipes and keeping the many variations going.

S1-E8: Dakóta Stars in Ptanyétu

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 started off with the stars of Wetú (Spring), as the beginning of a new year of cycle of life for our plants, and will have one each season through the winter of 2023-24. We're recording each of these episodes outdoors while looking at the stars we're talking about and encourage listeners to head outside on a clear night to listen as well!



TPWIC this Ptanyétu (Autumn)

"Rock your Mocs" Fall Walking Club (w/FPCC Student Services)

This fall, we've partnered with FPCC Student Services to revive the FPCC Walking Club. We meet twice a week (Mon & Wed) in the afternoons, but students, staff, and community members are welcome to sign-in at the Greet the Dawn anytime to participate. We started at the beginning of the Autumn Semester and are challenging ourselves to keep walking outdoors as long as we can!



2nd Annual FPCC Buffalo Harvest (w/FPCC Student Services)

The date for our 2nd Annual FPCC Buffalo harvest has been set for Sunday, November 19, 2023. More information will be made available as the date nears, but we're looking forward to having the event on a weekend this year so community members will have more time to participate. It'll be an all-day event and community members are welcome to join for the full day or certain parts.

Wahpé na Wahánpi, at Tribal Elder Centers (w/FPT Comm. Services & Tribal Community Garden)

In addition to our usual teas that we share at the Tribal Elder Centers throughout the month, this fall we'll also be bringing wahánpi (soup). Available for those who have a few minutes to sit down for in-person dining/taste-testing. There are so many variations of our favorite fall/winter soups, we're looking forward to visiting with others about their favorites and sharing some of our own.



Harvest: Fall Preservation traditional foods & methods series

Throughout the summer and early fall, TPWIC will continue offering a series of workshops demonstrating various practices for preserving 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. This past summer we focused on teas and berries and the fall workshops will focus on corn, beans, and squashes.

Wahnútapi Omníciya, the gathering table (w/FPCC Student Services)

TPWIC is partnering with FPCC Student Services to welcome community members to share a table one Sunday afternoon a month. At each gathering, TPWIC will prepare the featured traditional food and tea. FPCC Student Services will facilitate our discussion about that month's featured food and drink, different ways to prepare them, and different ways we describe them in various dialects. We're looking forward to visiting!

Ptanyétu (Autumn) Coloring Moons, Stars, & Plants

This is a placeholder
for coloring page
that will be added
when available.

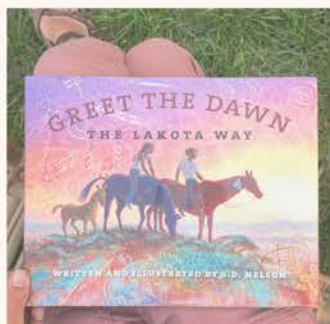
Ptanyétu (Autumn) Activity

Scavenger Hunt

* Mark each item with the date you observed it & a drawing, or use auntie's bingo dabber.*

moon/stars	seeds/berries	trees	events
čhaṇwápegi wí (turning leaves moon) sept 14 - oct 14	unzínziṇtka prairie rose hip	čaṇšáša red willow	ḥeyúnka first frost of fall
čhaṇwápe kasná wí (falling leaves moon) oct 14 - nov 13	mašínčaphuté buffalo berry (red/yellow)	čhoḥwáṇziča sandbar willow	čhaṇwápe kasná falling leaf
tun win (blue woman) big dipper, orientation	ičáhpe hú echinacea seeds	čhoḥwáṇziča taṇká peachleaf willow	wáhiṇhe falling snow
ḥeyúnka wí (frost moon) nov 13 - dec 12	ḥaṇté juniper berry	čaṇpá chokecherry	wičáhpi okhícamna meteor shower
čhaṇnáḥopapi wí (popping trees moon) dec 12 - jan 11	kḥánta wild plum	čaṇšúška box elder maple	haṇwákaṇ northern lights

