

UPPER MATTAPONI TRIBE

AGRICULTURAL DEPARTMENT



**GROW,
NOURISH,
COMPOST!**

TABLE OF CONTENTS



02
**MEET THE
TEAM**

03
**FROM THE
FARM**

04
**WHAT'S
HAPPENING**

07
**2024 HARVEST
SEASON**

14
**2024 COMPOST
PROGRAM**

18
**THREE SISTERS AND
OTHER STORIES OF
CORN**

21
**ROOTS OF
TRADITION**

24
**VOLUNTEER WITH
US**

Meet the Team

AGRICULTURAL MANAGER

JENNIFER ALEXANDER

PROGRAM AND VOLUNTEER COORDINATOR

KATELYNN TUPPONCE

BUSINESS OPERATIONS MANAGER

TIM ADAMS

LEAD AGRICULTURAL TECHNICIAN

DAWSON TUPPONCE

AGRICULTURAL TECHNICIAN

JOANIE BEVERLEY

AGRICULTURAL TECHNICIAN

TEDDY SHELTON

COMPOST TECHNICIAN

JOHNNY ADAMS

OUR PARTNERS

VSU - SMALL FARM OUTREACH PROGRAM

VSU - URBAN AGRICULTURE STUDENTS

VIRGINIA COMMONWEALTH UNIVERSITY

VIRGINIA TECH

UNITED SOUTH AND EASTERN TRIBES

KING WILLIAM COUNTY PUBLIC SCHOOLS

LOCA BEAN COFFEE

KING WILLIAM FLORIST

FROM THE FARM

The Upper Mattaponi Tribe's Food Sovereignty program, established in February 2023, continues to grow and flourish. Currently, the garden boasts one operational high tunnel and four outside production fields, with construction of a new high tunnel and greenhouse underway. These expansions mark an exciting chapter in the Tribe's agricultural journey, deeply rooted in its farming heritage.

Historically, the Upper Mattaponi people maintained large gardens of corn, beans, and various types of squash to sustain their villages. They also tended groves and patches of wild fruits, berries, nuts, and herbs, ensuring the community's well-being. This farming tradition has persisted through generations, reflecting the resilience and adaptability of the Tribe's agricultural practices.

While today's gardens may not match the vastness of their historical counterparts, they remain an essential part of tribal life. The Upper Mattaponi Food Sovereignty and Compost Program embodies this legacy, empowering the community to reclaim control over their food sources and reduce waste through sustainable practices.

We invite you to join us in building a healthier, more resilient future. Together, we can honor our heritage, embrace sustainability, and nurture the land for generations to come.



UMT
Agricultural
Department

UPPER MATTAPONI TRIBE
AGRICULTURAL
DEPARTMENT

WHAT'S HAPPENING

CSA PRODUCE BOXES



The Upper Mattaponi Tribe's CSA (Community Supported Agriculture) Produce Box program connects tribal members with fresh, seasonal fruits, vegetables, and herbs grown in the community's gardens. Each box celebrates the hard work of the Agricultural Team while promoting food sovereignty, sustainability, and a deeper connection to the Tribe's agricultural heritage.



2024 FAMILY PLANTING DAY

Family Planting Day is a community event where tribal families come together to help plant the Three Sisters—corn, beans, and squash—in the cultural garden. This day fosters hands-on learning, strengthens cultural connections, and encourages the sharing of traditional agricultural practices while promoting family bonding and stewardship of the land.



2024 YOUTH & FAMILY NIGHT

Youth and Family Night is a collaborative event hosted by the Agricultural Department in partnership with the Project Management Office (PMO). This special evening offers families an opportunity to engage with the department's work through fun, interactive activities, educational sessions, and hands-on experiences. It's a chance for all ages to learn about agriculture, connect with the community, and discover how the agricultural initiatives are impacting the tribe. Together with PMO, the Ag Department creates an enjoyable and informative night for families to explore the importance of agriculture in a meaningful way.

