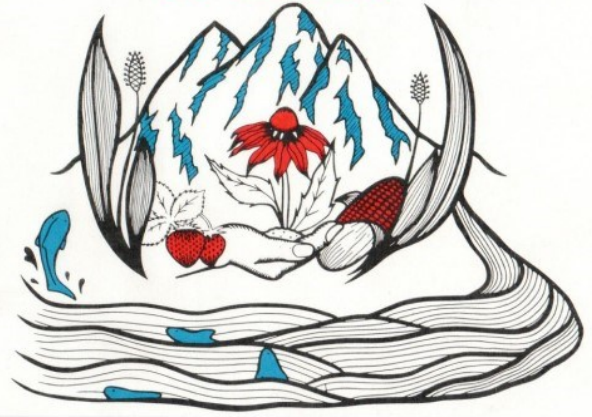




NISQUALLY  
COMMUNITY GARDEN  
Sx<sup>w</sup>da?dəb



Sx<sup>w</sup>da?dəb



Workshops Offered

- Medicine Making
- Making Body Care Products
- Gardening Tips and Tricks



Questions? Contact Us!

**Elsa Haun** Production Supervisor  
haun.elsa@nisqually-nsn.gov  
ext. 1167

**Chantay Anderson** Project Supervisor  
anderson.chantay@nisqually-nsn.gov  
ext. 1166

**Garden Telephone: (360) 456-5221  
ext. 1165**



# History



The Nisqually Tribe has a long history of Community Gardens, dating back at least to the 1970s. The Nisqually Community Garden at the sxwda?deb Culture Center began in 2009 on 410 acres of farmland at the mouth of the Nisqually River that was purchased by the Tribe in 1998. Hundreds of acres of this farmland were restored to estuary after being dammed for about 100 years in order to make it farmable. The Nisqually Tribe Department of Natural Resources removed the dams and planted thousands of native plants, restoring this critical salmon habitat. This Garden site sits on about 70 acres of uplands overlooking this restored estuary.



In 2020 the Tribe purchased a 7 acre property that runs along Medicine Creek. This property will be the new main garden site.



## About Us

Nisqually Community Garden works toward Tribal self-sufficiency, food sovereignty and overall community, family, and individual health. The Garden creates value for the Tribe by encouraging the active practice of traditional ways of healthy living & eating.

We tend 2 garden sites (10+ acres) of vegetables, berries, traditional plants, and fruit trees. All produce, medicinal plants, and body care products are distributed to both Tribal and community members.

We also coordinate classes and workshops so that people can build skills in growing, harvesting, and preparing their own foods and medicines. Our staff provides technical knowledge and assistance about general garden related topics to tribal community, individuals, and other outside tribal gardens.

Through all these efforts the Garden contributes to real improvements in physical, spiritual, mental, and emotional health.

### Services/ Programs Available:

- Weekly Garden Stand (June-October)
- Weekly Elders Box Program
- Elders Garden Bed Program
- Weekly Elders Center Delivery (for elders only)
- Fresh fruits and vegetables
- Body care products
- Preserved and dried produce
- Natural Medicine and Teas
- Garden tours & youth field trips
- Volunteer opportunities
- On-the-job training
- Garden Consultation
- Annual harvest party
- Teach classes on and off campus

