

PHASE 2 OF INNOVATIVE FOOD FOREST IN MUSKEG LAKE CREE NATION STARTS WITH COMMUNITY WIDE EVENT

MUSKEG LAKE CREE NATION, Monday, September 23rd 2019— Over the weekend, from Saturday, September 21st to Sunday, September 22nd, 2019, Muskeg Lake Cree Nation continued with the **second phase of its innovative food forest project** in partnership with Canadian Feed The Children.

The Food Forest and Equinox Workshop focused on theory and hands on experience, including learning how to sustain the food forest through the winter. Community members and welcomed guests gathered to tend the soil, prepare trees for cold weather, and participate in an overnight camp.

The food forest is based on innovative permaculture design, which provides greater and sustainable fresh food access for the community. **In the year since the food forest was launched, 400 new trees and bushes have been planted, and an Elder's rest area has been built.** Community members have participated in a variety of events related to food security and are looking forward to the forest bearing its first yields in a few years.

“Since we launched the food forest last year, it has gone a long way toward establishing greater food security and sovereignty in Muskeg Lake Cree Nation,” says Glenna Cayen, Community Program Coordinator, Canadian Feed The Children. *“For this phase, we are involving community youth, adults and seniors even more in the design and sustainability of the forest, to ensure that it continues to provide fresh, healthy food options for generations to come.”*



The food forest at Muskeg Lake Cree Nation is a fully sustainable ecosystem that includes food bearing vegetation, ensuring continuous access to fresh, healthy food. 400 trees and bushes have been planted so far.

Food Forest in Muskeg Lake Cree Nation Details:

- Developed through a partnership with Muskeg Lake Cree Nation members and Chief and Council and Canadian Feed The Children, funded in part by the Slight Family Foundation and the Newall Family Foundation
- Community-led initiative designed and implemented by Muskeg Lake Cree Nation
- Designed with support from Steven Wiig from Holistic Landscape and Design who promotes a nature-inspired design system known as permaculture. Permaculture is founded on lessons observed in nature and from traditional practices, which have evolved into three core ethics and 12 design principles that can be applied to create systems which support nature, while providing for community needs in a sustainable and regenerative way
- Includes apples, berries, pears, plums, cherries, Saskatoon berries, strawberries, raspberries, cranberries, sea buckthorn, and haskaps
- Future plans include a playscape for children, walking trails, a year-round solar and wind powered greenhouse, water catchment, outdoor cooking with cobb oven, and compost site

Canadian Feed The Children is a non-governmental organization that works to unlock children’s potential through community-led action in Canada and around the world. Canadian Feed The Children works in partnership with 20 Indigenous communities across Canada on food security and food sovereignty initiatives.

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