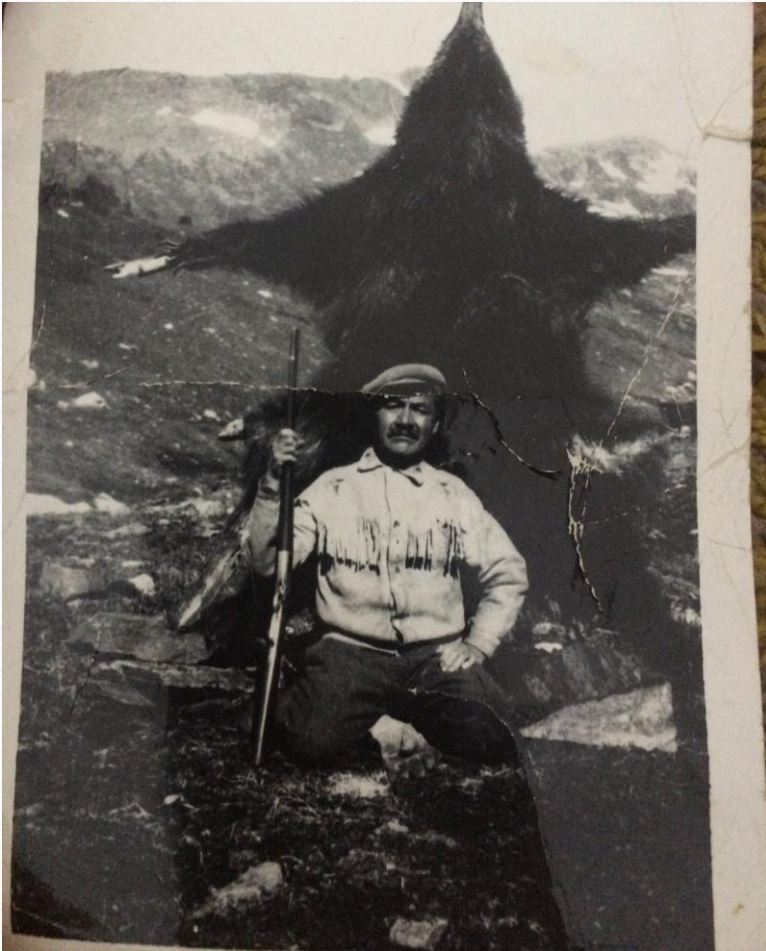


Spapium Little Prairie Farm

Experience our Nlaka'pamux heritage on the land. Be revived on the land. Be inspired on the land. Take back your health on the land. Growing food naturally and sharing the wealth from the land since 1882.

Great Grandparents



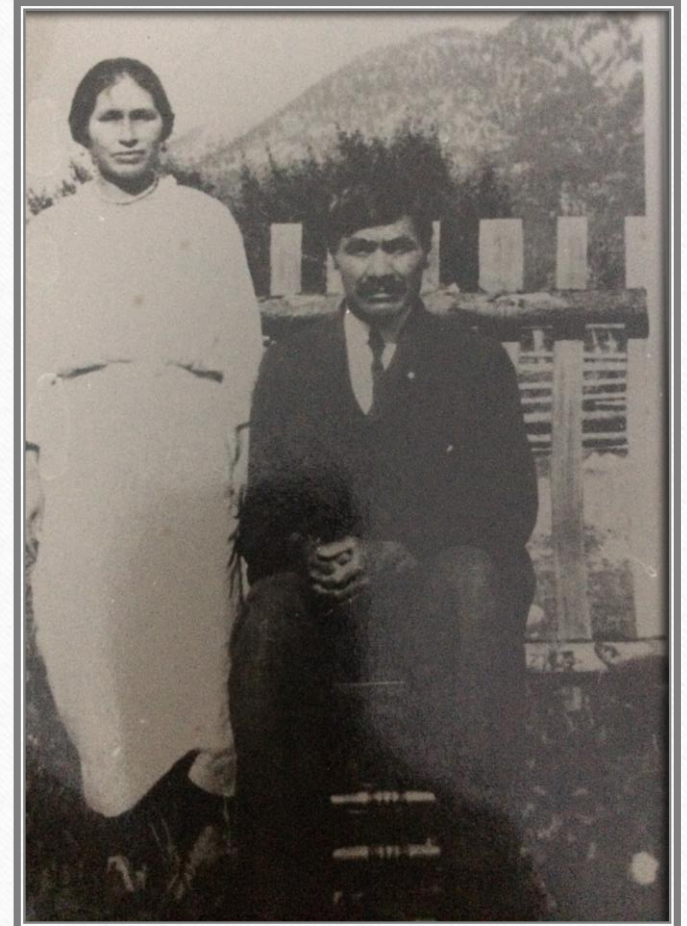
Isobelle Oates & Kanu (Harry) Thom

From Spapium

From Boothroyd

Nlaka'pamux

Grandfather Raymond Thom left me
to care for the land...



