

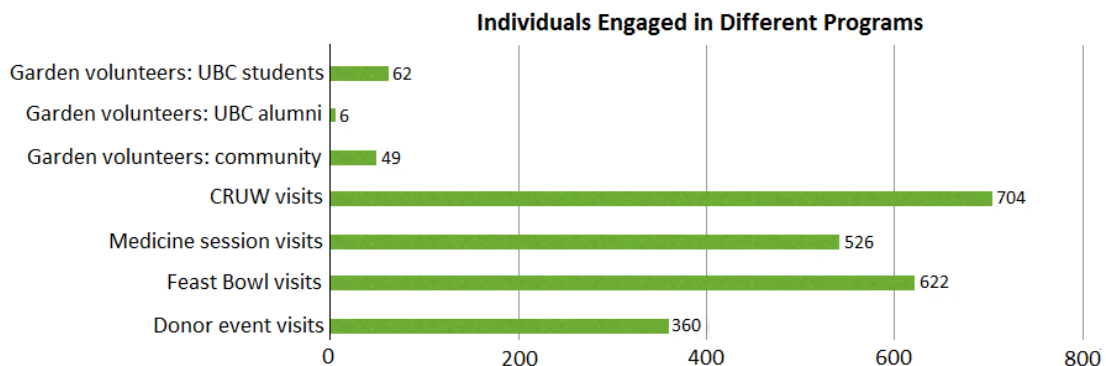
# Highlights from the Indigenous Health Research & Education Garden: 2014

2014 was an incredibly successful year for all Indigenous Health Research and Education Garden (IHREG) programs, bringing with it strengthened and broadened community engagement, teaching, and research. Our movement to the [Indigenous Research Partnerships](#) in UBC's [Faculty of Land and Food Systems](#) (LFS) under Dr. Eduardo Jovel has yielded positive growth in all program areas. Financial support from the Faculty of Land and Food Systems, the Vancouver Foundation, and the AMS Sustainability Fund was crucial to our successes in 2014.



Rosehips in late summer

**Community engagement** grew by over 400, totalling 2329 visits to IHREG programs and events in 2014. These included participants and partnerships with 15 community groups including Vancouver Coastal Health, Urban Native Youth Association, Nicola Valley Institute of Technology, and the Shíshálh First Nation. [The Feast Bowl](#) engaged 982 participants through 12 meals, 4 food preservation sessions, and 3 LFS Donor events. Communications grew thanks to our new home in the Indigenous Research Partnerships: we launched a new webpage and Facebook page, our e-mail newsletter reached over 700 subscribers, and we established a new informational sign for the garden. [The garden](#) had a successful growing season thanks to a hot and dry summer, a new overhead irrigation system established through a partnership with the UBC Farm, and an increase in volunteer support from 399 logged volunteer hours 2013 to 679 in 2014.

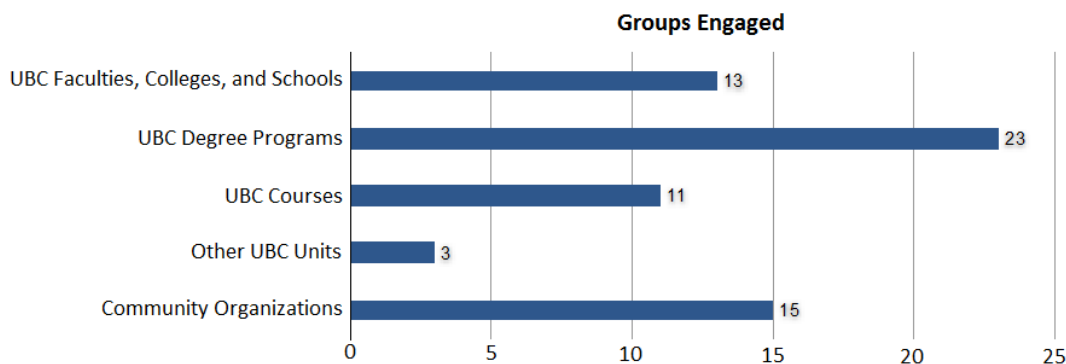


Chopping comfrey, June medicine workshop

*"This summer I found myself appreciating the concept of food as medicine. I have always understood it in my head, but it is pretty recent that I have started to understand it in my body. Growing up, I hardly ever ate organic, or local. Now that I am eating foods that I have a hand in growing, I feel better and more connected to my mind, body and spirit than ever. The plants take good care of us when we take good care of them, and this way of life is something I won't ever give up."* – [Danette Jubinville](#), 2014 IHREG Intern

## Teaching in the IHREG programs engaged 503 UBC students through course visits, student projects, directed studies, and volunteering (84% more students than in 2013).