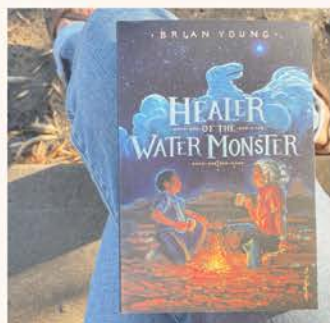
Take a Deep Dive: TPWIC Rec's for Ptanyetu (Autumn)



Kids Book Rec Greet the Dawn, the Lakota Way

written and illustrated by S.D. Nelson (Standing Rock). This story begins and ends with a reminder to start each day with a smiling heart and to

carry it throughout our day. As the day passes, we also greet the moon and stars with a smiling heart and not a fear of night, which I think reinforces the beauty of, balance in, and appreciation for both day and night.



Young Reader Rec Healer of the Water Monster

by Brian Young (Diné), is a middle grade novel that follows Nathan who is visiting his Grandma Nali on the Navajo Reservation one summer. While there,

Nathan stumbled upon a Holy Being from the Navajo Creation Story - a Water Monster. From there, Nathan is determined to help his new friend, his own family, and the people of his Reservation.



Book Rec In the Beginning, the Sun

originally written by Ohiyesa (Charles Eastman, Dakota) while a student at Dartmouth, the manuscript for this book had been

hidden away until the passage of the Indian Reorganization Act (IRA) of 1934, which decriminalized Indian religions. An interesting book both for the content and the way that Ohiyesa choose to share these stories.

Kids Podcast Rec Molly of Denali

is a podcast produced by PBS Kids based on and narrated by the same characters as the popular PBS television series by the same name. Currently, there are three

seasons of the podcast. Narrated by Molly Mabray, an Alaska Native girl growing up with her parents, family, and friends. Each season features an new, exciting adventure highlighting aspects of Molly's culture, food, and heritage.



Podcast Rec Spirit Plate

hosted by Shiloh Maples (Anishinaabe). The first season, was devoted to discussing some of the social, political, and historical reasons the Indigenous food sovereignty movement is

necessary. Shiloh also works to define what food justice and sovereignty look like in our Indigenous communities by uplifting the voices of seed keepers, chefs, historians, and community members from across the movement.



Film/Series Rec Return

Native American Women Reclaim Foodways for Health & Spirit, is a 27-min. short film empowering people to eat as their ancestors did - locally and nutritiously.

Return explores the food sovereignty movement occurring across the country and how returning to ancestral food sources can strengthen cultural ties to each other and to one's heritage.



Our TPWIC Creation Story

In 2022, Fort Peck Community College applied for and was awarded a five-year Tribal Practices for Wellness in Indian Country grant from the U.S. Center for Disease Control and Prevention (CDC) as a part of their Healthy Tribes initiative. This grant is considered a sister-grant to the Good Health and Wellness in Indian Country (GHWIC) grant, of which the College is also a current recipient.

The goal of our Project, “Tending to Land-Based, Whole Health Practices for Wellness at Fort Peck,” is to promote traditional forms of wellness through the incorporation of our traditional foods and teas back into more of our everyday lives, while also encouraging and modeling practices for physical and mental wellness by getting out for regular plant walks to become more knowledgeable of our lands and medicine walks to connect and learn from the world around us. Additionally, our Project aims to help our community become more knowledgeable and aware of the various cycles of the natural world around us through basic knowledge of the interconnectedness between our lands, plants, stars, and moon cycles.

In 2023, FPCC’s TPWIC Project was also 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. This additional funding has bolstered our summer growers and makers markets, as well as our ability to purchase additional foods, teas, and seeds that have been locally grown and gathered for our workshops and community meals.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Join the Conversation



Join our “FPCC Traditional Practices for Wellness” Facebook Group to stay up-to-date on all our offerings

TPWIC’s Zine Project traditional plants, foods, and knowledge



One project we did not get around to this summer was a zine project surrounding traditional plants, foods, and knowledge. To help get us ready, we’ve set up a box at Student Services (WEV Bldg) where old magazines, newspapers, and books can be dropped off to get us well-stocked and ready.