



Basket of Vegetables grown by Loretta (Yahola) Griffin with seeds from MFSI

July Calendar

www.mvskokefood.org

July 4th, 2012

Mvskoke Food Sovereignty Initiative's office will be closed for 4th of July holiday

July 14, 2012

Kerr Center for Sustainable Agriculture Beginning Farmers and Ranchers program, Poteau, OK. Beginning Farmers and Ranchers: J. Marshall, S. Berryhill, L. West, R. Belcher, J. Skaggs and husband Ray, M. Bear.

July 30 - August 1, 2012

Eagle Adventure Partnership Workshop, Stillwater, Oklahoma

Join the interdisciplinary team from the Chickasaw Nation & Oklahoma State University to learn how to implement this in-depth diabetes prevention program developed using the CDC's popular Eagle Books as a central theme. For more information, see: <http://www.eagleadventure.com>

Garden Fresh

H. June Marshall
Community Coordinator

Say Hi to Loretta (Yahola) Griffin

Okmulgee gardener Loretta Griffin stopped by the MFSI office early Friday morning to bring vegetables she is growing in her garden. She received seeds from MFSI and they are now producing. Thanks to her for returning the seeds. She is growing Cushaw squash, acorn squash, and purple hull peas and a variety of peppers, corn, and tomatoes. She is canning as well;

see her jar of beets. MFSI has a variety of seeds to give away, and we only ask that you return some of the seeds to us so we can give out next year. Thanks to our local farmers, ranchers and gardeners who are growing and bringing seeds to MFSI for continuing the legacy.

Stop by the MFSI Office during our office hours:

Monday - Friday
9 a.m. - 5 p.m.

Greetings to all from the Executive Director!

As you all know, we've entered the "Dog Days" of Summer a bit early. Officially the period begins July 3rd and ends August 30th. Mother Nature has decided to move those dates forward based on the Weatherman's temperature predictions. Now more than ever we need to remember to water our gardens and preferably in the early morning hours before 10 a.m. We've begun to harvest tomatoes, onions, potatoes, okra, and green beans. We chose not to plant sweet corn this year as I have a "sweet corn" connection and have already put up a bushel. Our hearts soar as we gather the "fruits of our labor" for a bountiful harvest. Those "canned" vegetables are going to taste wonderful this winter!

I am pleased to announce that MFSI purchased a Van from funding from a Grant that we applied for and received. The Van will enable our staff to better serve the needs of our communities as we continue to educate and inform our people of the importance of fresh food and a healthy lifestyle. I recently had an Uncle who had to have his foot and part of his leg amputated due to Diabetes. One of our goals at MFSI is to help stop this horrific disease and show our people that slight changes in our diets and increased activity results in major differences in our well-being.

Blessings to all, and have a great Summer!

Darrell Fox, Executive Director
Mvskoke Food Sovereignty Initiative

MFSI Today

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National Gathering of CCHE (Communities Creating Healthy Environments) in New Orleans

Rita Williams
Policy Coordinator



came together and shared openly their work in communities to better their cities through working in neighborhoods for safe streets, assisting immigrants through land purchase for better housing, lobbying politicians for equal

restore a community tradition of growing healthy foods. Many residents of New Orleans shared their stories after the devastation of Katrina. Only 25% of the people in this area returned to rebuild; many homes are still marked and vacant.

We networked, met new friends, shared with one another, and swapped information.

Rita Williams, CCHE Policy Coordinator and Stephanie Berryhill, CCHE Policy/Cultural Research attended the National gathering of CCHE(Communities Creating Healthy Environments) held in New Orleans, Louisiana.



The lessons learned that I took away from this conference was, many people of color are facing their own struggles for change, wanting their voices heard, fighting the political system in a

MFSI CCHE program director, Rita Williams was asked by

justice through employment, empowering the youth to become involved and educated in today's society, and more.

dominant society, rebuilding and restoration of culture, but one thing we all have in common is the spirit to be resilient, a God given inner strength and understanding that someone pioneers the way, change doesn't come overnight, and along this path, he allows us to see light at the end of the tunnel.



Praxis, who provide technical assistance and consulting, to do a case study presentation of our Muscogee (Creek) Nation Food and Fitness Policy Council work as a part of the workshops for the 200 participants.

Many people of color who are grantee participants of CCHE,

to better their living and working environments, very impressive and encouraging to see them in action.

