

'Mending the Disconnect with Food: An Oneida Food Sovereignty Initiative', is offering a unique opportunity for Oneida Community members to grow and preserve their own food. Participants will be provided with everything they need to become confident food growers for their family. We are looking for individuals who are new to gardening, with barriers that include: lack of land, resources and/or knowledge. To encourage the success of this project, participants will be empowered with the following:

- Access to a garden plot, seed/seed starter kit and tools
- Our Gardening Coach will be onsite throughout the summer (at designated times) to provide information, gardening tips, guidance, answer your gardening questions, provide live demos, etc.
- Weekly notifications of expert gardener onsite availability with reminders of gardening tasks (weeding, harvesting, watering, etc.)
- Free access to the following instructional workshops: garden planning, seed starting, composting, putting garden to rest, seed saving, etc
- First priority/Free access to food preservation classes with Oneida Cannery staff
- Live seed and plant planting demonstrations at Community Garden Site
- Bonus: Opportunity to tend to chickens in exchange for free eggs

The benefits are many:

- Increased knowledge and confidence in gardening/food processing
- Improved physical/mental health from eating real living food
- A great way to get active
- An opportunity to connect with the earth/nature
- A boost to your overall well-being/Reduced stress
- Increased sense of community/cultural connection
- The pride that comes from being the solution to your own food sovereignty/security.

This opportunity is available to:

- Those new to gardening AND who lack either: land, knowledge and/or resources.
- This project is limited to only 12 families. Children are encouraged to participate.
- Families must be willing to see this through from start to finish. Please consider the level of commitment/time/energy required.
- This project will take place on County H, close to Site II. Participants must be willing to participate at this site, which will require reliable transportation.
- Eligible Tribal Households: must include an enrolled Tribal member within the household.

For questions, or to apply, please contact Belinda @ 869-4576 or email:

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