



# SEEDING SOVEREIGNTY RESOURCE GUIDE



The SRCDC Food Sovereignty Initiative is dedicated to restoring our Indigenous food systems that support self-determination and combat preventable health epidemics. The Seeding Sovereignty Program's primary goal is to create a pathway for our community members to achieve self-sustainability.



By establishing gardens and planting seeds to grow nourishing crops, we are also encouraging a reconnection to our traditional foods and medicines. Growing gardens can create resiliency in our community, as well as beauty to our landscape. Let us come together in planting seeds of responsibility for ourselves and our future generations. Let us also encourage each other to grow more food locally and transition ourselves to a more sustainable economy.

– Sunshine Claymore



To be truly sovereign, is to be able to feed oneself.

- Elder Wisdom

**Gardening tips and resource material provided by community garden enthusiasts: Sunshine Claymore and Donnette Medicine Horse.**





## OBSERVATION OF SITE

**What size it will be?**

**What type of seeds do you want to grow?**

Annuals (*usually vegetables*)

Perennials (*usually fruits*)

Pollinator Blends (*flower to attract helpful organisms*)

**What is your garden's microclimate?**

Temperature range

Sunny or shaded

Soil type and fertility

## DETERMINING SEEDS

**Do you want warm season (summer) or cool season (spring and fall) plants?**

Warm season plants are usually fruit and seeds: 70° - 80°

(*Examples: corn, bean, squash*)

Cold season are typically leaves and roots: 50° - 70°

(*Examples: radish, potato, kale, cabbage*)

General needs of plants: sunlight, air, water, nutrients from soil

## TOOLS

**What tools will you need?**

Shovel, Pitchfork, Rake, Tiller, Watering Hose, Sprayer

Till garden area in spring or for no-till practices spread a thick layer of mulch then cover with a tarp over the winter.

## SEEDING

**Do you want a garden to be designed in**

**rows or mounds?** (*You can determine this on the seed packet*)

Rows: Spread manure about 3" to 4" thick. Then mix with shovel and use rack to level ground.

Mounds: Dig a hole about 3' across and 6" to 8" deep. Then mix with a couple of grocery bags full of aged manure. Refill the fill of the mound



**WÓIQŁAKA**

**BUILDING A  
SUSTAINABLE  
FUTURE THAT  
WILL EMPOWER  
INDIGENOUS  
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AND DAK ÓTA'  
VALUES"**



## INDOOR SEEDING

Starting indoors, plant things that do not like frost.

Use containers like milk cartons, egg containers, flower pots with drainage holes

*Examples: tomatoes, corn, watermelon, zucchini*

Soil and compost

Use tray beneath your containers

Place in a warm sunny spot

Label your seeds (*popsicles sticks*)

With a water bottle (*20 oz soda bottle with holes poked in the cap works well for starts*), keep soil moist without soaking

Sprouts should be visible in up to 10 days (*Eggplant may take over three weeks of watering before sprouting shows*)

Four weeks after last average frost date and the week before transplanting, start taking plants out for a few hours in the morning sunshine to get accustomed to outdoors

Transplant outside when at least 3" tall

Prepare soil, dig hole a little bigger than roots

Try not to break the roots

Put plant in then fill hole and firmly pat around then water in

Water everyday for 7-10 days then every other day as things are established. By the second week things should be able to grow with water once or twice a week



## OUTDOOR SEEDING

When planting seed outdoors wait until last average frost date

Prepare soil either tilling or no till then adding compost or aged horse manure

Find out seed spacing, depth or whether they prefer rows or mounds from seed packets or online source

Place seeds in soil, cover then gently pat top.

Label what seeds are planted where (*popsicles sticks*)

Gently water in place everyday until sprouts appear

Then every three days until at least 4 inches tall

After you can switch to weekly watering by hand or rain throughout season

*(Thin plants once sprouts seem more established to allow space for more healthy plants to thrive)*





## WEEDING

- Wait until plants are about 5" tall so it will be easier to tell the difference
- Spread mulch around plants to reduce weeding over time leaves, straw, or compost
- Spread up to 4" layer to keep new weeds back
- Weed after the rain or watering so the soil soft which will allow the weeds to be loose
- Try not to leave roots behind
- Weed as often as possible

## FEEDING

- Add fertilizer as compost tea, aged horse manure, fish emulsion
- Watering once a week when plants are established if it is not raining
- Water in early morning or in the evening when the soil is warm

## CONTROL THE CRITTERS

- Some use pinwheels to keep gophers and birds away
- Soap spray can be used against insects
- If big animals come around too much may need to consider fencing or raised beds

## HARVEST

- Bring basket out to garden everyday to see what is ripen
- Picking as soon as the ripen encourages plants to produce more

## SIGNS OF TROUBLE

- Remove problem parts like yellowing leaves or rotting fruit
- Avoid gardening in wet weather
- Think about collecting seed from this years crop to save for following years
- Do not harvest all the crop, allow some to go to seed to collect



**YUTHECA**  
RESTORING  
OUR ANCESTORS'  
TEACHINGS TO  
CREATE A FUTURE  
OF OUR OWN



## ONLINE RESOURCES AVAILABLE

Earth Activist Online: Join an online community to learn about, discuss, and share practical and regenerative skills at:

<https://online.earthactivisttraining.org/share/iOLmoAmE8muUQOe>

Culturally important plants of the Lakota:

<https://puc.sd.gov/commission/dockets/HydrocarbonPipeline/2014/HP14-001/testimony/betest.pdf>

In depth companion planting guide:

<https://www.motherearthnews.com/organic-gardening/companion-planting-guide-zmaz81mjzraw>

Read about a 'no-till' garden in Selfridge, ND:

[https://bismarcktribune.com/news/state-and-regional/no-thrill-like-no-till-in-selfridge-garden/article\\_b08c1b10-d822-11e1-8c2d-001a4bcf887a.html](https://bismarcktribune.com/news/state-and-regional/no-thrill-like-no-till-in-selfridge-garden/article_b08c1b10-d822-11e1-8c2d-001a4bcf887a.html)





#GIVINGTUESDAY

GIVE TO *Protect.* GIVE TO *Empower.* GIVE TO *Overcome.*

# STANDING ROCK

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