We toured New Orleans backyard gardens in the lower 9th ward after Katrina and the efforts of one young single mother to

Top Left: National CCHE Gathering in New Orleans

Center: Stephanie Berryhill reporting on our group issues

Bottom: One young single mother's dream to restore community gardening in the lower 9th ward, heavily hit by Katrina

Better Process Control School

H. June Marshall,
Community Coordinator

Dacey Barnett and June Marshall attended the Better Process Control School sponsored by the Oklahoma State University Robert M. Kerr Food and Agricultural Products Center, Stillwater, Oklahoma, May 21-24, 2012. They satisfactorily completed the course of instruction as prescribed by the U. S. Food and Drug Administration as follows:

- Aseptic Processing and Packaging Systems
- Batch Agitating Retorts
- Closures for Double Seamed Metal and Plastic Containers
- Closures for Glass Containers
- Continuous Rotary Retorts
- Equipment, Instrumentation, and Operation for Thermal Processing Systems
- Flexible and Semi-Rigid Containers
- Food Container Handling
- Hydrostatic Retorts
- Microbiology of Thermally Processed Foods

- Principles of Acidified Foods
- Principles of Food Plant Sanitation
- Principles of Thermal Processing



- Records and Recordkeeping
- Still Retorts – Processing With Overpressure
- Still Steam Efforts

All of this deals with canning and processing of foods. Canning is a method of food preservation that renders a food and its container commercially sterile by the application of heat, alone or in combination with pH and/or water activity and/or other chemicals.

After listening to presenters on the seventeen chapters of the textbook, the canning process is not as simple a process as one might imagine. When purchasing a canned product from the local grocery store, one

does not realize the technical processes that are carefully and accurately followed in order to ensure the safety of the product. The Grocery Manufacturers/ Food Products Association (GMA/FPA) and other industry laboratories have conducted research over many years to establish heating times and temperatures required to destroy organisms. Students were introduced to the history of canning and the various methods of commercial sterility such as conventional canning (we are most familiar with this method in our households), aseptic processing and packaging, and formulation control. Testing was given after each chapter.

Congratulations to Dacey and June for receiving certification as supervisors on thermal processing systems, acidification and container closure evaluation programs. The training is an ongoing effort of the FDA and the Oklahoma State Department of Health in cooperation with FAPC to assist Oklahoma processors in complying with existing regulations. The next training will be offered in 2013 in Stillwater.

Pictured: Dacey Barnett's Certificate

July 4th

H. June Marshall
Community Coordinator

The national holiday **Independence Day**, commonly known as the **Fourth of July**, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776,

declaring independence from the Kingdom of Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the

history, government, and traditions of the United States. Independence Day is the national day of the United States. Throughout Oklahoma, many towns will be celebrating with various events, so get out and enjoy the holiday, and be safe. (www.wikipedia.org/wiki/July_4)



Healthy Meal from Farmers' Market

To the left: Vegetables were bought from Robyn at the Farmers' Market. This healthy lunch takes less than 30 minutes to prepare. New potatoes and beans were seasoned using fresh onions and peppers. Support your local growers by buying your vegetables at the Okmulgee Farmers' Market Tuesdays and Fridays from 8 a.m. - 1 p.m.

Food Handlers Training, June 18 & 20, 2012

H. June Marshall
Community Coordinator

MFSI conducted food handlers training at their downtown office on June 18 & 20, 2012, from 3 through 5 pm. Trainer was David A. Hogner, USPHS, who is headquartered out of the Muscogee (Creek) Nation, Okmulgee. Thirty participants including three MFSI employees were in attendance and learned the fundamentals of food safety. Food Handlers Certificates were issued that will expire in July 2015. MFSI would like to thank David for taking the time to conduct this very important training for the community. Future trainings may be held.



MVSKOKE FOOD

Mvskoke Food Sovereignty Initiative

100 E. 7th, Suite 101, Okmulgee, OK 74447

<http://www.mvskokefood.org>

Summer Events

Indian Health Care Resource Center of Tulsa (IHCRC)
Summer Camp Meals

Wednesday, July 18, 2012, 11:30 am, Clinton Middle School,
Tulsa, OK (40-45 students)

Thursday, July 26, 2012, 11:30 am, Clinton Middle School,
Tulsa, OK (40-45 students)

MFSI OFFICE

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

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Mvskoke Food Sovereignty Initiative is a 501 (c) (3) non-profit, organized exclusively for charitable, educational and scientific purposes.