Materials & Methods: We traveled to the Crow Agency on February 29th to meet Francesca and gain first hand knowledge about the Green House project and community health issues. After a series of discussions, we determined Francesca needed assistance with community outreach and community health issues. After a series of discussions, we determined Francesca needed assistance with community outreach and community health issues. We further hypothesized that the knowledge of how to cook with these vegetables will increase innovative backyard gardens in the Reservation communities leading to improved economic well being and physical health of the residents.

Introduction:
Located in south-central Montana, the Crow Reservation is approximately 2.3 million acres in size. The Reservation has a membership of approximately 11,000 people and was established in 1883.

Obesity and type 2 diabetes rates continue to soar and poverty remains to be a barrier to healthy living (O’Connell, 2011). Francesca Pine (Photos 6, 8) has started the Greenhouse and Garden Project (Photos 5-9) on the reservation in affiliation with Little Big Horn College. She hopes to provide knowledge of home-growing methods, improved economic well being and physical health of the residents.

Participants of the Sensory Evaluation Panel

Acknowledgements
We would like to extend our thanks and appreciation to the following groups and individuals for their time and effort in assisting us with this project:

Francesca Pine and family
Little Big Horn College
The Crow Nation
Florence Duruel & Robert Digs
Melody Anaker & Alton Harmon
Participants of the Sensory Evaluation Panel
Jason Myers
Jeff Cahill & Henry Vinson
Adam Pohl

Francesca Pine family
Little Big Horn College
The Crow Nation
Florence Duruel & Robert Digs
Melody Anaker & Alton Harmon
Participants in the sensory evaluation may not constitute a representative population of Apsaalooke living on the reservation. This is due to the fact that only 25% of participants resided within Crow reservation boundaries. Discussions with participants revealed that at least 50% of participants possessed a level of education above the average found on the reservation. Therefore it may not be appropriate to use this data to represent the Crow Nation in its entirety.

Results & Discussions:
Post-tasting data showed that all participants enjoyed the dishes served and that the event would change how frequently most of them would cook with vegetables (Table 1). Dish 1 was the favorite, followed by Dish 2, followed by Dish 3 shown by total score (Table 2). Participants stated that it was difficult for them to obtain good quality, fresh produce citing the lack of availability in Reservation stores as a reason for this deficit (Table 3). Data from the sensory panel indicated the hypothesis has a good chance of being correct (Table 3).

It was surprising to learn that the average number of times vegetables were consumed per week by participants was 3-4 (Table 4). This is far below the recommended 5 servings per day (Birmingham 2011).

Literature Cited


Five-a-Day Recipe Booklet for Enhancing the Use of Fruits and Vegetables in Low-Income Households

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