



Caring for Mother Earth

The relationship between Mother Earth and Elder reestablished

The Tribal Health Department at the Hannahville Indian Community coordinated a learning session with elders, youth and Tribal staff during 2004. Members of USDA and Michigan State University Extension assisted the Hannahville Indian Community in providing a learning experience for elders and youth. Approximately 17 elders and 20 youth were available to obtain experience in building raised beds for growing vegetable and medicinal plants.

The tribal program of assisting people in healthier lifestyles will include the promotion of fresh vegetables direct from individual's gardens on the reservation. During the learning day, two raised beds were built. As a result of this session, the health office at the tribe will be providing raised beds for the elders. Michigan State University Extension was available to explain some of the many services of extension for tribal members regarding master gardener and recommendations related to plantings, fertility and caring for harvested foods.

Gloria McCullough, a wheel chair bound Hannahville Elder, said the raised bed that is planned for her home is just the right height for her to work from her wheel chair. Gloria's excitement was captured when she told everyone she can again touch and work with Mother Earth.

Details on how to build and use raised beds have been developed for sharing with all person interested in such a program. Please use the contact information below.

For information on raised beds contact:

- Michigan NRCS office for your County- phone book: US Government -USDA Service Center
- Michigan State University Extension- phone book: County Government: MSU Extension

Raised bed gardening can help everyone. Persons in wheel chairs, persons that can no longer work on their knees or bend and those wanting to just protect their gardens from rabbits can enjoy the benefits of a raised bed. Vegetable and medicine plants can be easily grown in these raised beds.

