Being Well Being:
The Institute for Aboriginal Health’s Teaching and Learning Garden

A video about the IAH garden’s Feast Bowl community meal, created by UBC student Maryel Sparks-Cardinal and the First Nations House of Learning in the fall of 2012.

The IAH has developed a community training and research garden plot in partnership with the UBC Farm and the Faculty of Land and Food Systems. This is one of four indigenous initiatives and part of the Land-Based Aboriginal Strategy at the UBC Farm. In place since 2006, this plot serves many educational and research purposes including:

1. Providing produce and teas for the Feast Bowl community meal, in partnership with the First Nations House of Learning.
2. Supporting regular medicine walks and workshops held by elders and other knowledge-keepers focused on salve-making, tea-making, and tobacco pipe mix making.
3. Housing the Culturally Relevant Urban Wellness youth program from March to October each year.
4. Partnering with the community-based research projects of the IAH
5. Partnering with the educational objectives of the IAH Summer Science students at the Farm
6. Addressing indigenous food security and access to traditional plants through a living germplasm and knowledge database about managing native flora and some of our native perennials
7. Providing healthy, locally produced food for the various events sponsored by the IAH, including traditional native foods
8. Promoting the health of Aboriginal student volunteers, and the IAH/College of Health Disciplines staff through access to healthy foods and opportunities to work in the garden

For more information, please visit http://www.iah.ubc.ca/research/community-education-and-demonstration-research-garden