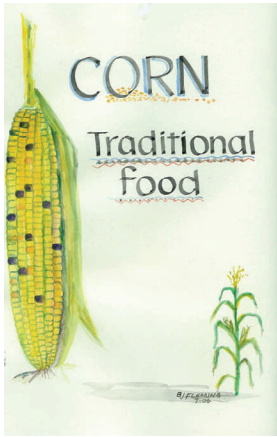


## Mission Statement

*Muskoke Food Sovereignty Initiative works to enable the Muskoke people and their neighbors to provide for their food and health needs now and in the future, through sustainable agriculture, economic development, community involvement, cultural and educational programs*



**August-Hiyo-rakko, Big Harvest/Summer  
September-Otowoskuce, Little Chestnut Month  
October-Otowoskv-rakko, Big Chestnut Month  
November-Ehole, Frost Month  
2008**

## Consumers Winning "Food Fight"

Just recently, the Centers for Food Safety announced that the voices of concerned consumers like you and me have been heard. Being aware of what we are eating is a must to maintain optimum health and prevent disease. Also, refusing to purchase products that may compromise our health is one of the best ways to influence marketers, producers and manufacturers to stop selling those products.

You may have noticed the rbGH claims labels on milk containers. Since around 1995, many dairy products marketed to the public have contained residues of rbGH, a bovine growth hormone used in dairy cows to increase milk production. The rbGH hormone causes increased levels of IGF-1 (insulin-like growth factor) in dairy products. IGF-1 is another powerful hormone that can survive digestion, make its way into the intestines and blood stream of consumers, causing serious health concerns. Numerous studies have shown that IGF-1 is an important factor in the growth of cancers of the breast, prostate and colon.

It is interesting to note that regulators in Japan, Australia, New Zealand, Canada and all 27 countries of the European Union have banned rbGH due to adverse effects on animal health. It's hard to understand how United States regulatory agencies could even approve its use, knowing that residues will be passed on to citizen consumers.

Current demand for dairy products from cows raised without synthetic bovine growth hormone has increased greatly with 76 percent of consumers showing great

concern for safety and 88 percent agreeing that milk from cows raised without rbGH should be allowed to be labeled as such. This, at the very least, gives consumers an opportunity to make an educated choice.

Because of growing health concerns and consumer demands, many dairies have announced that they will not be using rBST (a specific type of rbGH produced by Monsanto) and will be labeling their products accordingly.

The good news is that due to the related loss in sales, the Monsanto Company is selling its interest in this product. Unfortunately, the pharmaceutical company Eli Lilly announced that it was seeking to purchase it through its Elanco Animal Health business and will very likely continue marketing it.

It seems that you and I will have to continue carefully reading those labels to avoid purchasing and consuming food items that are laced with dangerous nonfood residues. Our health depends on it. And so...the fight goes on.

Contributed by Dena Lindley, MFSI Research & Education



**New faces at the MFSI Office— Cynthia Tiger from Kellyville, Dena Lindley from Okmulgee, and Chumona Deere from Okemah have been added to our roster and will be seen quite often with their smiling faces.**

## Muskoke Food Sovereignty Initiative

Volume 3 Issue 4

August/November 2008

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### MFSI Board of Directors

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June Thomas  
Jackson Barnett

### MFSI Advisory Committee

Johnnie Brasuell – MCN Diabetes Program Director

Sharon Iverson- MCN Dietitian

Emman Spain – MCN Cultural Preservation

John West – University of Tulsa Horticulturist

Yvette Wiley – MCN Environmental Services

Steve Wilson – National Society for American Indian Elders

Donna Williams –MCN Citizenship Office

Lou Fixico-MCN Elderly Nutri.Ser.

### Ex Officio Members

Lester Ligons – USDA/NRCS Tribal Liaison

Bud McCombs-Hunter,Fisher, gardener

### Staff

Executive Director - Vicky Karhu

Co-Director-Ben Yahola

Office Manager-Dacey Barnett

Chumona Deere-Projects Manager

Dena Lindley, Educa.&Research

Cynthia Tiger, Community Coord.

A majority of the Board, Advisory Committee and staff are Muscogee (Creek) citizens.

MVTO to Jesse Smith Noyes Foundation, First Nations Development Institute, Honor the Earth Fund of the Tides Foundation, SSAWG T&TA and our friends who have donated time and money to MFSI.

## Produce from the free seeds...



Barton Williams, Wilson Indian Community Center, Henryetta, picked out the squash seeds during the MFSI visit to the Center with gardening information. Shown above is the result of planting the seeds at his home garden during the summer. The squash were at least two feet long.



### Does Your Diet Contain Inulin?

Most of us are familiar with the benefits of fiber in our diet and how important it is for our digestive health. Fiber rich foods provide more bulk in our diet, making us feel full longer and helping to remove toxic waste out of our bodies more effectively, promoting regular bowel elimination. Also, fiber can help **control intestinal pH, prevent cancerous substances**. Many health professionals encourage their patients to increase their fiber intake to help them **control their cholesterol levels**. Soluble fibers can help **regulate blood sugar** for people with diabetes.

A dietary fiber, called inulin has been a healthful part of our diet for thousands of years. It occurs naturally in over 36,000 plants, including many common foods such as bananas, wheat, asparagus, onions, garlic, leeks, rye and Jerusalem artichokes. (One of the most abundant sources is chicory, the roots of which have been ground and used as a coffee substitute for decades.)

Inulin has excellent nutritional and functional characteristics and can be used to replace fat, sugar and flour. Read the ingredients list next time you purchase any processed food and look for the word "chicory root" or "inulin". Its use is ever increasing in the production of processed foods in everything from cereals to yogurt to cookies.

