



Nutrition on the Northern Cheyenne Reservation



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Introduction

The community of Lame Deer and the students of Chief Dull Knife College have long desired a source of fresh vegetables for their diet. A community garden has been proposed to supplement this desire and implement a community effort that will have a positive effect on the residents. (Ferda 2010)



Figure 1. Lame Deer Montana

Hypothesis Tested:

People of the Lame Deer community are aware of what foods are nutritious and given the opportunity to add fruits and vegetables to their diet, they would gladly choose them.

Materials and Methods:

Interviews with Meredith Tallbull were conducted along with a survey to collect data on the perceived interest in a community garden for Lame Deer.

Why a community Garden?

Native Americans in Lame Deer have a difficult time supplementing their nutritional needs with fresh fruits and vegetables. A community garden would provide a readily available source of fresh food and be a good source of community growth and education for families and children.



Figure 2. Proposed site for garden located across from Middle School in Lame Deer.

Data

A questionnaire was distributed at the 2012 Annual MSU Powwow. We received 11 respondents.

According to the survey some would be interested in building a community garden but all 11 respondents believed that proper nutrition could help prevent some diseases.

Table 1: 2012 Survey at MSU Powwow

Questions Posed	Yes	No
Would you be interested in building a community garden?	4	7
Are there any traditional plants you would like to see made more available through gardening?	4 (Amongst the answers were squash, the three sisters, and turnips	3, and 4 were unresponsive.
Do you feel proper nutrition could help prevent certain diseases?	11	0



The Three Sisters

Corn ✨ Beans ✨ Squash

Planting of the three sisters are a native American tradition. The three sisters include corn, beans, and squash which thrive together harmoniously. Corn provides a natural pole for the beans to climb while growing. Beans provide a nitrogen source for the soil and squash vines become a living mulch, blocking weeds and holding in moisture. Planting the three sisters together improves the overall fertility and living chances for these food crops.

Recommendations

Community gardens are available in a variety of cities and towns and are always a fresh source for local produce. If you are interested in helping build the community garden for Lame Deer please contact Meredith Tallbull at:

thumpinrabbit2001@yahoo.com

Literature Cited:

<http://www.reneesgarden.com/articles/3sisters.html>

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