

# MVSKOKE FOOD

*Mvskoke Food Sovereignty Initiative*



## "My Brother's Keeper"

by artist  
Anthony Mitchell  
depicting  
Mvskoke & Seminole  
Union Soldiers  
during the  
Civil War Era.  
This painting is  
on display at the  
Mvskoke  
Council House,  
Okmulgee, OK



## Monthly Events

[www.mvskokefood.org](http://www.mvskokefood.org)  
COMMUNITY CALENDAR

February 12, 19 & 26

### MFSI Mvskoke Food Cooking Series

**Class 1: Feb. 12 - Osafke Cooking Class**  
MFSI will present a free Osafke cooking class at Wilson Indian Community Center at 1 p.m.

**Class 2: Feb. 19 - Pumpkin Cooking & Seed Saving Class**

MFSI will present a free pumpkin seed saving & cooking class at Wilson Indian Community Center at 1 p.m.

**Class 3: Feb 26 - Cvtvhakv Burning**

MFSI will present a free class on the burning of the cvtvhakv (purple hull peas) and corn husks, if weather is agreeable. This is an outdoor event for a portion of the class, so please dress accordingly.

These events are geared for youth, but everyone is welcome to attend. To RSVP for any of the Cooking Series classes, please contact Stephanie Berryhill at [sberryhill@mvskokefood.org](mailto:sberryhill@mvskokefood.org) or call (918) 759-0817 or (918) 756-5915.

February 17

**Sapulpa Indian Community Center & MFSI Harvest Meal: Youth & Elders Sharing Wisdom**

MFSI in conjunction with Sapulpa Indian Community Center will host a free Harvest Meal at 4 p.m., Feb. 17. This event is for Youth & Elders to interact, sharing their wisdom through stories concerning farming, gardening & ranching. MFSI will provide the meal, but everyone is invited to bring their favorite dish. For more information or to RSVP, please contact June Marshall at (918) 752-6139 or MFSI Offices at (918) 756-5915. MVTO!

## Key Ingredients: Osafke Presentation

By: Melodie Sivadon Reader, [mreader@mvskokefood.org](mailto:mreader@mvskokefood.org)  
Communications, Marketing & Research Coordinator

**M**FSI Youth Coordinator Stephanie Berryhill, along with Community Coordinator June Marshall participated in a Osafke demonstration for the Fort Gibson Historic Site & Friends of Fort Gibson as part of the "Key Ingredients: America by Food" Museum on Main Street exhibit. This program is a collaboration between the Oklahoma Humanities Council and the Smithsonian Institution. Other partners for the traveling exhibit include the National Endowment for the Humanities and MFSI as a presenter.

Berryhill spoke to over 100 ninth grade students from Cascia Hall Preparatory school located in Tulsa, OK.

Working with Fort Gibson Historic Site Curator, Chris Morgan, Berryhill gave a presentation concerning the making of osafke, and the foods that Native Creek Union soldiers may have prepared as they traveled the area during the Civil War.

Her talk focused on what foods the soldiers may have had available from both area farmers and refugees at Fort Gibson. Native farmers in the area, were likely Cherokee, Creek, and

# Beginning Farmers & Ranchers Class

By H. June Marshall  
Community Coordinator  
[jmarshall@mvsokofood.org](mailto:jmarshall@mvsokofood.org)

Six beginning farmers and ranchers got up very early on Saturday, Nov. 12, 2011, some as early as 4 a.m., to make the trip to Poteau Kerr Center for the first of a year-long training sessions. Two training/mentoring programs were offered: horticulture and livestock. The six are on the horticulture tract. The training is all about building a sustainable agriculture business. The farmers and ranchers who are already in the business know about building the business utilizing a business plan, setting goals, record-keeping, finding out what are your resources whether it is people, equipment, livestock, seeds, etc. Mike Everett, Oklahoma Farmers and Ranchers Association, tired from being up most of the night at his daughter's birthday party and traveling from Dallas to Poteau, gave a session on goal setting asking pertinent questions: Where do you want to go? And How do you get there? Mike asked the audience to think about what do you want your world to be in the future? We each have our own \*goals (dreams) as we are beginners but I had to stop and think about land. What am I going to use if I do not have the land to farm or raise livestock? Native Americans probably have land but it is not being farmed. If my land is in another part of

the state, what other resources can I use where I am? Mike gave insight into the future regarding resources, including the money that will be needed to begin our operation. As an outreach to help farmers and ranchers, MFSI has developed and been distributing a resource guide that lists sources of available funding. The resource guide is available from MFSI. Resources are available for youth as well. To see your vision come to life, Mike said to write it out. We also learned how to piece together a marketing plan. This answered questions such as what do I want to do with my produce that I grow or what do I do with the chickens/cows/goats, etc. that is now on my land? What are the realistic marketing \*strategies? Lastly, financial planning was discussed - net worth, profitability, cash flow, and advice on how to write out your plan. Records must be maintained to document day-to-day decision making, future planning, and tax management. It is in the best interest to have good records. According to the documentation we received, "to be successful in today's business environment, a farmer must also be a good financial planner." Homework was given to provide a business plan by December 10 to identify: A brief history of our farm operation, creating my business mission statement, identifying our family business goals, and prioritizing goal. The next training session for

