

Traditional Garden Build



Introduction (*For Facilitators*):

Building a traditional garden is a powerful way to reconnect with cultural teachings, and food sovereignty. Community members will learn about planting ceremonies, seed-saving, and traditional companion planting systems like the Three Sisters (corn, beans, squash). Elders can share knowledge about plant use and significance in the community.

Materials Checklist:

- Lumber,
- Soil, or compost (for raised beds or mounds)
- Seeds (corn, beans, squash, medicinal plants)
- Shovels, rakes, hoes, watering cans
- Paint, wood, and markers for plant signs
- Access to water

Steps:

1. Site Prep: Ask the community to help clear and prepare the garden space. They can work in teams to build raised beds or mounds.
2. Learn from Elders: Provide teachings about planting practices, ceremonies, and traditional plants.
3. Get Planting: Plant seeds for crops like corn, beans, squash, sweetgrass, or sage.
4. Create Signs: Paint plant markers or signs using Indigenous and English words.
5. Tend Together: Water the plants and talk about how to care for the garden as it grows.

Works Cited

Anishnawbe Mushkiki. "Your Name and Colours." Anishnawbe Mushkiki, 11 Nov. 2023, mushkiki.com/programs-services/your-name-and-colours/.

Government of Canada Parks Canada Agency. "Growing Together at Lower Fort Garry - Growing Together: How to Plant a Three Sisters Garden." Parks.canada.ca, Government of Canada, 6 July 2023, parks.canada.ca/lhn-nhs/mb/fortgarry/culture/blog/soeurs-sisters.

Mahikan Trails. "Mahikan Trails – Indigenous Experiences." Mahikan Trails, Indigenous Tourism Alberta, 8 June 2018, mahikan.ca/.