WHAT'S HAPPENING



2024 ANNUAL POWWOW

At the 2024 Powwow, attendees had the unique opportunity to explore the Tribal Food Production Garden and the Cultural Garden. These open tours highlighted the gardens' importance in preserving traditional practices and fostering sustainability. Visitors learned about the variety of crops grown, the cultural significance of the plants, and how the gardens contribute to the community's health and heritage.



2024 YOUTH CAMP

The Agricultural Department played a key role in supporting the Annual Youth Camp by offering engaging hands-on activities that connected participants with farming and food production. Additionally, the department provided fresh, locally grown produce for breakfast, lunch, and snacks, ensuring the campers enjoyed healthy, delicious meals throughout the event.



2024 UPPER MATTAPONI TRIBE SHOWCASE

The Upper Mattaponi Tribal Showcase provided a unique opportunity for each department to highlight their current projects and initiatives, offering an inside look at the impactful work being done across the tribe. Departments were able to share their progress, successes, and upcoming plans with one another and interested tribal members. This event fostered collaboration and understanding, allowing community members to connect with the work being done in various areas.



NEW ADDITIONS

The garden has recently expanded with exciting new additions, including a second high tunnel, a state-of-the-art greenhouse, and a new shop and office space. These upgrades will enhance our ability to grow a wider variety of crops year-round, improve our production efficiency, and provide a dedicated space for our team to work and collaborate. These additions represent a significant step forward in our mission to foster sustainable agriculture and better serve our community.

FARM TO TABLE:

2024 HARVEST SEASON



As the harvest season unfolds, the Upper Mattaponi Tribe's gardens come alive with the vibrant colors and flavors of freshly grown produce. This time of year marks not only a celebration of the land's abundance but also the success of the Tribe's CSA (Community Supported Agriculture) Produce Box initiative.

The CSA Produce Box program provides tribal members with weekly selections of seasonal fruits, vegetables, and herbs grown right in the community's gardens. Each box represents the culmination of months of hard work, from planting and tending to harvesting and packing, showcasing the dedication of the Agricultural Team and volunteers.

This season's harvest features an array of Indigenous crops such as corn, beans, and squash, as well as modern favorites like tomatoes, peppers, and mixed salad. The CSA program not only offers fresh, nutritious food but also strengthens the connection between the community and their agricultural heritage. Each box is a reminder of the Tribe's commitment to food sovereignty and sustainability.





The success of the CSA Produce Box program would not be possible without the collective efforts of the Tribe's Agricultural Team, who carefully plan, grow, and distribute these boxes. The program has become a cornerstone of the Tribe's mission to promote health, community engagement, and a deeper appreciation for the land.

As the season progresses, the gardens continue to yield their bounty, serving as a testament to the Tribe's enduring relationship with the earth. The CSA program is more than a source of fresh produce – it's a celebration of culture, resilience, and the shared joy of a successful harvest.

EXPANDING ACCESS TO FRESH, LOCAL FOOD



Our Community Supported Agriculture (CSA) program has been a cornerstone of providing fresh, nutritious food to our community, and we're excited to announce that we're expanding it in innovative ways to further enhance food security and sustainability.

As we look to the future, our goal is to introduce new methods of food processing and storage, such as prepped and pre-cooked meals, canning, dehydrating, vacuum sealing, and freezing. These techniques will allow us to preserve the harvest throughout the year, making it easier for our community to access fresh, locally grown food even in the colder months.

With the addition of a new high tunnel, we are extending the reach of our program even further, making it possible to grow produce well into the winter months. This exciting new resource will help us continue to provide fresh, homegrown food during the colder season, ensuring that our

community has access to healthy, sustainable options year-round.

We are thrilled about the future of the CSA program and the positive impact these changes will have on our community's food security and connection to the land. Stay tuned for more updates as we continue to grow and expand!