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SUE WHITE  
NICOA

## Word Coinings

## Beginning Farmers

Stephanie Berryhill, Youth Coordinator  
[sberryhill@mvsokofood.org](mailto:sberryhill@mvsokofood.org)

The staff at Mvsoko Food Sovereignty Initiative is interested in knowing what Mvsoko words you, your family, or community can come with to describe foreign / new food introductions such as 'chili' and 'crackers.' We recently asked "What you think or what do you think your grandmother or great-grandmother would have called it?"

Here mahe (very good) to Ms. Millie Scott of Holdenville, OK who submitted the following Mvsoko words for this months word coinings.

Chili: Meksekvke enhompety hiyat (Mexican food [that] hot one)

Crackers: tvlikkvrpvee (little dried bread)

### New Words: Valentine's Day, Cupid

Email your Mvsoko word suggestions to:  
[sberryhill@mvsokofood.org](mailto:sberryhill@mvsokofood.org) or mail to office.

horticulture is Saturday, March 10, 2012.

Those who are on the livestock tract will be attending training Saturday, February 11, 2012. All sessions will be in Poteau at the Kerr Center or the Kiamichi Tech Center from 8:30 am until 4 pm. Contact J. Marshall, MFSI, at 918-752-6139.

\*A goal is a statement of what an individual or family want to achieve. A strategy is the means accomplishing the identified goals.

\*\*The Kerr Center for Sustainable Agriculture is located on Kerr Road, on Highway 271, about four miles southwest of Poteau, OK. For information on Kerr Center please visit [www.kerrcenter.com](http://www.kerrcenter.com)

## MFSI to work with Food Policy Council Project

**Tahlequah, OK** - Rita Scott, Food Policy Council Project - Green Country, announces the Green Country Food Policy Conference, "Policies and Projects that Could Build a Regional Food System" to be held in Tahlequah, February 24, 2012, 8:30 - 4 p.m. at the Armory, located at 201. E. Delaware.

The morning will highlight four community based Food Policy Councils, to include MFSI, Tulsa Food Security Council, Pryor and Tahlequah, sharing their successes and challenges and lessons learned.

Traditional and local food lunch with Rhonda Clemens, Northeastern Oklahoma Regional Alliance as keynote, will speak on "Connecting and Leveraging our Regional Resources."

There will also be three minute 'sound outs' at the microphone about the exhibitors, shared resources, seeds, announcements, and more.

The afternoon will share the seeds of knowledge about five sectors of the food system; production, processing, distribution, consumption and composting.

Topics include: food hubs, commercial kitchens, processing facilities, distribution models--successful models, existing ones needing tweaked, and new ones. Sustainable greenhouse model, composting for backyard gardens. Beginning Farmer Program and Small Business resources and plans, geared for new growers.

Event is free. Registration deadline to participate in lunch is February 17th.

Contact:  
Rita Scott

Food Policy Council Project\_Green Country

Ok Farm and Food Alliance

Ph: 918.640.5408 E-Mail: [rita@okfarmandfood.org](mailto:rita@okfarmandfood.org)

## Key Ingredients Osafke Demonstration (continued from page 1)

Natchez. These farmers were probably growing crops, such as corn which the soldiers would have purchased from them at the markets at Fort Gibson or directly from the farmers themselves.

It is possible that Mvskoke who were also encamped at the fort for protection, would have had gardens and could have provided soldiers with another food source as well.

Since corn is a commonly grown crop, it is likely that Creek Union soldiers had access to it and could prepare osafke for consumption.

Berryhill prepared osafke in advance and brought some for the youth to sample.

“It is a most important part of work, making kids aware of perspectives they will never get growing up today,” said Berryhill. “Fort Gibson gave that opportunity to us, as they saw

the value of the kids having a native perspective.”

Fort Gibson Historic Site housed the traveling exhibit “Museum on Main Street” from the Smithsonian.

This exhibit focuses on revisiting American history via food.

