



FOOD: Youth Initiative Grows in Sheshegwaning

By Lynn Moreau

A garden was established this past year at Sheshegwaning First Nation by the Land First Youth Initiative who are Odawa members of the Anishinabek Nation. The vision of the Land First Youth Initiative is to reintegrate and revitalize the roots of the community as an Odawa Nation.

At one time, many natural and medicinal food plants existed and many still do. In the first year of the garden's development, a plot 100 x 50 was cultivated and a number of perennial food plant and culturally important traditional medicines were planted. The objective was to establish a pilot project to see what would grow well. Plants cultivated included sage, tobacco, Jerusalem artichoke, fiddleheads, wild ginger, plums and hazelnuts. Annuals such as the traditional corn, beans and squash and sunflowers were also planted. The plot was already home to native species of apples and hawberries.

The youth faced many challenges that provided a learning opportunity. Much of their cucumbers, tomatoes and other food plants were consumed by

deer, and weeding was an issue. The remaining food harvested will be incorporated into a community feast being planned for this fall. Next year, plans are underway to fence the garden to prevent predation by deer and other animals, and to create a series of paths that will make accessing the garden for weeding and harvesting easier.

The youth took their own initiative to apply for funding. Funders for this garden included the Ontario Indigenous Youth Partnership Program, the Laidlaw Foundation, Gaagige Zaagibigaa, the National Learning Centre Community 4 R's, and the New Relationship Fund.

Youth Participants who worked on the garden include Kiara Genereux, Caeley Genereaux, Luke Wabegishik, Curtis Endawanas and Gwyneth McLeod. Everyone has full time jobs, which made it challenging to attend to the garden. Full time salary monies are needed, but this project was a good learning experience to examine the successes and challenges for a potential full time operation.



Kiara Genereux, Caeley Genereaux, Luke Wabegishik, Curtis Endawanas and Gwyneth McLeod.



RESOURCES: Agriculture Programs



FEED OPPORTUNITY fund is now accepting Letters of Intent! The Feed Opportunity Fund is an open call for compelling ideas that can contribute to a reduction in food insecurity, so that more people in Canada have stable physical and economic access to enough nutritious and culturally appropriate food. The deadline is **October 28th, 2022**.

Visit project website: <https://www.feedopportunity.com/apply-for-funding>



IAPO is accepting applications for the Beginning Farmers Program. The program provides support in two key areas:

- Start up Financing
- Workshops and Training

Eligible participants can access up to \$50,000 in financing and 30% in grants for their new farm business. Applications will be accepted until **October 15, 2022**.

Register for online information session on Wed. September 21 at 7:00 p.m at workshops@indianag.on.ca

For more details, <http://indianag.on.ca/wp-content/uploads/2022/07/Beginning-Farmers-Program-Details-2022.pdf>

For an application or further information contact: info@indianag.on.ca or 1-800- 363-0329.



IAPO is pleased to offer the First Nations Business Start Up and Expansion Program financing for First Nation entrepreneurs, businesses & economic development corporations.

Areas of financing include:

- Seed Capital
- Start-up and Early Stage Loans
- Expansion Capital
- Business Acquisition

Qualified businesses are eligible for funding of up to \$100,000 and grants of up to \$10,000.

Visit: <http://indianag.on.ca/contact-us/>



ONTARIO ON-FARM CLIMATE ACTION FUND (OFCAF) provides cost-share funding to farmers to support the implementation of best management practices (BMPs) to tackle climate change through reducing emissions of GHGs and supporting increased carbon sequestration. Cost-share support to farmers is available under the project categories of nitrogen management, cover cropping, and rotational grazing.

Visit: <https://www.ontariosoilcrop.org/ontario-on-farm-climate-action-fund/>



CESO works with Indigenous communities in Canada to build capacity and foster economic growth. Services include:

- Coaching and mentorship
- Training and workshops
- Project management advice
- Product and service development advice

Through the following programs, eligible businesses and organizations can access CESO's virtual mentoring and training services free of charge:

- Strengthening Indigenous Community Economic Development Services
- Funding Application Support Services
- Strengthening Indigenous Innovation through Mentorship

See website: <https://www.ceso-saco.com/our-work/north-america/canada/>

Ways to save money on food

With today's food prices, saving money on food is becoming increasingly important. There are ways you can save a lot of money on food while still serving delicious meals. By planning your meals ahead of time, you can purchase only the ingredients you will require that week, eliminating food going to waste.

The second way you can save money on food is by eating out less. This can be done by cooking more meals from scratch, and purchasing a slow cooker, pressure cooker or making a large one pot meal and saving the leftovers for lunches and putting additional meals into the freezer.

Eating less meat is another way you can save money. Adding protein to your diet in the form of beans, tofu or soy is a great way to save money, while getting the protein you require. Even adding two meatless meals a week can save you a significant amount on meat. You can also save by purchasing staple items like sugar, flour etc. in bulk or through forming a food club. Larger quantities can be purchased as a group, and then



continued from page two...

shared.

Improving methods of food storage in your home and utilizing them to the fullest can help you save money in the long run. This includes investing in a freezer and/or food dehydrator and learning some simple food drying or canning techniques. A freezer will enable you to stockpile frozen food and purchase items in season, when they are the least expensive.