Excellent Climate...very hot, and we
have water and good soil...

Irrigation water rights from 1882

Traditional lands of our ancestors



In the beginning we had just got started...the Siska Fire June 2015

We packed materials over the CN Walking Bridge

We worked in lots of smoke...helicopters...work crews...

Had a great team of 12 going on the irrigation and field preparations...



2015 Spapium
Farm Heritage
Produce



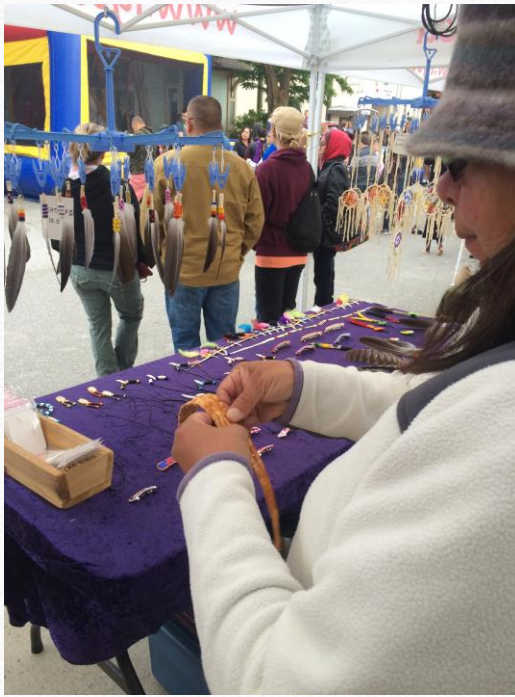
Spapium Farm 2015 - Successes

- Accessed Ministry of Agriculture programs – Tier 1 Production planning;
- Able to access funds to start – Vancity Small Growers Loan; and later to cover the GYW Program - Sto:lo Community Futures – SFCF SEP
- Farm community support – Mojave Kaplan and Erin – Stein Mountain Farm Organics, John Aleck, Francis Vandyke
- Employed 12 in first year
- Lytton Two Rivers Farmers Market; Stó:lō Pop Up Market
- Completed an Environmental Farm Plan
- Completed a Spapium Farm Employee Guide (COABC)
- Accessed AtBC Tier 2 program for website development

Spapium Farm 2015 - Challenges

- We got going late in the season – loan approval process
- Staff productivity and knowledge – we were all learning together
- Siska Fire was a challenge, and High Water was long and Ferry Closed
- Lack of deep farming and food gathering knowledge
- Ditch and flume line maintenance and repair - miles to N'k'a'ia Creek intake
- CSA to start after 1st year of farming – Advice from Mom

