

Conference

The first week in October, some of the Land Grant family attended and presented at the 2018 Native American Nutrition Conference in Prior Lake, Minnesota. We presented a Pecha Kucha about food sovereignty. A Pecha Kucha is a presentation with twenty slides and each slide is twenty seconds. The total time length of the presentations was six minutes and forty seconds. This was a very intense and fast-paced format, and shared between four presenters it demanded a well-organized and choreographed presentation. And we nailed it.

The poster in the picture was designed by Mara and produced by the graphic design students on campus. This conference was an opportunity to build teamwork in our department and network with an incredible cohort of people committed to the health of our community. We brought back many ideas and concepts that we hope can be integrated into our department and campus community.



Pictured: Robert Fox, Brian McGinness, Mara Yborra and Alice Wadsworth



Trees Planted

Land Grant continues to plant trees throughout campus to support our Tree Campus USA designation and to offer beauty and food to our community. This month we've planted ornamental trees around the All-Nations Circle and fruit and berry trees and bushes at the Dragonfly Garden. The larger trees planted will be replacements for the older or aging trees around the Circle. The fruit trees are to expand our locally grown food offerings in the years to come. We hope these trees are prosperous in the years to come.



A Farewell

We sadly say goodbye to Max Rebhun, the previous Vista worker. He went back to New York to pursue a degree in physical therapy. The composting and revamp of the recycling program was all done by Max. He plans to come for a visit in the near future. We hope that UTTC and North Dakota was a great experience for him. We miss you, Max!



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UNITED TRIBES[®]
TECHNICAL COLLEGE

The Land Grant Fall Mix



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Important Dates

- Winter Market November 17th, December 15th, March 23rd

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Harvest Season

The Land Grant team harvested large quantities of organic produce this year as part of our initiative to address community food sovereignty issues starting right here on our campus. The work was accomplished with liberal application of elbow grease and positive community energy. No chemicals needed. We grew many types of beets, tomatoes, peppers, squash, cucumbers, onions, green leaf vegetables, cabbage, broccoli, flowers, herbs, potatoes, corn, beans, you name it. Next season we plan to expand our garden area and offerings, including the utilization of a new greenhouse and high tunnels that we plan to construct between now and next summer. Make sure to visit and keep an eye out for upcoming workshops.



Fall Planting

Who would want to plant in the fall? Well, Land Grant does. The purpose of fall planting is due to the weather, it gives the plant a opportunity at a "head start" by growing the plant roots before the frost comes. When the frost comes, the roots stop growing until spring. These plants will produce first due to the advantage of root growth. Not all plants can withstand the cold winters. Surprisingly, specific types of garlic, peas, beans, onions and green leaf vegetables have the ability to be grown in the fall for a spring harvest.



Hard-neck garlic and Sunchokes are our fall planting partners this year. Sunchokes are indigenous to North America and are a great low-glycemic substitute for potatoes.



Produce Distribution

Every Monday and Thursday, the produce was delivered around campus to staff and students. The campus cafeteria has been delivered an abundance of produce throughout the harvest season. This distribution is free of charge and helps promote healthy eating.

Next year we hope to use some of the vegetables produced in Winter Market sales. The sales generated would go into the UTTC student scholarships. This is another way we hope to reach the students and attract them to our services.



Pumpkin Patch

Our pumpkin patch is located on south campus next to the science center parking lot. We had tons of squash grown as part of an on-going research project. Next season's research will include the use of optimal garden management that includes fertility, irrigation and labor-saving techniques.

The plots established as part of the research project were used to grow pumpkins for our campus youth. The variety of pumpkins produced were given to the campus daycares and TJES students.

There is still many to pick before Halloween and we plan to distribute them around campus.

The pictures shows a couple of daycare children picking pumpkins. They planned to paint them in their classes. The youngest children seem to be the biggest helpers in the gardens.



Pictured: Jessica Shaw, Staci Comes, Elizabeth Beckers, Annette Broyles, Leona Morsette, and Justin Two Crow



Nutrition & Foodservice

The Quantity Foods class had a few meals that were hosted by the three students pictured. The meals were very unique and brought many guests.



