

Phyllis Howard, OEHD, Guest Speaker at UTTC

SPECIAL POINTS OF INTEREST:

- Ms. Howard shared her experiences of when she helped her mother plant a garden.
- The Hidatsa practiced a certain planting design when planting the garden, which by today's standards would lean toward a scientific method.
- The four main staples in a garden are corn, beans, squash and sunflowers.
- Ms. Howard discussed the nutritional value of vegetables.



On June 1, 2010, a group of elementary school students gathered at the Lewis Goodhouse Wellness Center on the campus of United Tribes Technical College to listen to a presentation on "Gardens" by Phyllis Howard, director of the Office for Elimination of Health Disparities with the North Dakota Department of Health.

Ms. Howard shared her experiences of when she helped her mother plant a garden. Her most distasteful



job was pulling weeds in the garden. But it was most rewarding when she and her sisters helped harvest the garden at the end of the summer. It was a fun weekend for her family who brought potluck and ate outdoors under the wooden scaffold. Her

mother made sure the vegetables were divided equally among the sisters' families, so everyone had fresh vegetables to take home.

The Hidatsa practiced a certain planting design when planting the garden, which by today's standards would lean toward a scientific method. The four main staples in a garden are corn, beans, squash and sunflowers. The sunflowers would be planted on the northern

side of the garden so they would not shade the other plants. The squash would be planted on three-sides facing the east, south and west. The rows on the inside would be staggered between corn and beans. A diagram of the garden plantings, taken from a Native

American gardening book, was passed out so the students were able to see the planting methods by the Hidatsa women.

Most of the students identified the various vegetables and sunflower seedlings from the pictures. They were familiar with the vegetables because their grandparents and parents planted gardens and grew vegetables.



Ms. Howard discussed the nutritional value of vegetables and told the students to eat a variety of vegetables at each meal if possible. She mentioned fresh vegetables and other produce can be purchased at the farmers markets during the summer if the families cannot grow a garden.



NORTH DAKOTA
DEPARTMENT *of* HEALTH

**Office for the Elimination
of Health Disparities**

600 E. Boulevard Ave., Dept. 301
Bismarck, ND 58505-0200

www.ndhealth.gov/oehd

Phone: 701.328.2439, 701.328.1502

Fax: 701.328.1645

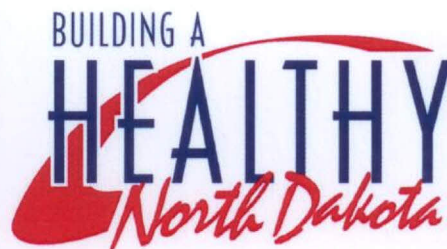
E-mail: phahoward@nd.gov
clstanley@nd.gov

Vision:

North Dakota's long-range health vision is to achieve health equity for all people.

Mission:

The mission of the Office for the Elimination of Health Disparities is to lead statewide efforts to address health disparities. Working toward fulfilling the mission, an office addressing health inequities was established in the North Dakota Department of Health in 2007.



Thank you to Ruth A Buffalo-Zarazua (Mia E'desh), director, MBA, in the Strengthening Lifestyles Department at the United Tribes Technical College for the invitation to talk to the elementary students about gardens.

Gardens
Lewis Goodhouse Wellness Center
United Tribe Technical College
June 1, 2010