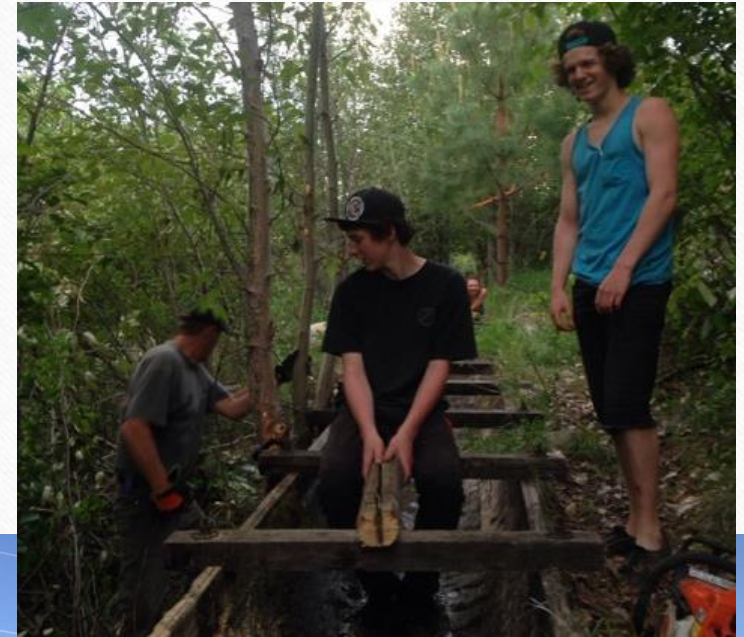
Spapium Farm 2016



2016 Major Flume Repairs



Spapium Farm Volunteers





Friends & Family

Mentor -
Mojave Kaplan
Hide Tanning
Expert - John
Garcia
Elder -
N'kixw'stn
Cousin Harry
Thom





Tilling the Potato Field – Garden 1



Heritage Bing Cherries...Sold Out in 2016
Daughters Brianna and Danielle organized sales.






Marketing and Social Media Intern 2016

- Famers Markets
 - Lytton Two Rivers Farmers Market
 - Stó:lō Coqualeetza Market
 - That Local Market Chilliwack
- CSA Veggie Box Program
- Spapiumfarm.ca maintenance and updates
- Facebook
- Instagram @spapiumlittleprairiefarm
- Funded by Get Youth Working Program

Markets



Brianna & Math



Brianna and Math are part of the family revitalising the Spadium Little Prairie farm on Westside. These young people are working hard to provide fresh, nutritious food for our local community.

**SUPPORT OUR
LOCAL PRODUCERS**

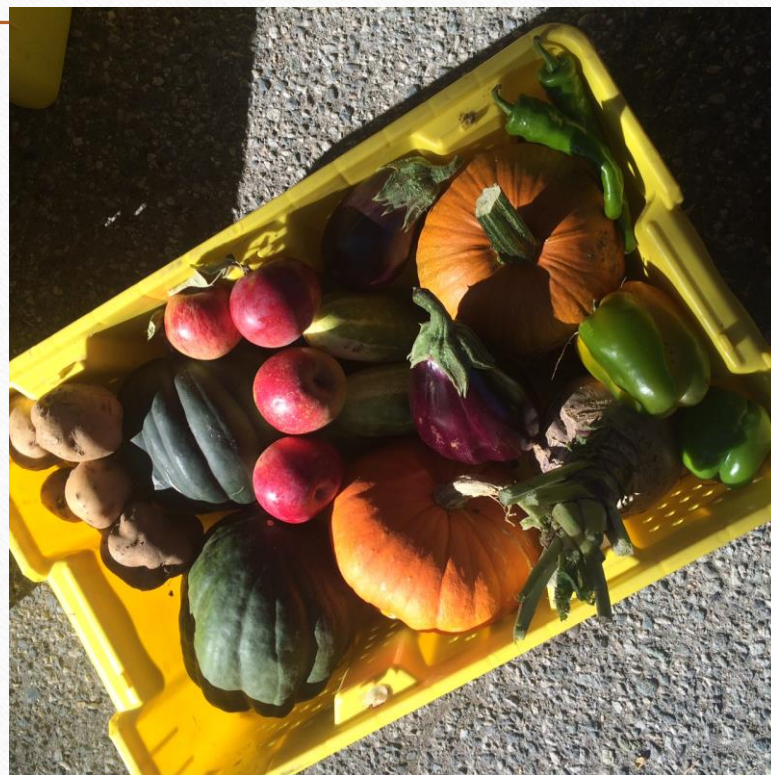
Fridays 10-4

LYTON
TWO RIVERS
FARMERS MARKET
TwoRiversFarmersMarket.ca

Indigenous Artisan Show Production



Veggie Boxes



Harvest 2016



Cedar Bark Bracelets



Cedar Weaving Workshops 2016 – Double in 2017




Connecting people to this ancient tradition
is always enlightening and empowering.

Make a cedar bark weaving to take home with you, to gift to
someone or to keep for your memories.



