



Return to a Healthy Past

Prairie Band Potawatomi Nation

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First step in gardening is to prepare the soil. We turn it over in the fall and till it in the spring. We have 4 community gardens and 4 raised bed gardens.



You can plant seed directly in the ground when it is time. On the left is the Language program's corn field. On the right is the Senior Citizen's corn.



Besides corn we dry pumpkin, Indian beans and make hominy.



We still hunt and fish.



For an early start you can either buy plants or start your own from seed. We have greenhouses for the Health Center, Boy's and Girl's Club, Daycare, Senior Citizens, and Language programs.



The next step is to harvest and store what you grow. We still dry our corn the traditional way. It is one of our sacred foods. It stores all year when dried.



We pick foods from nature as our ancestors did such as milkweed, mushrooms, berries and wild onions. We lead nature hikes to show how to identify and find them.



We have a harvest feast for the community every fall. This past year we had 240 guests that signed in. We had more working as volunteers. We served produce from the garden and foods we picked. Hunters and fisherman donated deer, raccoon, turtle, catfish and bass. Our tribal buffalo program donated meat. The feast is to promote healthier eating.



We have implemented over 100 different activities promoting traditional and healthy eating and physical activity. Illustrative examples:

- 5 Composters set up at various programs.
- Held Annual Harvest Feast.
- Put on Fall cooking demonstration.
- Held a camping trip to teach traditional cooking and engage in physical activity.
- Created 4 new garden plots for community use.
- Harvested crops from garden at Senior Center.
- Showed how to cook the traditional food called Pugnah.
- Established 3 garden clubs.
- Constructed 7 box gardens at the health clinic.
- Added 5 green houses for community use.