



# 8th Annual Wild Food Summit, June 20-23, 2013



This is WETCC Extension Service's 8th year of hosting the Wild Food Summit, held annually on the White Earth Reservation. To learn more about the WFS and its history, you can visit [wildfoodsummit.org](http://wildfoodsummit.org). To find out what we do the rest of the year go to [wetccextension.org](http://wetccextension.org).

### Questions Call:

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*The White Earth Tribal and Community College is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools as of October 2008.*

## Schedule-at-a-Glance

### Thursday Night:

**Potluck Dinner at 6:00 p.m.**

Please bring your favorite dish with wild edibles if possible and a card sharing the ingredients used.

### Friday

**7:30 a.m.-8:30 a.m. – Breakfast**

**8:30 a.m.-10:00 a.m. – 1<sup>st</sup> Session**

**10:15 a.m.-11:45 a.m. – 2<sup>nd</sup> Session**

**Noon-12:30 p.m. – Lunch**

**12:45 p.m.-2:15 p.m. – 3<sup>rd</sup> Session**

**2:30 p.m.-5:00 p.m. – Open Session**

**5:00 p.m.-6:00 p.m. – Dinner Prep.**

**6:00 p.m.-7:00 p.m. – Dinner**

### Saturday

**7:30 a.m.-8:30 a.m. – Breakfast**

**8:30 a.m.-10:00 a.m. – 1<sup>st</sup> Session**

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**Noon-12:30 p.m. – Lunch**

**12:45 p.m.-2:15 p.m. – 3<sup>rd</sup> Session**

**2:30 p.m.-5:00 p.m. – Open Session**

**5:00 p.m.-6:00 p.m. – Dinner Prep.**

**6:00 p.m.-7:00 p.m. – Dinner**

**7:30 p.m.-9:00 p.m. – Talent Show**

This is but one great fun events within the WFS! We have jokesters, poets, singers, acrobats and kids who love to just give it their all. Please join in and bring your talent no matter at what level.

### Sunday

**7:30 a.m.-8:30 a.m. – Breakfast**

**8:30 a.m.-9:30 a.m. – Feedback Session**

**9:30 a.m.-(until complete) – Camp Breakdown**



**Thursday Evening**

**Potluck Dinner at 6 p.m.**

Please bring your favorite dish with wild edibles if possible and a card sharing the ingredients used.

**Bird Evening Songs (after dinner)**

Kelly Larson

Who's making that noise? Take a stroll under the full moon's light and listen to the sounds of the night. I'll bring my trusty BirdJam iPod and try to elicit response from some of our more elusive nocturnal birds.

**Friday 1st Session 8:30 a.m- 10 a.m.**

**Silence as Nutrition, The Plant Nations Essential Gift: Story Telling to Awaken Our Capacity to Receive**

Kathleen Westcott

Kathleen will tell stories describing a rich body of teachings transmitted by the Plant Nation through the action of direct perception; a state of still silent shimmering awareness that is our natural state of being. Wild Gathering and Nutrition will be explored as the fruit of communion with our interior and external plants; nourishing body, emotions, soul/spirit.

Look forward to perceiving: Each and every flower is the radiant mirror image of its ancestral star. Our human nervous system is our interior plant. Our care filled language is to us what the pollen is to a plant: the fruition of a well lived life.

**Wetland Edibles**

Sam Thayer

Waterways are crucial foraging grounds to Native peoples all across the world. We'll take a paddle around

Little Elbow Lake and learn about the identification, natural history, and food uses of several species of wetland edibles including: Wild Rice, Wapato, Cattail, Sweet Flag, and Yellow Pond Lily.

**Beginner's Luck**

Mike Krebill

New to foraging? You're in luck! The best way to learn what plants can be eaten is to see them up close and personal, to have them pointed out where they grow by a knowledgeable person. That's the focus of this session. Besides discovering where to find specific plants, you'll become aware of their distinguishing characteristics so you can be sure you are collecting the right plant. Timing the harvest and knowing how to prepare the food for eating are must knows, as well. We will look at references and resources for learning more about this fascinating hobby.

**Wild Fermentation**

Steve Dahlberg

One of the most overlooked aspects of both wild and domestic foods is the need to preserve and prepare them in a way that maintains and even improves their nutrition and digestibility. Creating Fermentations that utilize both wild and domestic microbes is one of the most important and underused of these techniques..

**Parent and Youth Popping Wild Rice**

Bill Paulson

This is a wonderful traditional food that Bill will guide us in the dos and don'ts of popping rice successfully.



**Friday 2nd Session**

**10:15 a.m.- 1:45 a.m.**



**Parent and Youth Cattail Basketry**

Matt Mattson

In this session we will explore the construction of two types of cattail leaf basketry. The first of these will be a woven or "self" style basket. The second form will utilize a willow (or similar) frame with an interwoven cattail leaf bottom. Materials for these baskets will be gathered on site.

