

MVSKOKE FOOD

Mvskoke Food Sovereignty Initiative



Awaiting Christmas!
Happy Holidays from MFSI Staff and
Board of Directors

Christmas Memories

H. June Marshall
Community Coordinator

Looking forward to another Thanksgiving and Christmas 2012. The foods that are prepared during the holidays have remained the same all the years from being reared in the country to living in a big city to a small town where I now live in Okmulgee. Cooking is now in my ball field and working at MFSI has given new perspective on preparing meals with less sugar and fat. Holiday cookies are another complete story, and I will continue to use the butter, brown sugar, white flour, sugar, and 2% milk. My husband Eli and I bake cookies for gifts to give to our neighbors and church family. Through trial and error, we have learned that using a timer and parchment paper makes good cookies. Cooking for

the church is a very important part of my routine. My first church was the Apache Indian Baptist Church in Fort Cobb with Rev. DukeTsoodle, Sr. and wife Martha, my first Sunday school teacher. The little white church was a huge church then. The church is no longer being used but it still stands on top of an incline overlooking the country. It is an old country church. I remember how important it was to bring our foods to the church to share with one another, especially at Christmas. Everything tasted so good. My mom cooked many a meal for her family, and she also cooked for the church. The memories of Christmas' past seem to be on my mind lately, and I am thankful for the family and friends who helped make those memories for me. We would love to hear your holiday stories.

(continued on page 2)

December 4th, 2012

IHCRC After school program, Park Elementary, 3-5 pm

Indian Pumpkin Cooking/Seed Saving

December 6th 6:30 p.m. -- Wetumka Indian Community Center

December Date and Time TBA -- Sapulpa Elderly Nutrition Program

Coming Soon

Safke Tasting Trials for Serious Drinkers -- Okmulgee Elderly Nutrition Program

Late December / Early January

Purple Hull Burning Class (weather and wind permitting) -- Wilson Community

For the latest information call Stephanie Berryhill at (918) 759-0817 or email sberryhill@mvsokofood.org

MFSI Board of Directors

LIZ HOLATA
DUANE MEADOWS
CHUMONA DEERE



MFSI Advisory Committee

GEORGE TIGER
MCN Principal Chief

JOHNNIE BRASUELL
MCN Diabetes

SHARON IVERSON
MCN Diabetes Dietician

EMMAN SPAIN
MCN Cultural Preservation

JOHN WEST
Horticulturalist

YVETTE WILEY
MCN Environmental Services

DONNA WILLIAMS
Personal Chef

LOU FIXICO
MCN Elderly Nutrition



MFSI Staff

DARRELL FOX
H. JUNE MARSHALL
DICEY BARNETT
RITA WILLIAMS
STEPHANIE BERRYHILL
SUE WHITE



What were the smells? What do you still bake that you have been baking for years? My mom would put the turkey in the oven at 5 a.m., and we could smell it baking while we slept. She also made sage dressing (sometimes she would use too much sage). Daddy had to have fresh cranberry sauce and a pork roast. Mom made those dishes and yeast rolls, too. Enjoy the time with family and friends. MFSI has had a good year with our neighbors and friends. We thank you for the memories. Have a wonderful Christmas.

MFSI Office will be closed Monday/Tuesday December 24-25, and Monday/Tuesday December 31 and January 1st for Holidays

Farmers and Ranchers Program *“Farmers Talk”*

H. June Marshall
Community Coordinator

Tuesday night (November 13th, 6-8 p.m.) brought local farmers and ranchers out to learn about composting, cover crops, business plans, and the future of the Beginning Farmers and Ranchers Program (BFRP), a program of the Kerr Center for Sustainable Agriculture. The Oklahoma Farmers and Ranchers Association (OFRA) were in attendance with two of their, Mike Oakley and Ronald Banks. Oakley talked about the business plan that is critical to the success of the farm. The OFRA is also in partnership with the Kerr Center along with the Mvsokoke Food Sovereignty Initiative, Rural Smallholders Association, and the Oklahoma Cooperative Extension Service.

The Farmers Talk brought information on the issues on winter growing season in anticipation and preparing for the spring season. MFSI has been sharing gardening and farming techniques this past year with the Farmers Talk being the fifth training session held at MFSI.

BFRP graduates participated in the event: Mike Bear, Richard Belcher, Stephanie Berryhill, and H. June Marshall. Mike Bear gave his first training talk on cover crops (congratulations, Mike). This is his first time using three cover crops on his 70' x 110' garden (Hairy Vetch, Crimson Clover, Hulless Oats). The Kerr Center recommends use of cover crops to enhance soil fertility, prevent soil erosion and increase organic matter, improve microbiotic activity, aid in nutrient cycling, reduce soil temperature fluctuations, provide habitat for beneficial insects, and suppress weeds.

(continued on page 3)

Richard Belcher's talk covered composting as he explained the carbon to nitrogen ratio, carbon needed for energy and nitrogen for protein production. Richard is a retired Navy trainer and does an excellent job teaching us now. According to the Oklahoma Cooperative Extension Service HLA-6007, Improving Garden Soil Fertility, "many soils produce best when they are given both organic

and commercial fertilizers." See <http://osufacts.okstate.edu>. Mvto (thank you) to the group for their attendance and providing MFSI various topics for planning next year's calendar: Aquaculture, livestock, hay, berries, nuts, fruits, and gardening tips. The next training will be in January, so watch the newspapers for the announcement.



Left Top: MFSI Stephanie Berryhill Moderator for Farmers Talk. Note cover crop plants.

Left Bottom: OFRA Ron Banks (L) & Rita Scott, Sustainable Green Country OK Farm & Food Alliance (R) sharing gardening/livestock advice.

Above: OFRA Mike Oakley talk on Why a Business Plan is Vital

Recipe: Canned Deer Meat by Rhonda Makerney, Sawyer, OK

Cut deer meat into chunks. Place in large mouth jars & seal. Don't add water. Put sealed jars in cooker & pressure @ 90 minutes at 10 pounds. NOTE: This is good for deer ribs, too. One jar canned deer meat & 1 can cream of mushroom soup. Mix soup with juice from deer meat & heat. Serve over rice and enjoy.

Mvto to Rhonda for sending us this recipe. MFSI Staff



MVSKOKE FOOD

Mvskoke Food Sovereignty Initiative

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

<http://www.mvskokefood.org>

December 2012



MFSI Dicey Barnett (L) preparing wild onions & Sue White (R) serving Thanksgiving cuisine for the College of the Muscogee Nation students/staff, Nov. 20th. Menu: wild onions with eggs, 3-bean salad, hominy/pork soup, whole wheat cornbread, fruit salad, water. Thanks to Monte Randall, Dean of Student Affairs, coordinator of event. College located in Okmulgee, OK.

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

MFSI OFFICE

MVSKOKE FOOD SOVEREIGNTY INITIATIVE

100 E. 7th St., Suite 101

P.O. Box 813

Okmulgee, OK 74447

Ph: (918) 756-5915

Fax: (918) 756-5918

Office Hours:

M - F 9 a.m. - 5 p.m.

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

mvskokefood@gmail.com