

MIFS

**MONTANA INDIGENOUS FOOD
SOVEREIGNTY INITIATIVE**

ANCESTRAL SEED COOP-ERATIVE

The peoples of Turtle Island have been sharing seeds with one another for thousands and thousands of years. Through our old trade routes, corn came up from Mayan relatives in the south. Similarly, the seeds of squash, beans, pumpkins, potatoes and more have been shared from one native community to the next. We are developing an ancestral seed cooperative so that together we can share and protect the plant relatives that have sustained us for millennia. Don't know much about seed saving? That's ok, we will work together with Indigenous presenters to learn seed saving this season. Watch our Facebook page for more information.

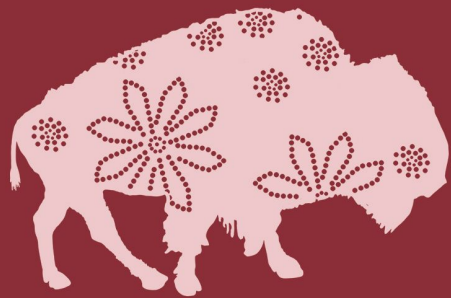


BUFFALO NATIONS FOOD SYSTEM INITIATIVE

The Montana Indigenous Food Sovereignty Initiative (MIFS) works in partnership with the new Buffalo Nations Food System Initiative at Montana State University, an Indigenous-led education and research program to strengthen Indigenous food systems amongst Buffalo Nations of the Northwestern Plains and Rocky Mountains.

Our other partners include:

The MSU Native Land Project, MSU Horticulture Farm and Towne's Harvest Garden, the Alternative Energy Resource Organization, and MT No Kid Hungry.



MIFS I

MIFS I--The Montana Indigenous Food Sovereignty Initiative is a grassroots group of Native youth/young professionals and elder-mentors who have come together with a vision of strengthening the work we all are doing to build healthy and resilient food systems amongst Montana's Native Nations. We believe that by working together we are stronger with more capacity for shared infrastructure, projects, and collective recovery of cultural knowledge of our own foodways.

SEED BUNDLES

Our grandmothers knew the importance of always sheltering the family seed bundle. The circumstances of this changing time we are in reminds us of the importance of our seed bundles. MIFS I has seed bundles available this Spring to be shared with Native families and communities in support of 'resiliency gardens' throughout Montana Indian Country. The bundles are filled with non-gmo, organic, and ancestral seeds including both ancestral and modern foods like beans, squash, greens, potatoes, corn, and onions. Seed bundles will be shipped to Native gardeners who request them in early March. Seed potatoes will be delivered in bulk to a central location on each reservation in late March. You may order your seed bundle through our order form found on the Montana Indigenous Food Sovereignty Initiative Facebook page. Follow our FB page to participate in our Native gardening community. Here you will share and receive expert tips for tending your garden as we together nurture our own Indigenous gardening methods, cultural practices, and the plant relatives in our gardens.



RESILIENCY GARDENS

Indigenous gardens have always been a source of health and interdependence. In old times, some of us planted gardens we left for part of the season to continue the work of hunting, fishing, and wild harvesting and then returned to tend our garden plots. Some of us had massive farms in places like the Missouri river bottoms and we traded food with our relatives. Gardens are one of our ways of providing for our families and relatives.

MONTANA INDIGENOUS FOOD SOVEREIGNTY INITIATIVE

Planting Guide

Variety	Seed Depth	Seed Spacing	*Row Spacing	Planting Method	Special Notes
Bush Beans	1.5"	3"	24"-36"	direct seed	Germinates best in warmer weather (daytime temps > 60°)
Pole Beans	1"	3"	4"	direct seed	Need a climbing structure such as trellises or mesh (daytime temps > 60°)
Peas	1.5"	2-3"	24"	direct seed	Need a climbing structure such as trellises, wire fence or netting in early spring.
Carrots	1/4"-1/2"	1"	6"-12"	direct seed	Thin to 2" apart once seedlings are about 2" tall. Keep soil moist with everything else.
Peppers	1/4"-1/2"	2"	24"-36"	transplant	Germinate best with some additional heat (80-90 degrees). Excess heat can cause disease issues - water directly at base. Edge with row cover.
Beets	1/2"	2"	12"-24"	direct seed	Thin to 4" apart once seedlings are about 3" tall. Keep soil moist with everything else.
Onions	1/4"-1/2"	2"	24"	transplant	Start indoors in March. Plant 1/2" apart in pots; as they grow, promote root growth. Transplant individual seedlings when warm enough.
Baby Lettuce	1/4"	4-6 seeds/inch	2"	direct seed	Prefers cool weather, so plant in late summer/early fall. Harvesting, cut 1" above soil level.
Tomatoes	1/4"	8"-12"	12"-24"	either	Thin to 8" apart once seedlings are about 2" tall. For k...
Beans	1/4"	12"-18"	24"	transplant	For k...
Peas	1/4"	3-5 seeds/inch	2"	direct seed	For k...

HOME COMPOST
YES

- FOOD SCRAPS
- APPLE CORES
- MELON RINDS
- VEGETABLE TRIMMINGS
- COFFEE GROUND
- TEA BAGS
- SHELLS (CRACKERS, NUTS)
- GRASS (LEAVES)
- BIRD MANURE

NO

- DISEASED PLANTS
- PLANTS THAT HAVE GONE TO SEED
- WEEDS
- MEAT OR BONES
- OILS, FATS, OR DAIRY
- HUMAN OR PET WASTE
- ANIMAL CARCASS
- THICK WOODS
- PLASTIC
- ANYTHING TREATED WITH PESTICIDES
- SPRAYED WEEDS



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