**Suburban to Urban Foraging**

K. Paul, C. Underwood, A. Hayner

This is a group presentation from WFS foragers who gather in parks, city greenways and other spaces. Learn their tips and best practices to finding wild edibles where you may live. The workshop will also cover foraging and gleaning.

**Culinary Art and Wild Edibles**

Francois Medion

A review of oils and fats from around the world (from olive oil - to coconut oil to - duck fat: - their many uses (flavor carriers, preserving, cooking) - the low-down on the good ones, bad ones, and the just plain irresistible. Wild flavors/ Wild visuals (from what grows here): How to capture essences (of nearly everything) - infuse fragrances - eat and drink flowers - make and use powders/spices.



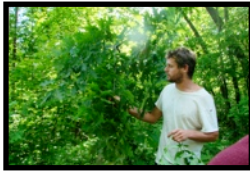
### Friday 3rd Session 12:45-2:15 p.m.

#### Wetland Edibles

Sam Thayer

Waterways have been crucial foraging grounds to Native peoples all across the world. We'll take a paddle around Little Elbow Lake and learn

about the identification, natural history, and food uses of several species of wetland edible found there, including wild rice, Wapato, Cattail, Sweet Flag, and Yellow Pond Lily.



Sam Thayer is the author of Nature's Garden and a wonderful blog site called Foragersharvest.com.

#### Bread Making Part 1

Francois Medion

Breads, a hands-on demonstration of the No-knead method and Dutch oven baking on an open fire with a brief discussion of all things related to breads: the history and lore of bread, flours, sourdough starter, fry breads (demo), bush bread, bannock, gluten uses beside bread and gluten sensitivity.

#### Fire Starting

Matt Mattson

Three methods of fire starting will be demonstrated with additional methods of fire starting also shown.. The identification, gathering, processing, and preservation of materials will be elaborated upon. Participants will be able to try their hand at all methods.

### Friday Open Session Beginning at 2:30

- Family fishing/canoeing
- Volunteer for dinner prep
- Visiting

### Saturday 1st Session 8:30 a.m.- 10:00 a.m.

#### Silence as Nutrition, The Plant Nations Essential Gift: Story Telling to Awaken Our Capacity to Receive

Kathleen Westcott

Kathleen will tell stories describing a rich body of teachings transmitted by the Plant Nation through the action of direct perception; a state of still silent shimmering awareness that is our natural state of being. Wild Gathering and Nutrition will be explored as the fruit of communion with our interior and external plants; nourishing body, emotions, soul/spirit.

Look forward to perceiving: Each and every flower is the radiant mirror image of its ancestral star. Our human nervous system is our interior plant. Our care filled language is to us what the pollen is to a plant: the fruition of a well lived life.

#### Making Hazelnut Milk

Sam Thayer

Hazelnuts are on of the most ubiquitous wild foods of the North Woods. Learn tips on identifying, harvesting, husking, cracking, shelling, storing, and how to make hazel milk—a most delicious and filling wild drink.

### Parent and Youth Wild Food Trail Bites

Mike Krebill

Back by popular demand! Children mixed up a batch of these delightful no-cook energy nuggets. Wild ingredients were added, including black walnuts that adults cracked and shelled out. The recipe took first place at the National Wild Foods Association meeting in West Virginia in 2011. Participants will get a copy of the recipe plus wild food trail bites to share with family & friends. Contributions of dried wild fruit are invited.

#### Healing Spices

Elya Holstein

How to use everyday and exotic spices to make dishes tasty, to boost health and beat disease.

#### Bread Making Part 2

Francois Medion

Breads, a hands-on demonstration of the No-knead method and Dutch oven baking on an open fire with a brief discussion of all things related to breads: the history and lore of bread, flours, sourdough starter, fry breads (demo), bush bread, bannock, gluten uses beside bread and gluten sensitivity.





**Saturday  
2nd Session  
10:15 a.m.-11:45 a.m.**

**Parent and Child  
Plant Walk**

Bill Paulson

Explore the some of the plants of Little Elbow Lake Park as we learn what plant worlds exist in and around camp.

**Burdock**

Laura Reeves

Getting to know the hundreds of edible and otherwise useful plants around us can be a daunting task. So why not get to know a few plants really well? The common burdock is not only an abundant food source, it has a host of other uses, as well. Join Laura to find out why burdock is revered by both wild food aficionados and wilderness survival enthusiasts.



**Wild Rice**

Bob Shimek

Learn all about wild rice and how it is a traditional food for the Anishinaabe.

**Try Something New**

Mike Krebill

This is a sharing session where we learn from each other as well as from the instructor. One of the attractions in foraging is to boldly go where we have never gone before, to experience untasted plants, to experiment with new recipes, and come up with novel harvesting and preparation techniques. Would you like feedback on a recipe or to share what you forage? Demonstrations of equipment and processing methods are invited. Your instructor will provide a list of what he judges to

be worth looking at on the internet. Let's pool our collective savvy and share with one another.

