



# Master Plan 2011-2012

## Guiding Values

Honor Tradition Generosity  
Spirit Abundance Health Family & Community

## Purpose

*Nisqually sxʷdaʔdab Garden grows the health of the people, the plants, the animals, the water, and the land.*

## Goals

### 1. Grow and share a wealth of food & medicine for the Nisqually community.

- a) Grow an acre of organic vegetables
- b) Tend the traditional food & medicine garden
- c) Establish an additional 1-3 acres of fruit and nut trees, berries, and traditional plants
- d) Process seasonal harvest for off-season distribution
  - ◆ Canning
  - ◆ Drying and Dehydrating
  - ◆ Freezing
  - ◆ Medicine Making
- e) Distribute food & plant medicines
  - ◆ Garden stand / June - October
  - ◆ Elders Center & Daycare / May - Winter
  - ◆ Youth Center / June - October
  - ◆ Special events / Year-round

*Indicators of Success: Lots of food and plant medicine is widely distributed each year from the garden directly to the Nisqually community. The plants and land are well-cared for, with a commitment to the long-term health of the whole picture (not just short-term pay-off).*

### 2. Host people developing their expertise and enjoying the garden.

- a) Continue Garden Apprenticeship program
  - ◆ Apprentices work in a culturally-rooted framework of empowerment and well-being. Work in the garden is grounded in a commitment to community healing of historical trauma.
  - ◆ Apprentices plant, care, harvest, prepare, and distribute food and medicine.

- ◆ Apprentices complete independent projects developing expertise in areas of health, nutrition, foods, plants, medicines, and culture.

b) Host workshops & classes

- ◆ Gardening
- ◆ Cooking
- ◆ Medicine making
- ◆ Food preservation

c) Host community events

- ◆ Family fun events
- ◆ June season kick-off
- ◆ October Harvest Party
- ◆ Seasonal potlucks
- ◆ Garden orientations
- ◆ Recipe swapping

d) Host Youth Field Trips

e) Generate resources for people to participate in and use the garden

- ◆ Create guide to the garden, including information on the identification and use of plants
- ◆ Compile recipe book
- ◆ Develop curriculum based on garden workshops and classes

*Indicators of Success: People practice traditional ways of healthy eating and living and pass this on to the children. People become conscious of sustaining the health of the land, animals, & plants. People start growing, eating, preparing and storing food as part of their family culture.*

*Longer Term: Garden becomes part of family traditions. Current children grow up and bring their children to work in the garden. People report personal and family improvements in health and eating habits*

### **3. Develop community enterprise & sustainability.**

- a) Compost tribal food waste
- b) Plug into existing and developing tribal enterprises, as capacity allows, and with an emphasis on creating value for the Nisqually community
- c) Sustain the garden and honor its value by developing appropriate exchange of work, goods, and money for garden food and medicines

*Indicators of Success: Tribal food waste is returned to the land to grow more food. The garden helps increase overall tribal enterprise and is sustained by the community members who use it.*

This plan was created in Spring 2011. It is based on vision conversations, surveys, and feedback from community members. It is always open for your feedback and ideas. Please contact Caitlin at 360 402 0302 or [krenn.caitlin@nisqually-nsn.gov](mailto:krenn.caitlin@nisqually-nsn.gov) with any thoughts or questions.