Taking advantage of the natural foods available to you in another way to save

money. By learning the art of foraging, you can pick items like mushrooms, plants and herbs native to your area. There may be a club you can join in your area to learn these skills. Natural foods can also be found in abundance if you are a hunter, fisherman or trapper.

If you do decide to eat out, you can even save money on this by eating an appetizer before you go to the restaurant, and by bringing home any leftovers.

Overall, about 1/3 of the food that is produced is thrown away. You can help to avoid food waste at home by cleaning out your refrigerator once a week. Leftover vegetables can be used to create soups, omelets or side dishes. Don't forget to compost your food waste, or better yet, keep animals such as chickens or pigs to consume your food waste and which can later create a food source like eggs or meat. Saving money on food is simple when these steps are followed.

Lake Huron commercial whitefish closure

The Ministry of Natural Resources and Forestry is closing the commercial whitefish fishery for three weeks during their spawning period, in response to a significant decline in Lake Whitefish. The Ministry has informed all Ontario Commercial Fishing Licence (OCFL) holders that the harvest of Lake Whitefish in Lake Huron in the month of November will be limited to the first seven (7) days of the month. Fishers will not be allowed to target or land any Lake Whitefish from November 8th to 30th (inclusive). Licences will also prohibit the use of 114 mm (4.5 inch) or greater gillnets (i.e. large-mesh gillnets) during this period.

Over the last 20 years, Lake Whitefish numbers have been declining. This is thought to be occurring because of the negative



impact of invasive dreissenid mussels on the base of the food web. These mussels affect the survival and growth of young larval lake whitefish, leading to few young fish growing to full maturity.

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EVENTS

— ART CONTEST —

TAKING CARE OF OUR LAND AND WATER IN FOOD PRODUCTION

Youth Agricultural Forum | January 2023

We would like to see a one-page color illustration of what Taking Care of Our Land and Water in Food Production means to you. Ages of 12 - 25.

Lands and Resources staff will judge the entries and decide on a winner. The winning image will be used in promotion of the Youth Agriculture Forum.

Prize is 3 Anishinabek Nation swag related items.
Entries due by November 1, 2022.

Send entries to lynn.moreau@anishinabek.ca

| SAVE THE DATES |

January 17th and 18th

Anishinabek Nation
Youth Agricultural Forum

CALL OUT For Youth

Seeking Anishinabek Nation youth from each community to get involved in helping to plan the Youth Forum taking place in January.

The Agriculture Program is seeking interested youth from each community to participate in a Youth planning session for the Youth Forum scheduled for January 2023.



Follow us!

www.anishinabek.ca

For information contact
Email: lynn.moreau@anishinabek.ca
Tel: (705) 497-9127 ext. 2334



KIIN MIINWAA ENDADIZIWINAN: LANDS & RESOURCES

OVERVIEW

The Lands and Resources Department was established within the Anishinabek Nation in the spring of 2007. Currently, there are four program areas with staffing capabilities. These include: Water Resources, Minerals and Mining, Trapping, and Canada Ontario Resource Development Agreement.

MISSION

The Lands and Resources mission is to foster a better quality of life by ensuring access to natural resources by supporting the goals, values and aspirations of the Anishinabek Nation.

GUIDING PRINCIPLES/CAPACITY BUILDING

By creating opportunities our communities are empowered to increase the natural, technical and financial capacity derived and generated from our lands and natural resources."

Jurisdiction and Treaty Rights – "by building and preserving Anishinabek laws within our territories, communities can continue to assert and exercise jurisdiction, implementing ownership of lands, water and resources."

Access to Lands and Resources – "our communities are strengthened by continuous advocacy efforts to increase access to lands and resources."

<https://www.anishinabek.ca/departments/land-and-resources/>

BNAAKWII GIIZIS

(FALLING LEAVES MOON) – OCTOBER

The tenth moon of Creation is the Falling Leaves Moon, a time when Mother Earth is honoured with the grandest of colours. As all of Creation makes their offerings to her, we become aware of all the miracles of Creation before us and our spiritual energies are once again awakened.



LYNN MOREAU is a Lands and Resources Program Coordinator with the Anishinabek Nation where she is responsible for the Agriculture Portfolio. Originally from Callander, Ontario, Lynn now lives in Bonfield where she is co-owner of Green Legacy Farm with her husband Dean. Lynn holds an Environmental Science degree from Trent University and a Fish and Wildlife Technician Diploma from Sault College. Lynn can assist with funding application processes and has agricultural experience in vegetable and perennial growing, chicken farming, maple syrup production and aquaculture.



Southeast/Southwest
AGRICULTURAL ROUND TABLE
October 5, 2022



Lynn Moreau
Program Coordinator,
Agriculture and Food
Lands and Resources Department

Anishinabek Nation
1 Migizii Miikan
Nipissing First Nation
P.O. Box 711, 1 Migizii Miikan

North Bay, Ontario PIB 8J8
Tel: (705) 497-9127 ext. 2334
Toll Free: 1-877-702-5200
Website: www.anishinabek.ca