ServSafe Results

Three out of three students (Leona Morsette, Ebony Schultz, and Justice Two Bulls) in the Managing Food Protection class at UTTC passed the National ServSafe Food Protection Manger Certification Exam on October 24. The certificate is nationally recognized and tells the industry that you know food safety. To earn the certification students must pass a national exam with 75% or better and the certificate is good for five years. This is one of the classes offered in the Culinary Arts and Nutrition degree at UTTC. The instructor for the class is Annette Broyles.

Sustainable Agriculture and Food Sovereignty Degree Coming Soon!

We have been awarded a competitive Beginning Farmer and Rancher Development Program grant through USDA-NIFA for \$552,000 over the next three years and we have been awarded \$821,225 through the Native American Agriculture Fast Track Fund established as part the Keepseagle settlement. Together these awards will support the development of an interdisciplinary, sustainable agriculture degree program that targets issues of indigenous food sovereignty through innovative and experiential education here on our campus and in collaboration with our campus community. Not-for-credit workshops will be in the spring of 2019 and the first for-credit class is to be held in the Fall semester of 2019! We're looking for enthusiastic problem-solvers and community-oriented students to help development strategies to address issues of food sovereignty, using our campus community to trial potential approaches and solutions that may be applicable in other communities. Sustainable Agriculture Methods, Exploration of Food Systems Models, Non-profit and Entrepreneurial Business Skills, Culinary Arts, Nutrition, Industrial Arts Skills, Safety and Interpersonal Communication are some of the disciplines that the program will incorporate.

Healthy Campus Week

September 24 - 28, 2018



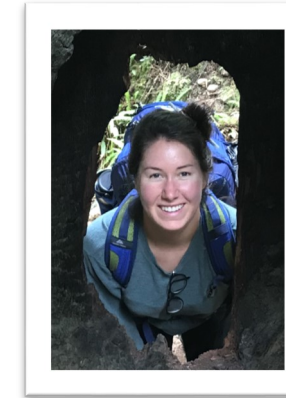
MONDAY September 24	TUESDAY September 25	WEDNESDAY September 26	THURSDAY September 27	FRIDAY September 28
	(11 am to 12 am) Yogo with Lisa Watkins Lone Star Veterans Arena	(11 am - 1 pm) Pop-up Farmers Market Cafeteria		
	(12 pm to 1 pm) Total Health Tuesday Cafeteria		(10 am to 12:30 pm) Blood Drive Wellness Center Parking Lot	
(3 pm to 4 pm) Cooking Demo Co-Ed dorm	(2 pm to 3 pm) Food n' Fitness Wellness Center	(1 pm to 5 pm) Delores Peltier TIPS Wellness Center		(1:30 pm to 3 pm) Grocery Store Tour Meet at Wellness Center Entrance
	(4 pm to 5 pm) Color Run		(5:30 pm to 7:30 pm) Sobriety Walk Skill Center East Parking Lot	
<p>**Student Health will be offering free blood sugar screens, blood pressure checks, and flu shots (\$20 for employees & free to students) all week.</p> <p>**Health Promotions will offer free BMI measurements all week.</p>				

Pop-up Farmers Market

This pop-up farmers market was located in the entrance way of the cafeteria. Due to the abundance of produce, Land Grant decided to have a cash donations farmers market. All the donations went to UTTC student scholarships. This is a new concept and we hope to continue it.



New Faces



Jessica Shaw

Jessica is our new AmeriCorps VISTA. Jessica has a degree in health-supportive culinary arts, a bachelor's in biology and is pursuing a permaculture certificate. She is passionate about increasing the health of people and the environment through sustainable agriculture and traditional food ways. She has a strong interest in indigenous foods and Native American culture and is excited to learn from the UTTC community!



Leona Morsette

Leona is our former summer intern and now part-time employee! You might have seen her in our last issue but she is here to stay. This is her first time in working in a gardening setting and picked up on it very fast. She has a great work ethic and positive personality. She is great to work with and we hope she plans to stay with us after graduation.

A Familiar Face



Pat Aune

Pat is one of the previous Land Grant Directors and very grateful to have her join us at least until the Spring. Pat is consulting for the department to help organize a facilitate our Land Grant strategic planning process. The Land Grant strategic plan is developed with input from a diverse group of stakeholders and provides a road map for our course over the next five years. Pat has extensive experience and history in this department. We are excited to have her back and look forward to her work.