As we process more foods, we lose the many beneficial properties inherent in this unique carbohydrate. To compensate for this loss, and with an eye toward adding greater health benefits to our modern cuisine, food manufacturers embarked on a new food frontier: the creation of "functional" foods — food compounds added to the diet which provide two or more nutritional benefits.

Inulin is the star in a class of compounds called fructans, plant storage carbohydrates made of fructose rather than glucose. Like cellulose, inulin resists digestion but its unique properties make inulin unlike cellulose because it acts as a soluble fiber providing the type of bulk that aids the body's **absorption of calcium and magnesium** in the small intestine. In the large intestine, inulin is broken down by beneficial bacterial through fermentation to yield short chain fatty acids. These beneficial products are believed to aid in the **prevention of colorectal cancer**.

The health benefits of inulin are no less than impressive. Inulin is a probiotic. Pre- and pro-biotics are "good" bacteria that help maintain gut health. Foods like yogurt contain probiotics. Pre-biotics "feed" the probiotics forming a healthy chain of digestive bacteria keeping your gut healthy. This process may alleviate many forms of digestive problems.

The secondary goal in adding inulin and other nondigestible carbohydrates as functional foods is to meet consumer demands of taste and texture in modern processed foods without adding calories. Some can be used to provide sweetness, while others mimic the mouth feel of fats. In a weight-conscious society, tastes and textures of low-calorie foods often lure more consumers than the long-term health benefits.

If consumers are happy with the taste and texture of inulin modified foods, then the long-term health benefits are just "icing on the cake".

Contributed by Dena Lindley, MFSI Research and Education

### RECYCLE! RECYCLE! RECYCLE! SAVE THE WORLD! One person at a time!

MFSI is asking you to bring in any yogurt, cottage cheese, sour cream or other used plastic containers to our office at 208 W. 6th St. in Okmulgee. These will be used for starting seedlings to plant in the spring. Anyone bringing in 20 containers will receive a voucher worth 1 tomato plant that will be redeemable at planting time.

## MFSI News

### Creek Nation 4-H and Diabetes Prevention Youth Camps

The Mvskoke Food Sovereignty Initiative staff and volunteers prepared traditional and nutritious meals for the Creek Nation 4-H Camp and the Diabetes Prevention Youth Camps that were held July 16 through August 6th. The meal was served once a week at Eufaula, Okemah, Okmulgee, Koweta, and Sapulpa. Also, a little bit of background of the food was presented along with a handout that had the nutritional facts of the meal and food words in Creek language and recipes. The menu for each meal was svkonepke (pork and hominy), tolose hotopke (baked chicken), tvhoyv (squash), tvlak cate (brown beans), 3-bean salad, vce tvklike (cornbread), ahv cvmpv (sweet potatoes), fruit kabob, lemonade sweetened with Splenda.

The recipes are as follows:

#### Ahv cvmpv

4 medium sweet potatoes, cooked in skins  
1/4 cup brown sugar  
1/4 cup margarine, melted  
1/2 tsp. cinnamon  
1 cup of walnuts

Heat oven to 350 degrees. Peel cooked potatoes, mash, and arrange in shallow pan sprayed with non-stick cooking spray. Combine remaining ingredients; drizzle over potatoes. Bake uncovered at 350 for 20 to 30 minutes or until glazed and heated through.

#### Svkonepke

2 lbs. pork, cut in small pieces  
1 1/2 c. sofke corn or hominy ( 1 lg. can)  
2 qts. Water  
1 tsp. salt

Put water in pot, add sofke corn (if using sofke corn). Cook sofke corn until almost tender. Add meat to sofke corn and boil until tender. (if using hominy, add and heat thoroughly).

#### 3-Bean Salad

3 cans of kidney beans  
3 cans of yellow wax  
3 cans of green beans  
1 small purple onion, sliced  
1/4 c. Cooking oil  
1/4 c. Balsamic vinegar  
Mix all ingredients in order listed and refrigerate overnight.

The fruit kabob included strawberries, red and green grapes, pineapples, cantaloupe, and raisins.



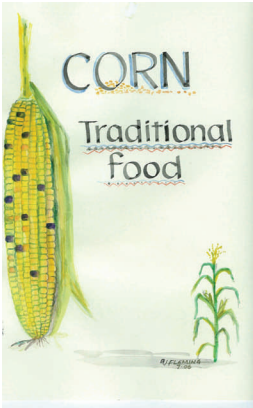
MFSI HOSTED A PEPPER JELLY CLASS AT WILSON INDIAN COMMUNITY CENTER WITH DENA LINDLEY BEING THE TEACHER. EVERYONE TOOK HOME AT LEAST 4 1/2 PINTS OF THE JELLY. IT WAS A VERY EDUCATIONAL CLASS.



**Get Involved TODAY!!!!!!**

## Mvskoke Food Sovereignty Initiative

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### Calendar of Events

January 16-17, 2009-28th Annual  
Horticulture Industries Show,  
Ft. Smith, AR

January 21-24, 2009-2009 Practical  
Tools & Solutions for Sustaining Family  
Farms (Southern SAWG) Chattanooga,  
Tennessee

### Interested in Indian Food-related movies and books?

We would like to start having Movie Night and a Reading Circle at our office in Okmulgee. Please call if you are interested - 918-756-5915.

MFSI Office and Resource Center is open at 208 W. 6th St., Okmulgee, OK, MFSI Office hours 11:00 A.M. to 4:00 P.M. Tuesday through Friday and by appointment, call 918-470-3819 outside office hours.



