

# The Land Grant Summer Mix

## Planting Season

UTTC campus food sovereignty! The Land Grant Extension Team has been ramping up food production in our campus gardens in order to help feed the freshest, most nutritious, sustainably grown produce to our campus community. Look for our own UTTC-grown produce featured in the cafeteria's Total Health Tuesdays and Thursdays starting in July.

Under Robert Fox's guidance, a traditional Arikara garden of squash, corn, beans, sunflower and melons, all from our own saved seed, is demonstrating the value of companion planting and a traditional relationship to agriculture.

Kids (grown kids, too) can look forward to checking out our pumpkin patch as it shapes up over the next few months. And right next to our pumpkin patch out by the math and science center is our research project investigating methods of establishing a new garden. Join us for a 'lunch and learn' and we'll tell you all about it!

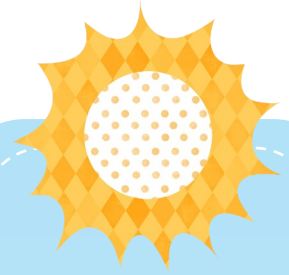


## Free Community Garden

We're hosting free community garden plots Dragonfly Garden to the public in the beginning of June. We provide a variety of seeds for the community plots and for the public's personal use off campus.

What is provided with the plots

- A community of gardeners!
- Gardening mentorship
- Automated watering
- The fruits of your labor

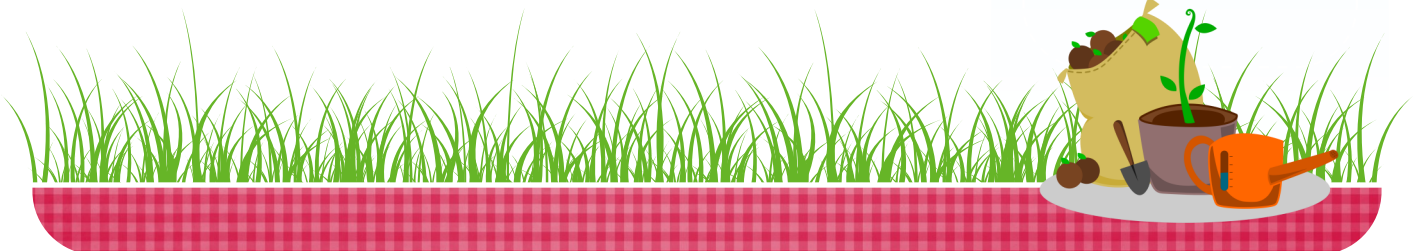


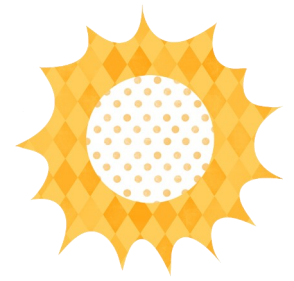
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### Important Dates

06/15	Mara Yborra's Birthday
7/23-7/25	Kids Cooking Camp
7/31-8/1	ServSafe





## Scott Grandi-Hill

This is Scott's second year as the Temporary (Summer) Gardening Coordinator. He comes to us from BSC as the Agriculture, Technology & Natural Resources Laboratory Coordinator. A trained soil scientist and experienced chef, Scott brings a lot to the table!



## Leona Morsette

Leona is a Summer Intern and comes from the Northern Shoshone Tribe. She has successfully finished her first year at UTTC and will continue in the Culinary Arts Program this fall. She joins our team with an enthusiasm for the connections between gardening and the culinary arts.



## Allison Schamp

Allison is a Summer Intern and comes all the way the Eastern Shoshone Tribe on Wind River Reservation. This is her second year in the criminal justice program. She hopes this internship teaches her the basics of gardening and can confidently grow her own garden upon graduation.

*"I think it's awesome how the Land Grant Program gives students the opportunity to learn gardening and also works with the students schedules."*

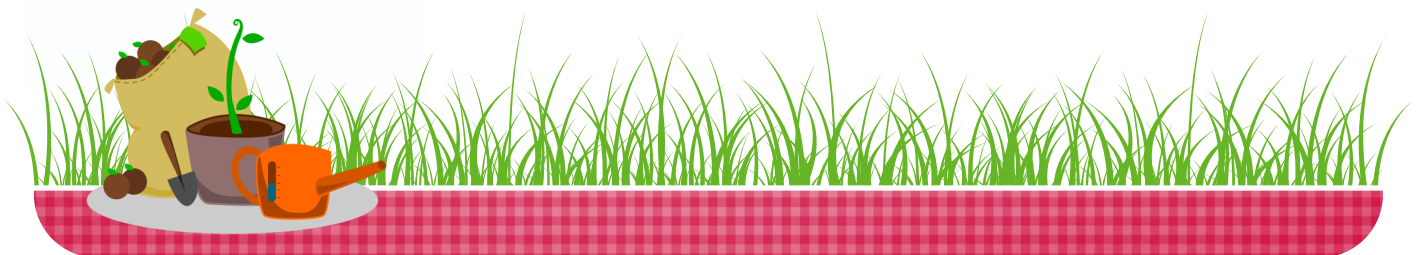


## Brett Alberts

Last but not least, Brett is a Summer Intern. He is a pre-engineering & CIT student from the Spirit Lake. He also has 1.5 years of environmental science and hopes to use his knowledge in the garden.

