Muskeg Lake Cree Nation
Food Forest

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November 2019
CFTC’s Vision
A world in which children thrive, free from poverty.

CFTC’s Mission
To unlock children’s potential through community-led action in Canada and around the world.
Established in 1881 and centrally located in Saskatchewan

Total number of band members is 2200 with 380 on-reserve

First Urban Reserve in Canada

Highest number of Veterans in Canada
Food Forest Development – Community Focus

Training
• 5 day Garden Workshop
  Feb 2018
• Plants as Food and Medicine – Feb 2019
• Food Forest Workshop – Sept 2019

Community Initiatives
• Food Security Committee
• Met with Elders & Community
• Food Security Survey
• Massive Planting Days
MLCN Food Forest Project Vision

- Re-establish a Cree relationship with the Land
- Reviving traditions and taking care of the land and ourselves
- Self-determinant in food production & sovereignty
- A functional and beautiful space for the whole community!
Elders and Community Consultation -2018
A Holistic and Healthy Community Initiative

What is a Food Forest?

• It’s a multifunctional agricultural system which produces nutrient–dense fruits and other edibles, as well as medicines and cultural resources provided by nature.

• It’s design is inspired by nature and so supports ecology and requires little maintenance or inputs once established.
Difference between a Conventional Orchard and a Food forest

Rows OF THE SAME TREE OVER AND OVER

Integration of many varieties planted in a natural style WITH MANY LAYERS
Food Forest Planting Day October 15, 2018

- 140 Apple trees (5 varieties)
- 40 Plum trees (3 varieties)
- 40 Cherry trees (2 varieties)
- 100 Saskatoon berry bushes
- 20 mountain ash trees (attracts the birds)
- 20 birch trees (used as wind breaks)

Total 360!
Food Forest, School and Clinic Planting Day
May 23, 2019

- 20 Highbush Cranberry
- 20 Northern Gooseberry
- 20 Currant
- 5 Grapes
- 4 Rhubarb Red
- 100 Chokecherry
- 40 Buckthorn
- 60 Haskap
- 100 Raspberry
- 15 Lilac
- 20 Virginia Creeper
- 35 Maples
- 35 Willows

- Total just under 500 Trees and Shrubs!
School and Community Support for Planting Days
Key Areas of the Community to Benefit from this Food Forest Initiative

• 1. Food Security
• 2. Land-use for Sustainability and Economic Development
• 3. Health
• 4. Education: Focus on Land-based education
• 5. Sport Development, Culture and Recreation
Ariel View of the Food Forest
Grapes  Tobacco  Apples
A Food Forest is an Approach to Food Security and Economic Development in Muskeg Lake