WOYUTE WAS'TE BASKETS
By April Goettle

The Santee Food Basket program continues to successfully deliver fresh vegetables and fruits to Santee residents. The weekly program has expanded in the last few weeks to include buying vegetables from Santee growers. Providing healthy food to residents and a selling opportunity to growers in Santee are two of our primary goals. We are full swing into the tomato season, and will be demonstrating salsas and tomatoes in our canning workshops.

Order by Tuesday, 4 p.m., pickup on Friday, 11 a.m. at Wellness. Check our Facebook page for updates. EBT/Cash/Credit accepted.

FARMERS’ MARKET
By Kristine Flyinghawk

The month of July was a hot one for the Santee Community Farmers’ Market with market day temperatures in the mid 90s. We had several new vendors this month: Big Sarge BBQ from Springfield, SD, Barger Homegrown sweet corn from Lindy, Neb., Tracy Sheridan Beadwork and Kristine’s Kitchen both from Santee, Neb. Any vendor is welcome to attend. Please contact Kristine Flyinghawk at 402.404.6950 if you are interested in vending.

Saturdays from 10 a.m. - 2 p.m. at Ohiya Casino.
Meet Delberta Frazier, Gardener for July. Delberta is an innovative gardener. The picture shows her in front of her cucumbers. Delberta created a lattice work 6 ft. high for her cucumbers to climb. She has flowers to attract birds and bees. There is a white iron table and chair in the watermelon patch for rest, for Delberta’s “get away.” This backyard garden is worth a visit; she has tomatoes, layered potatoes, assorted peppers and much more. This garden is productive and a work of art.

This is “Roscie” she is the granddaughter of Jen Hoffman. Gardens make you think of vegetables and Jen has had a veggie garden for several years. This year she wanted to add flowers. In front of her house, we planted corn lilies - a perennial - and zinnias - an annual. Roscie is Jen’s right hand lady.

Mary James is the Gardener for July. This is one hard working lady. Mary planted, grew and is picking sweet corn - yum, yum. She is also picking potatoes, zucchini, cucumbers, onions and more. Still growing in her garden are tomatoes, peppers and pumpkins. Mary has watered, weeded and cared for her garden all summer and now she is reeling in the benefits. Go girl.

We had several great workshops in July and August in Santee, including a nutrition and canning workshop, and a foraging workshop. We showed guests how to can pickled green beans by the water bath method, with our purple beans turning green as they hit the hot pickling mix. We also demonstrated making ratatouille, a simple vegetable stew, with amazing summer produce including tomatoes, eggplants, peppers, onions and garlic.

The foraging workshop was an adventure. Guests shared their knowledge of various nutritional and medicinal plants, followed by a walking tour of the waterfront park where we easily discovered two dozen different plants in a quarter mile stretch.

Our workshop finished up in LeAnn Red Owl’s garden, where her sweet corn plot had been infected with corn smut, or, in Aztec, Huitlacoche, which is a mushroom-like fungus considered a delicacy in Latino cooking. We sautéed some of the “smut” with fresh sweet corn and tested it out!

Our next workshop, Seed Saving, was on Aug. 30, at Nebraska Indian Community College in Santee. We learned how to save seeds from tomatoes, peppers and several other common garden plants.

Santee Community Foods Project Facebook page:
www.facebook.com/SanteeCommunityFoodsProject