Brett Attended:

- ◆ Two-week Costa Rica International Research Experience
- ◆ AISES Conference
- ◆ AIHEC Conference, which his team placed 3rd in the Nasa Competition



## Work Repayment Program

- United Tribes Technical College offers current and former students the opportunity to clear unpaid bills. These hard-working women helped plant in the gardens and clear out storage from Building 66. We're grateful for their help and look forward to seeing their own gardens in the future.



*The UTTC Land Grant Programs mission is to improve the quality of life through culturally appropriate and scientifically based education that will strengthen Tribal communities, sustain natural resources, and promote healthy lifestyles for citizens of Tribal nations.*

## 2017 Coca-Cola/Keep America Beautiful Space Recycling Bin Grant

United Tribes Technical College is taking a much larger step towards sustainability with the help of the Land Grant department. Single-Stream recycling has been in place at UTTC since the fall of 2015, which allows people the option to throw any recyclable item into a separate receptacle to be sent to Minneapolis and recycled into new materials.

Originally, 6 dumpsters were placed around campus in addition to 20 indoor receptacles, which were used to collect single stream recycling. While this project was put into place with good intentions, it was not completely effective. "When I first got here in September I noticed that the recycling bins were not being used effectively," said Max Rebhun, the AmeriCorps VISTA member at UTTC. "I started travelling around campus every day for a few weeks to check on the dumpsters and bins to see what people were throwing out in each and identified some of the issues that were being faced."

One of those issues, he says, was that while people had the option to recycle, bins were not placed in convenient places

for people to do it. Having standalone bins made it convenient so anything that people were trying to throw away would be put into the most convenient bin for them, whether it was recyclable or not.

That is when the 2017 Coca-Cola / Keep America Beautiful Public Space Recycling Bin Grant came into play. The grant provided recycling bins to institutions hoping to start or expand existing recycling programs. "It seemed like the perfect opportunity to expand our program here," said Rebhun. In December, an email was received amounting to 14 bins that provided the option for both trash and recycling in the same bin. The bins made possible from "Keep America Beautiful" and the "Coca-Cola Foundation" encourage people to become environmentally conscious. The fourteen bins were placed in high traffic areas around campus with signs outlining what can be recycled and what cannot. As for the old bins, they were collected and placed next to trashcans all around campus, as well. Recycling at Tribes just became a whole lot easier.



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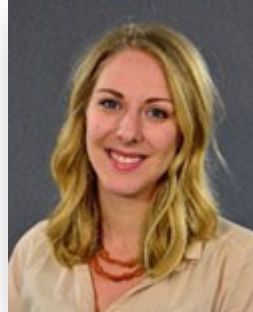
## Conferences and Professional Development

### National Association of Food Distribution Program on Indian Reservations (NAFDPIR) Annual Conference

"Mara Yborra attended and presented at the conference. This gathering brought together Food Distribution Program directors and staff along with government agencies to discuss and learn the best strategies to improve FDPIR. Mara was humbled to present during the general session on the importance of providing nutrition education to all FDPIR participants while getting 300 plus attendees engaged in a fun, competitive hands on cooking competition utilizing only the food found in the package. Mara also led another hands on break out session focused on team building that allowed all the attendees create art."

### 5th Annual AIHEC Behavioral Health Research Institute

"Mara, along with two assistant student researchers and two fellow UTTC employees attended the 5th Annual AIHEC Behavioral Health Research Institute in Seattle, Washington. UTTC staff and students were able to connect with fellow TCUs to learn the best strategies to conduct research at a Tribal college. The research team plans to start their research in the fall of 2018 and the project will address student retention, academic success and wellness indicators."



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## Aquaponics

What is an aquaponics?