“Our eyes were opened and their eyes were opened,” said June Marshall, Community Coordinator. “The kids really asked thought provoking questions.”

Youth seemed to be interested in all aspects of the osafke process. Berryhill also brought kitchen implements for the youth to view, which would have been used for osafke preparation during the Civil War era. While food was the main topic, Berryhill also covered what the Creek Union Soldiers would

have gathered around them for resources.

Items such as river cane for arrows was discussed as well as the appropriate woods for the southeastern long bows.

Berryhill stressed the importance of using hunting implements which would not have drawn attention to the location of the soldier, such as bow and arrow, instead of the guns which were issued.

While undoubtedly the soldiers used both, Berryhill believes that in less combative situations, the soldier may have drawn a bow, instead of a gun to hunt for game.

“The kids were really polite and inquisitive,” said Berryhill. “I think they enjoyed the presentation as much as I did.”



Osafke Preparation:  
Clockwise from top left:

Blackjack Lye,  
Osafke Pearl hominy,  
Pouring lye in the  
osafke, &  
Osafke Pearl hominy  
mixed with lye.

Photos by Stephanie  
Berryhill

# IHCRC & MFSI Community Family Supper Club

By: Melodie Sivadon Reader, [mreader@mvsokofood.org](mailto:mreader@mvsokofood.org)  
Communications, Marketing & Research Coordinator

January 26, 2012 at Park Elementary in Tulsa, OK, MFSI Youth Coordinator Stephanie Berryhill and Community Coordinator June Marshall participated in the Indian Health Care Resource Center's Community Family Supper Club.

There were around 40 people in attendance. MFSI provided the meal and both Marshall and Berryhill presented information concerning the traditional foods.

Students and parents received a leaflet with the photos and Mvsoko words associated with the food items on the menu.

Attendees included students who



attend the Parks after-school program, their parents and Parks, MFSI and IHCRC staff.

This hour-long event was very informative for students and parents.

"Everyone seemed interested in knowing what the food was, what was in it and how it was made," said Berryhill. "The

group was just the right size. We had time to visit and talk with both parents and students."

Berryhill went on to state that parents also wanted recipes of the foods that were served.

The menu was: hominy & pork (svkonepke), three-bean salad (tuccenen tvlakot), sweet potato (vhv cvmpv), corn bread (vctaklike), grape (pvrko), pineapple (cule - pine; svtv -apple), and strawberry (kepalv).

The whole wheat cornbread made by June Marshall was a big hit according to Berryhill.

"We did our best to access local foods for this event," said Berryhill. "The pork was locally raised, organically as were the eggs and the cornbread used was a regionally-milled flour."



Marshall discussed MFSI, the menu and the preparation of the foods, while Berryhill discussed the language and names of the foods.

"All in all it was a great event with enthusiastic, interested parents," said Berryhill. "We really enjoyed it and the kids and parents seem to have a great time as well."

All photos courtesy of Stephanie Berryhill

## MFSI Office Info

Mvsoko Food Sovereignty Initiative  
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Ph: (918) 756-5915  
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Office Hours:  
Monday - Closed  
Tuesday - 9 a.m. - 5 p.m.\*  
Wednesday - 9 a.m. - 5 p.m.\*  
Thursday - 9 a.m. - 5 p.m.\*  
Friday - 9 a.m. - 5 p.m.\*  
\*(unless working in the field)

MFSI Staff are here to help you. Please feel free to stop in and visit.

[mvsokofood@gmail.com](mailto:mvsokofood@gmail.com)

[www.mvsokofood.com](http://www.mvsokofood.com)



## Lavender Lemonade

**Kitchen time: 15 minutes**

**Ingredients:**

- 1 tray Ice cubes**
- 1/2 cup dried lavender**
- 2 cups boiling water**
- 3/4 cup sugar**
- 8 lemons**
- 5 cups cold water, as needed**

Directions: Place ice cubes in a 2 qt. pitcher. Place lavender into a bowl and pour boiling water on it. Allow to steep for 10 minutes, then strain lavender and discard. Mix sugar into hot lavender water, then pour into pitcher with ice. Juice the lemons into the pitcher. Top off pitcher with cold water. Stir, taste and adjust lemon juice or sugar as needed.

Pour into tall glasses and enjoy!

Melodie Reader

Mounds, OK



### *Our Mission.....*

MFSI is dedicated to enable the Mvskoke People and their neighbors to provide for their food and health needs now and in the future through sustainable agriculture, economic development, community involvement and cultural and educational programs.

Check us out on Facebook!



### **MVSKOKE FOOD**

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