

Tribal Food and Medicine Gardens

Northwest Indian College Cooperative Extension
Traditional Plants and Foods Programs



NORTHWEST INDIAN



COLLEGE

X w l e m i E l h > T a l > N e x w S q u l

The Northwest Indian Treatment Center Native Plant Nutrition Project



Medicine Wheel Garden



Harvesting for teas, salves and honeys







Herbal Tea Dispensary



Traditional Foods Garden



Food Harvest



Wild Berry Garden





Red huckleberry



Mountain Huckleberry



Evergreen Huckleberry

Muckleshoot Food Sovereignty Project



Tribal School Orchard



Tribal College Native Berry Garden





Skokomish ~ Tuwaduq Family Services People of the River Healing Garden







Annual Healing Garden Harvest Celebration



Nisqually Community Garden



Key Highlights from 2011 Season

- Hosted a community visioning meeting and developed a garden master plan
- Grew and distributed more than 4,000 pounds of vegetables, fruit, and herbs to the Elders Center, Youth Center, and Nisqually Community
- Seven apprentices worked at the garden for 6 months, growing, processing, and distributing food and medicine, as well as cultivating their own knowledge and areas of expertise at the garden
- Over 50 youth from the Nisqually summer youth program visited the garden 7 times throughout the summer and participated in planting, harvesting, and medicine-making
- The garden hosted 7 cooking, canning, and medicine making classes
- The garden hosted 3 community events and dinners in 2011, and provided food for 6 other events
- Expanded the cultivated areas to 1.5 acres, including new berry patches

Community food and medicine classes



Other Western Washington Tribal Gardens include:

- Lower Elwha
- Lummi
- Makah
- Nooksack
- Quinault
- Sauk Suiattle
- Snoqualmie
- Suquamish
- Stilliguamish
- Swinomish
- Tulalip

