



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## *UTTC Lifeskills Lessons – Managing Home & Self*

### Lesson 33: Home Landscape: Garden and Yard

LS00033

#### ARAPAHO QUOTE

“All plants are our brothers and sisters. They talk to us and if we listen, we can hear them.”

*Arapaho*



#### RESOURCES

- <http://nationalhumanitiescenter.org/tserve/nattrans/ntuseland/essays/threeworlds.htm>
- <http://indiancountrytodaymedianetwork.com/2013/05/04/cleaning-environment-starting-reservations/>
- <http://www.esf.edu/nativepeoples/>
- <http://www.bhg.com/gardening/design/styles/planning-your-front-yard-landscape/>
- State and County Extension Offices
- [www.ag.ndsu.edu/burleighcountyextension/](http://www.ag.ndsu.edu/burleighcountyextension/)
- UTTC Extension Educators  
221-1426

#### LIVING WITH PLANTS AROUND US!

Native cultural belief is that everything in nature—people, plants and animals as well as inanimate objects such as rocks and shells—are connected. Planting seeds and gathering wild plants to eat required certain prayers and rituals to show respect. To celebrate, many indigenous tribal people danced, fasted, cleaned their houses, built new fire pits, and even forgave neighbors’ transgressions each season acknowledging the plants. This allowed people to begin a new growing year with a clean body and spirit. These rituals support the fact that Native people practiced conservation and had connection to plants as relatives. Caring for plants near your home, keeping your home surroundings free of garbage, and growing food on your home’s landscape shows respect, value, and pride for yourself and your family.

#### COMMUNITY CLEAN-UP AND RECYCLING

“Take only what you need and use everything you take,” is advice from many elders. They explain that the Native way has always been to be careful custodians of the gifts given by the Creator. As we grow up, we hear elders talk about respect without questioning the truth of these statements. Are we proud of our role as “the protectors of Mother Earth?” Every community member should walk the walk. What can individual families do to protect “Mother Earth”? We tell others who we are, not by talking about our ancestors, but by what others see in us and our children!

#### YARD DESIGN FOR PRIDE

The outside of a house, whether rented or owned it, says a great deal about the people who live there and how they feel about their home.

If you rent, you may not want to invest in plants, but you can ensure the walkway which invites others in, is clean and friendly looking. It should be free from garbage, holes in the dirt, or broken toys or vehicles.

Yardscape might include flowers (native like bergamot, milkweed, wild roses, etc. or annuals like marigolds, zinnias, sunflowers, geraniums, etc.). You may choose to use herbs (mints or teas) and other edible things like cherry or raspberry bushes or apple trees to personalize your yardscape.

#### GARDEN FOR LIFE IN YOUR SPACE!

Having a garden next to your home provided healthy food, gives meaningful work and weekly exercise, and connects you to Mother Earth for emotional and spiritual strength. Gardening is like no other thing you do, as far as the benefits it offers. Children learn so much in a family garden. Working the soil allows what the Creator offers to enter our home.

## CONTAINER GARDENING!!!

Container gardens allow you to:

1. save space
2. grow plants indoors near a window, on the porch, patio or deck
3. create an area for peace and quiet
4. enhance your diet with fresh herbs and vegetables you grow
5. move your plants if they need more/less sunlight
6. water more efficiently by increasing or decreasing drainage
7. use bags of purchased soil to serve as a container garden. Punch holes in one side for drainage, place that side in a tray or on the earth. Cut out the other side of the bag and plant seeds. Watch it grow.



## BEST PLANTS FOR CONTAINER GARDENS

- **Greens:** Arugula, lettuce, & Mesclun mixes (kale, Swiss chard, spinach greens)
- **Herbs:** Basil, Parsley, Marjoram, Chives, Mint, & Rosemary
- **Snack Foods:** Chery or yellow pear tomatoes, cucumbers and some pepper varieties

## BACKYARD GARDENING!!!

Plant in raised bed or directly into Mother Earth. Individuals and families interested in having a garden plot, one or more square feet, in their front or back yard should just do it!

Begin with a small plot so you are successful. Prepare the soil, buy the seed, and plant your favorites. Carrots, beets, potatoes, cabbage, onions, cucumbers, tomatoes, cilantro, basil and dill all do very well in this area.

Be sure you have access to water and enjoy your time with the birds, butterflies, and soil a couple times each week.

**TIP:** Raised beds save knees!





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## HOME LANDSCAPE: GARDEN AND YARD

#### **OBJECTIVES:**

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1. To introduce the connection between self pride and sustainability and sovereignty.
2. To discuss ideas how everyone might do yard landscaping.
3. To introduce and discuss recycling efforts to support home and community beautification.
4. To present ways to grow edible plants, either directly into the earth or using raised beds.

#### **PROCEDURE:**

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1. Write objectives on the board.
2. Distribute UTTC Lifeskills Lesson 33 Talking Sheet.
3. Ask for a volunteer to open the session with a prayer about Mother Earth, or open the session with a minute of silence.
4. Ask participants to share experiences of landscape memories.
5. Together read the Talking Sheet – stop to discuss occasionally.
6. Review growing food methods. Focus on raised beds, and where community gardens are located.
7. Using resources for County or State Extension programs, handout printed materials relating to best plants to grow within the local community.
8. Together develop a list of where to get seeds and plants in the local community. Depending on the season, the class might be best received if it is taught outdoors in a garden plot for planting or harvesting experience.
9. Optional: Ask a community waste management contractor, visit a website, or show a video to discuss home home recycling
10. Optional: Ask a local landscaper to share best ideas for landscaping a yard
11. Distribute and collect the evaluation.

#### **RESOURCES FOR INSTRUCTION SUPPORT:**

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1. <http://nationalhumanitiescenter.org/tserve/nattrans/ntuseland/essays/threeworlds.htm>
2. <http://indiancountrytodaymedianetwork.com/2013/05/04/cleaning-environment-starting-reservations>
3. <http://www.esf.edu/nativepeoples/>
4. <http://www.bhg.com/gardening/design/styles/planning-your-front-yard-landscape/>
5. [State and County Extension Offices](#)
6. [www.ag.ndsu.edu/burleighcountyextension/](http://www.ag.ndsu.edu/burleighcountyextension/)
7. UTTC Extension Educators – 221-1426
8. Local landscape design business, local nursery business,
9. Community Waste management for resources and guided discussion relating to recycling and projects in the community.
10. <http://www.wm.com/thinkgreen/recycling-residential.jsp>
11. [https://www.youtube.com/watch?v=y11auc\\_MluQ](https://www.youtube.com/watch?v=y11auc_MluQ) (6.5 minutes) (single stream recycling – home and plant)

#### **TIME:**

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50 minutes





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**EVALUATION**

*On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.*

**Not Confident**

**Very Confident**

Please rate how confident you are in connecting with local resources to guide in yard landscaping.

1                      2                      3                      4                      5

Please rate how confident you are in recognizing the connection between personal pride to sovereignty and sustainability.

1                      2                      3                      4                      5

Please rate how likely you will be using this information to plan and plant a personal garden.

1                      2                      3                      4                      5

Please rate how confident you are in supporting the idea of recycling.

1                      2                      3                      4                      5

***New things I learned or understand better because of the lesson***

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***Comments***

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