



Photo credit: Tina Moses

Debweyendan (“believe in it”) Indigenous Gardens (DIGs)

SATURDAY | OCTOBER 26 | 10 – 3 PM*

*Registration begins at 9:30 AM

Recipes from the Decolonizing Diet Project:
Homemade sauce and vinegar from American Sweet Crabapples

Promoting Intergenerational Learning
and Access to Healthy Foods and Medicines.

Participants will become proficient in identifying the American Sweet Crabapple and in making Crabapplesauce and Crabapple Cider Vinegar. Decolonizing Diet Project Cookbooks will be available for purchase.

Teachers: Dr. Martin Reinhardt & Tina Moses

All are welcome to come at any time during this free event
Light lunch is included

Schedule and Locations

10-2pm Learning and Cooking at Zeba Hall, 16141 Zeba Rd, L'Anse, MI 49946

2-3pm Pressing apples at the Natural Resources Dept, 14359 Pequaming Rd, L'Anse, MI 49946

Please bring apples harvested from trees in your neighborhood - we will press them to make apple cider at the Dept. Bring containers for your apple cider.

Questions: Karena Schmidt, kschmidt@kbic-nsn.gov, (906)524-5757 x 30; Valoree Gagnon, vsgagnon@mtu.edu, (906)487-2180



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