**Saturday  
3rd Session  
12:45 p.m.-2:15 p.m.**

**Herbal First-Aid & Iridology**

Richard Rapatt

Looking for natural ways to heal your insect bites and other owies? Learn about the simple healing powers of salves and tinctures from these plants. There will also be a few tips about the wood tick. Iridology: "The eyes say it all," Study of the eyes & how they relate to ALL the organs of the human body. Learn to read Facial Features for early signs of illness.

**Outdoor Knife Skills**

Steve Dahlberg

As the the Norse say (excuse the pronoun choice, but it is an old saying), "A knife-less man is a lifeless man." Knowing how to properly maintain and use a knife is an important skill for anyone (regardless of gender!). We will begin this session learning how to evaluate and sharpen an outdoor knife. Please BYOK. Also we will work on some simple knife skills by carving a butter spreader. Wood blanks for carving will be provided.

If possible also bring along any sharpening equipment that you use. If you would like to buy an outdoor knife for this session, contact Steve asap for recommendations at sdahlberg@wetcc.edu.

**Acorn 'Quick' Bread**

Dana Trickey

Incorporate nature's healthful bounty into your food menu and discover how to use these local wild edibles in creating great tasting dishes for your family. Participants

will learn how remove the tannins from acorns to make acorn flour.

**The Wild Kombucha  
Experiment**

Laura Reeves

Kombucha is tea that is naturally fermented by a symbiotic culture of bacteria and yeast (SCOBY). It contains probiotics and other nutrients that help to improve gut function and health. For the past year, Laura Reeves has been conducting experiments. Find out what does and doesn't work.

**Saturday  
Open Session  
Beginning at 2:30**

**All Welcome to the Trade  
Blanket**

Roger and Anne Sherfield

Each participant will have an area to set up and display their item(s) for trade. After every one has had a chance to look everything over, 20-30 minutes, there will be a drawing to establish order of trade. When a participant's number is up they will place their item[s] on the trading blanket, one item at a time unless they want multiple items to constitute one trade.

As a item is put up for trade each of the other participants may make a offer to trade by placing their item on the trading blanket. Multiple offers may be made at the same time with "seller" having the option of excepting any or none of the offers. Haggling is not only accepted, it is expected!

"Side Barthers" are allowed but please do not upstage the main show.

As a last resort, cash might be acceptable to some traders. So, remember bring along your trade goods. Anything hand crafted, homemade, wild crafted, or home grown would be acceptable.





# The Campsite

- No alcohol or drugs are allowed.
- This is **primitive camping**. There is a hand pump for water. There is no electricity or faucets with running water. In the interest of preserving the wildness of the experience, we ask folks not to bring generators.
- We are on a lake, which is great for fishing and swimming, so feel free to bring your own kayak or canoe. There will be **ample** portable toilets, but there are no shower facilities.



# What to Bring

- Potluck food or a dish (add your own wild edibles!) to share Thursday evening, June 21<sup>st</sup>.
- Your own snack food to suit you or your families' needs between meals.
- There is a hand pump water well though some may wish to bring their own drinking water.
- Be prepared – bring camping gear, tent, sleeping gear, rain gear (including footwear), camp chairs, insect repellent, swimsuits, **dishes, bowls, and eating utensils.**

- There will be dishwashing stations.
- We will have a **talent show** Saturday night again this year: Please consider sharing your gifts!
- Your own fishing gear.

hairy, furry, and quilled neighbors for the duration of the WFS. We will be visitors in their territory would feel terrible if something unfortunate were to happen to your pet.

- Minimize bringing items that will require some type of disposal. (Please take home your own garbage and recyclables).

# What NOT to Bring

- We request that participants **do not bring pets**. We are camped in a remote area and could have

## Directions:

Wild Food Summit signs will be posted.

### From Detroit Lakes (DL) or Thief River Falls (TRF).

Take U.S. Hwy. 59 north (from DL) or south (from TRF) to Waubun, turning east on State Hwy. 113. Drive approximately 15.9 miles, just past mile marker 31. The Little Elbow Lake Park sign is located immediately north of Tulyaby Lake and State Hwy. 113 (near the central part of the White Earth Indian Reservation). Roads will be marked.

### From U.S. Hwy. 71, near Itasca State Park:

Take State Highway 113 west approximately 17 miles, just before mile marker 31, turn right (north) into Little Elbow Lake Park.

### Contact Info:

**Becca Dallinger**  
(218) 849-1372 (cell) or  
(218) 935 -0417 Ext. 314

**Tammy Bellanger**  
(218) 935-0417 Ext. 213

*The Wild Food Summit is made possible by grant funding from the USDA.*