2025 CSA PRODUCE BOX SEASON!

Tribal members, the 2025 CSA Produce Box season is just around the corner, and we're excited to share what we have in store!

Keep an eye out for information about how you can get involved and enjoy fresh, locally grown produce right from our garden.

This year, we're not only providing nourishing food, but we also envision hosting educational events where you can learn to use ingredients from our garden to create delicious, indigenous-inspired recipes.

These hands-on workshops will be a wonderful opportunity to celebrate our cultural heritage while promoting healthy, sustainable cooking practices.

It's a chance to connect with the land and each other in a meaningful way. We look forward to a vibrant season ahead, and we can't wait to share more details with you soon! Stay tuned for updates on how you can be part of this exciting journey.

GARDEN BOUNTY

This 2024 harvest season, our garden flourished with an abundance of fresh produce, including our vibrant three sisters in the cultural garden.

Each crop reflects our commitment to sustainable practices and traditional growing methods. The fruits of our labor not only nourish our community but also honor our cultural heritage.

Acorn Squash
Arugula
Asian Greens
Blue Kale
Bok Choy
Broccoli
Bush Beans
Butter Lettuce
Butternut Squash
Cabbage
Carrots
Cauliflower
Chard
Cherry Tomatoes
Collards

Creasy Greens
Cucumbers
Curly Kale
Eggplants
Garlic
Gold Beets
Herbs
Jalapeños
Kohlrabi
North Georgia
Candy Roaster
Squash
Pole Beans
Potatoes
Radish
Red Beets

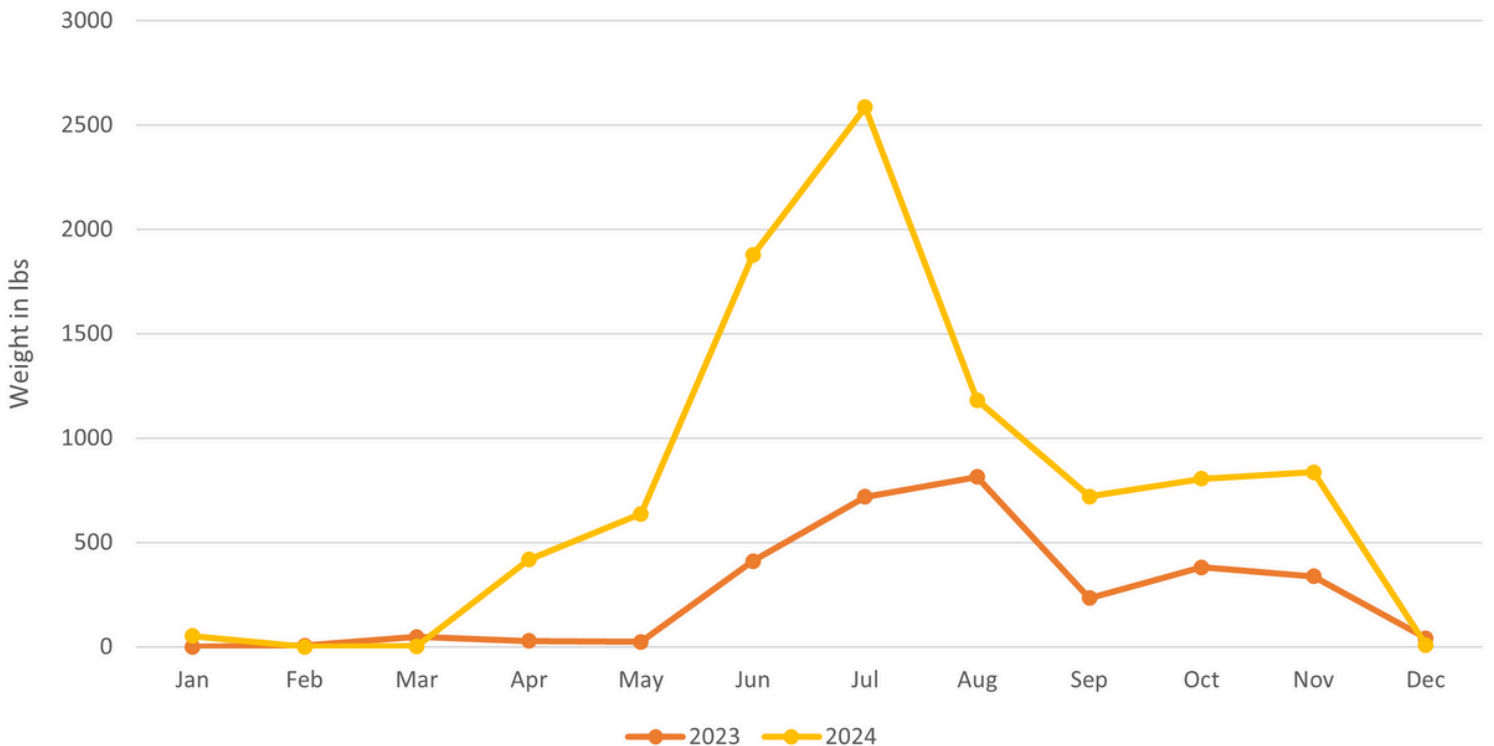
Red Onion
Red Potatoes
Salad Mix
Scallions
Shallots
Shishito Peppers
Spaghetti Squash
Spinach
Strawberries
Tomatoes
Turnips
Watermelon
Yellow Onion
Yellow Squash
Zucchini

