

INDIGENOUS FOODS

OKLAHOMA CITY AREA IHS OFFICE

SEPTEMBER 10, 2014

BACKGROUND

- **Significant health disparities among American Indian/Alaska Native**
 - Obesity
 - Diabetes
 - Physical Inactivity

GARDENING

- Can involve people of all ages
- Can be established in the home, community, worksite, elderly center and school

Benefits of growing:

- Physical activity
- Free fresh produce
- Cultural awareness
- Stress reducer

BASIC SUPPLIES FOR GARDENING

- **Heirloom Seeds**
- **Growing median**
- **Receptacle (card bard box to acres of property)**
- **Sunlight**
- **Water**

RAISED BED GARDEN

OKLAHOMA CITY URBAN INDIAN CLINIC







FIRST WELLNESS GARDEN

Worksite Garden































BAG GARDENING



Photo: Dennis Fujimoto/The Garden Island

LESSONS LEARNED

- **Can't assume that people know how to grow a seed**
- **Preplanning raised-bed location**
- **Always use heirloom seeds**
- **Hawaiian Papaya**
- **Water**

**What is the most expensive item
needed to garden?**

EVALUATION

- **Use number of gardens planted each year**
 - Year 1 – less than 100
 - Year 2 – over 200
 - Year 3 – over 500
 - 11 tribes have gardens on their property (small to commercial)

FUTURE PLAN

- **Add to the seed bank**
- **Add new growers from all generations each year**
- **Expand to the schools and communities**
- **Resources (water, man hours, and space)**

Contact Information

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