Cedar Bark Weaving



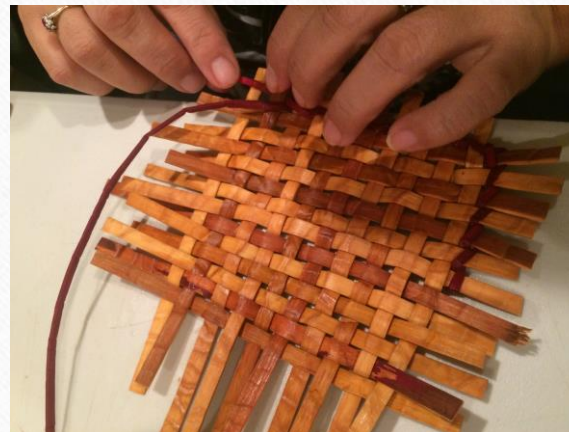
Cedar Bracelet or Mat Workshops
Custom Orders – Hats, Baskets...

The advertisement features a background image of hands weaving cedar bark. The title 'Cedar Bark Weaving' is prominently displayed in white serif font. Below the title are two inset images: a wide-brimmed hat and a bracelet with a gemstone. The bottom section contains text about workshops and custom orders.

2017 - Teaching the Teachers



“Many Voices, One Mind”
q̓x̓eləc, nácəmat θə† kʷθə šxʷqʷeləwən



New Opportunities with Lytton First Nation Health

Traditional Wellness Coordinator

- Off Farm Income
- Learn Traditional Wellness Ways
 - Medicines
 - Gathering foods on the land
 - Ceremony
- Used over time off for training in advanced weaving – 3m, Van. Wed's.

Traditional Wellness Framework

- With communities, develop a Traditional Wellness Framework
- Adapting final RRU Research from “Developing a Healing Destination in Indigenous Communities” to “Developing Traditional Wellness in Nlaka’pamux Communities”

Nlaka'pamux Traditional Wellness

Short Term Objectives:

- Support Building Understanding
- Develop Knowledge Resources
- Increase Knowledge Transfer
- Advocate & Support Traditional Healers & Communities

(FNHA model)

Successes:

- Launch Event
- Ongoing Traditional teachings opportunities
- Elders Traditional Foods Gathering
- Outreach at Community Events
- Support Traditional Camps on the Land existing and new
- Research on Nlaka'pamux Traditional Wellness, community identifies their own or preferred healers and ways of healing

NTW Launch



Nlaka'pamux Traditional Wellness – Camp in Petani June 17-19, 2016



Lytton Elders Traditional Food Gathering – Petani



Regalia Making – Lytton Memorial Hall





Traditional wellness and medicines

Being on the land
has opened new
opportunities in
health and
knowledge for
many
Nlaka'pamux



Spapium Farm: Produce & Value Added

Work with existing programs:

Consulting experts – BC Ministry of Agriculture 2014 - 2016

Growing Forward – Production Planning

Growing Forward - Marketing Strategy; Market
Development Preparedness Program

Build on existing research:

Nutrition Studies; FNHA Traditional Foods Guides



Learning on the Land

Dr. Jeanne Paul Traditional Medicine – Farm
Visit

Friends and Family – Farm Visits and Taking
out on the Land

Sage...Rosehips...wild
potatoes...mushrooms...cedar roots...wild
celery...goose berries...Saskatoon
berries...Huckleberries...Elderberries...cedar
bark...cedar roots...



Activities on the land ...

Spapium Farm walking tours 2016

Cultural based tours 2017

June 23 Media Farm Tour with Moon.com,
Vancouver Coast & Mountains, Destination
British Columbia:

Walking tour, Marlene Stewart award winning
fresh bannock and Skuppah Wild Mountain
Huckleberry Jam, Spapium Wild Tea on return.
Cedar Rope Bracelet making before departure.