Over 400 of these students participated in IHREG programs for UBC course credit and they represented 23 degree programs, 11 accredited courses, and 13 faculties including Land and Food Systems, Education, Medicine, Arts, and Science. We established five new [student internships](#): 1 Feast Bowl, 2 CRUW Research, and 2 Garden internships, totalling 24 credits of directed studies. Academic engagement was a great success in 2014 and also a learning experience as we continue to find the best fit for student learning and the needs of our programs and community. In 2014, [the Medicine Collective](#) facilitated 30 medicine sessions in the IHREG. These included 19 medicine-making workshops (5 public, 14 with specific groups) and 11 medicine walks, bringing 526 visits to the garden. Both the Feast Bowl and the Medicine Collective received funding from the AMS Sustainability Fund at UBC, which helped us reach more UBC students in our programming. [The CRUW youth program](#) brought 704 visits to the IHREG, engaging Indigenous youth in foster care and other culturally diverse youth aged between 12 and 15 in land-based learning. The CRUW program also contributed to the construction of a new yurt at the UBC Farm, which has greatly improved the educational capacity of the site through the addition of this new classroom space.



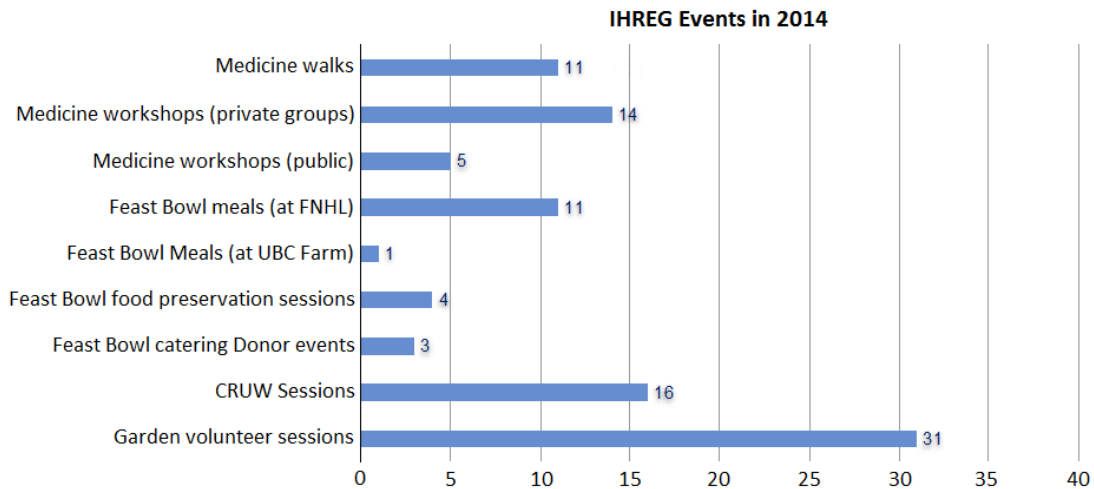
**Research at the IHREG explored the impacts of traditional Aboriginal healing knowledge and culturally-relevant land-based learning on youth.** In 2014, the IHREG partnered with [Sharing Our Wisdom: A Holistic Aboriginal Health Initiative](#), a project funded by the Vancouver Foundation and led by Dr. Teresa Howell (LFS Indigenous Research Partnerships) and other collaborators. This brought 80 visits to the IHREG to engage in holistic health circles during spring and fall. Final research reports and submission for peer-reviewed publication are expected in 2015. The CRUW program, led by Dr. Jeff Schiffer (Vancouver Aboriginal Child and Family Services and Adjunct Professor in LFS Indigenous Research Partnerships), launched an evidence-based research study to assess the impacts of culturally-relevant land-based learning on Indigenous youth in foster care and other diverse urban youth. Submissions for peer-reviewed publication and conference presentations are planned for 2015. The five IHREG Internships supported UBC graduate and undergraduate students in 2014, including Directed Studies credits to conduct research on garden-community kitchen partnerships, Indigenous research methodologies, compost system design, Indigenous resurgence, ethnobotany, and Indigenous knowledge.

*“In addition to participating in the day-to-day activities with CRUW, I was able to learn about the complexities of doing research, especially with youth and within an Indigenous context. I really valued the moments of research where I was able to have one-on-one conversations with the youth about their experience with CRUW. I always felt honoured to listen to and witness their stories and was constantly humbled and inspired by the youth, by the depth of their insights, by the different connections they were forming with the land, and by the level of their awareness and self-reflection—even at ages as young as 12 years old.”*

— [Molly Billows](#), 2014 CRUW research intern



CRUW youth learn to smoke salmon in fall



**Coming up in 2015** we plan to enhance communication and outreach, strengthen our relationships with community and UBC, and increase research and teaching engagement.

While grant funding will support part of our operations for 2015, we will need other sources of support—including potential donors—to increase the sustainability of our programs and staffing. In its sixth year of existence, the Feast Bowl Program is planning an evaluation and visioning process and we hope to hire a Feast Bowl Project Assistant to support this initiative. At the garden, we look forward to establishing a new composting system, improving our soil quality through planting summer cover crops, and increasing our native medicinal plant collection. CRUW is excited to partner with Outward Bound this year to expand current research areas and land-based learning opportunities for youth. We will continue seeking new partnerships with Indigenous artists to complement the richness of the garden. Finally, we are preparing to establish a new name for the garden from Musqueam Elder Larry Grant. Stay tuned for updates on these initiatives.

We want to say **thank you** to the Musqueam First Nation, communities, faculty, students, and funders for their support generously shared with us in 2014. Your support allow us to strengthen our relationships and the work we do. We look forward working together in 2015!



*EDUC 440 students harvest lemon balm on a spring medicine walk*



**Indigenous Research Partnerships**