

Frequently Asked Questions (FAQ)

How can a family garden program help my tribe's communities?

There are numerous benefits to developing a family garden program. Some of these benefits may include: newly acquired skills on gardening, increased access to fresher and healthier produce than what is available, and more community connectedness.

Why is it important to grow traditional Native plants and crops?

It is important to preserve traditional seeds to grow nutritious local plants. These seeds and plants existed before stores and food assistance programs such as commodity foods. They are important to each tribe's food system and cultural sustainability.

How can gardening help with behavioral health issues such as diabetes?

Gardening can be very healing and encourages individuals to be active. Individuals with gardens tend to be outside more often and eat the healthy fruits and vegetables they have grown. They appreciate the value of local food more and can change towards positive eating habits and diets.

How do family gardens restore traditional knowledge on ancestral foods and culture?

Gardening strengthens the connection between communities and the land. It reconnects families and communities with foods that were traditionally grown and cultivated by their ancestors. It is a great way to bridge youth with elders on food related knowledge that instills a sense of pride and identity. It can reintroduce traditional values and perspectives of healthy food systems.