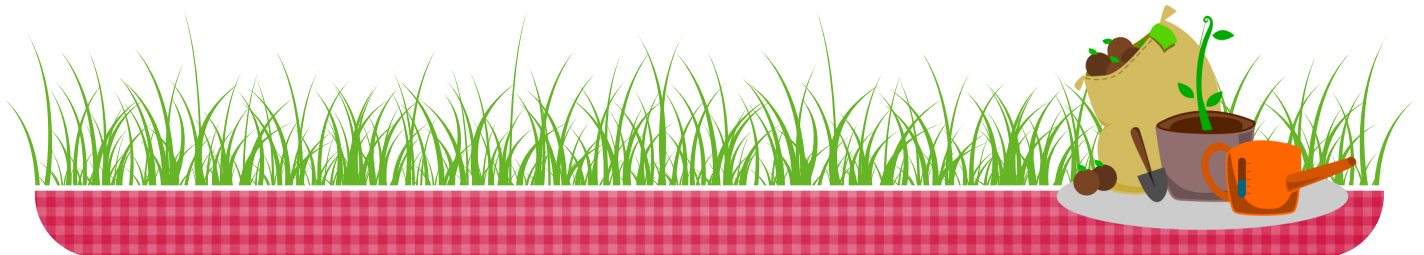
- the combination of aquaculture (raising fish) and hydroponics (the soil-less growing of plants) that grows fish and plants together in one integrated system.
- The fish waste provides a food source to the plants and the plants filter the water for the fish

Benefits?

- No pesticides
- Organic
- No heavy digging
- No weeds
- Eco-friendly
- Harvest the plants and fish



- The plants and fish will be used in the culinary arts program.
- The fish will continue to reproduce, so essentially the cost of buying fish will diminish.





*Max Rebhun the AmeriCorps Vista with a few of the TJES Summer School Students*

## TJES Summer School Program

Brian and Max have been working with the TJES students on gardening basics. Gardening teaches the youth responsibility and engages them with their senses. The students planted a variety of radishes that they can harvest before summer school is over.

What they are learning

- The excitement of growing food
- The benefits of weeding and water
- Encourage nurturing and patience with their plants.
- Basic math skills such as how far the seed goes into the ground and how far apart to plant
- Nutrients from the soil
- Life stages of plants
- The purpose of insects in the garden
- Healthy eating

We'll look forward to seeing the kids in the fall!

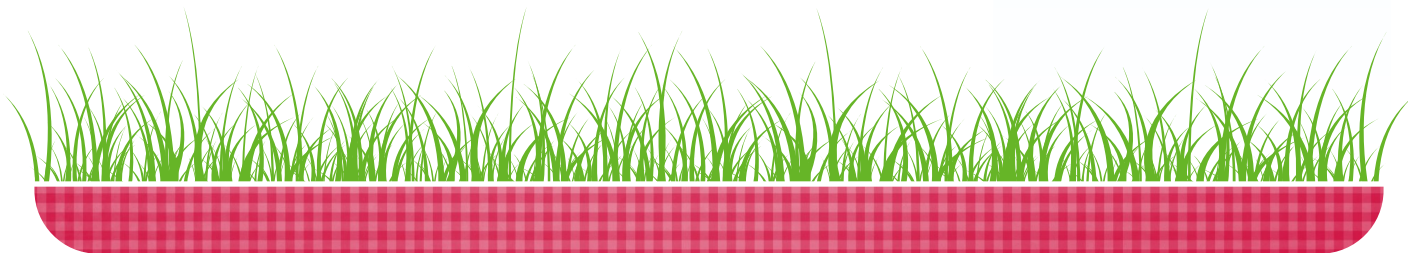
### Upcoming Funding

- Brian has successfully wrote and received an NSA Agroecology Grant
- After meeting with Microsoft in December, they have decided to donate some hydroponics to the UTTC Campus.

### Cafeteria News

Collaboration between Land Grant and the cafeteria staff is piloting Total Health Tuesdays and Thursdays.

- Starting July on Tuesdays and Thursdays.
- The breakfast, lunch, and dinner cafeteria menu will consist of healthy options.
- Less fried food, more fresh options



## WellSteps Spring Winners

### Gold

Brenda Rhone  
Lisa Cantlon  
Alexa Azure  
Annette Broyles  
Lacey St. Pierre  
Erik Holmstrom  
Stephanie Little  
Jenifer Heid  
Laurie Thompson  
Tomi Kessel  
Max Rebhun  
Gregory Messer  
Gregory Pollert  
Christina Brazell  
Elizabeth Beckers  
Tamara Bitz  
Robert Fox

### Silver

Brian McGinness  
Devin Wertman  
Stephanie Isaak  
Anita Charging

### Bronze

Corrine Felix-Wells  
Charlene Weis  
Ruth Hursman  
Beverly Lam  
Daniel Henry

## Employee Promotions

- ◆ Brian McGinness is serving as the Land Grant Director.

"This is an incredible team of people doing good work in a supportive community and I'm grateful and honored to be a part of it. Thanks!"

- ◆ Alice Wadsworth has moved from part-time to full-time Administrative Assistant.

"I have learned so much in so little time. I enjoy the variety of job duties that come with this position."

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## Research Gardens

50 Native Corns-Carrots-Cucumbers

**Look** but **No** Touching

For Info: 221-1384 or 1426

**THANK YOU!**



*PLEASE BE AWARE OF THESE SIGNS!*



UNITED TRIBES  
TECHNICAL COLLEGE