Kanu – Harry Thom cultural tours - early 1900's



Media Coverage

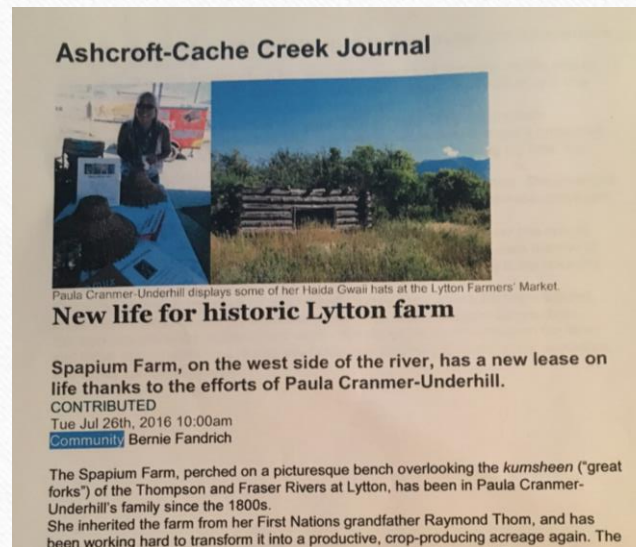
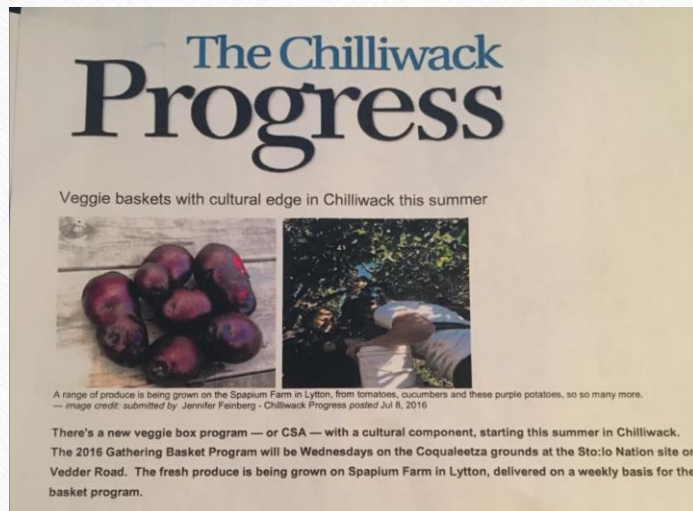
“New Life for Historic Lytton Farm”, Ashcroft Journal, July 26, 2016

“Veggie Baskets with a Cultural Edge in Chilliwack this Summer”,
Chilliwack Progress, July 8, 2016

“Paula Cranmer-Underhill and Brianna Underhill showed Spapium Farm woven-cedar works at the Bill Reid Gallery’s Aboriginal Tourism Show”, Malcolm Parry/ PNG, May 19, 2017



Malcolm Parry Vancouver Sun





Lytton First Nation Agriculture Club 2017 Lytton First Nation Sustainable Food Hub 2017

- LFN Ag Club was established to take advantage of the CN EcoConnexions Tree Program. 1,000 fruit, flowering, nut, and ornamental trees distributed to LFN members. \$1/tree. Member.
- LFN Sustainable Food Hub – participant farm. Once fully funded (2017/18), will provide coordination in marketing, value adding, storage, transportation for LFN farmers and gardeners.



Horses are coming... Training in 2017... Riding in 2018



Establish a Spapium 4H for our Youth – Get active on the land and care for and learn about horses – a healing way. Find and use our historic riding trails and have camps for the youth.



New and Future Goals

Camping at Spapium is Open - 2017

- Tourists
- Visiting Family & Friends
- Longer Term camps
- Seasonal harvesters
- Urban horses & families

www.spapiumfarm.ca/camping



Cabins on the land...

Eco Cabins on the land - 2019

- Staff & WWOOFers
- Family
- Artisans
- Elders
- Medicine People



More Cultural Experiences...

- Guided Hikes into the Stein Nlaka'pamux Heritage Park by knowledgeable Nlaka'pamux.
- Moccasin Making by a local family who excel at making moccasins and custom beadwork.
- Special Food & Music Events
- Indigenous Artisans
- Experienced on the land guides
- Traditional Foods special events in season...with varied music additions from traditional to popular music.
- Fall Pit Cook Winter Veggies Event

Create More Livable Space...

- Design semi sheltered gathering spaces...at The Pines...The Pond...Orchard...at the Campsite.
- Eating, teaching, learning places.
- Install a fun photo op location near the River edge...to see where the Rivers Meet in the background.



It takes All of Us....

- Working together creating opportunities
- Farm Mentors – Mojave, Erin & Ron, Ann...
- Mentoring others and sharing what we know
- It is lots of family, friends, and community digging in
- Remembering to smell the roses...



**Critical Success Factors - Brian Underhill,
Husband (29 years) and Lead Farm Volunteer;
daughters Brianna (19) and Danielle (18) and lots
of family and friends helping and supporting.**



Kwukwstemx! Gilakas'la!

Paula Cranmer Underhill

cranmer.underhill@gmail.com

(604) 819-0969

Spapiumfarm.ca

www.facebook.com/SpapiumLittlePrairieFarm