A YEARLY BOUNTY BREAKDOWN

This year, we are pleased to share the successful outcome of our harvest, with a total of 9,120.8 lbs of produce collected. This harvest represents the hard work, dedication, and resilience of our agricultural team, and it highlights the importance of sustainable farming practices. The variety of crops grown and the care put into nurturing them throughout the season have contributed to this remarkable achievement. We are proud of the progress made and look forward to continuing this important work for the benefit of our community.



UMT Tribal Garden - Harvest Totals





**Annual
Upper
Mattaponi**

POWWOW

**May 24-25,
2025**

Join us for our 36th Annual Powwow held at our Tribal Grounds in King William.

umitribe.org

2024 COMPOST PROGRAM

BUILDING SUSTAINABILITY THROUGH THE COMPOST PROGRAM

The Upper Mattaponi Tribe is proud to spearhead an innovative compost program that aligns with its commitment to environmental stewardship and community well-being. This initiative focuses on reducing waste while enriching the soil to support sustainable agricultural practices.

The program, a collaboration between the Tribe’s Agricultural Department and local schools, encourages community members to actively participate in composting. By collecting food scraps, yard waste, and other compostable materials, the program transforms organic waste into nutrient-rich compost that is used in the Tribe’s gardens and agricultural projects.



UNIT COMPOSTING PROGRAM

◀ FOOD WASTE ONLY ▶

PLEASE PLACE FOOD WASTE IN GREEN COMPOSTING BIN

COMPOSTABLE ITEMS



FRUIT &
VEGGIE
SCRAPS



EGG, MEAT, &
FISH SCRAPS



NAPKINS,
PAPER BAGS, &
CARDBOARD



CHEESE &
BAKED
GOODS

NON-COMPOSTABLE ITEMS

STYROFOAM	CONDIMENT PACKETS
LIQUIDS	SNACK WRAPPERS
PLASTIC UTENSILS	PLASTIC BAGS
ALUMINUM FOIL	MILK CARTONS
STRAWS	BOTTLES & CANS



An essential aspect of the compost program is its educational component. Workshops and school presentations teach participants about the science of composting, the environmental benefits, and how these practices connect to Indigenous values of respecting and nurturing the earth. These efforts aim to foster a deeper understanding of sustainability and inspire action across generations.

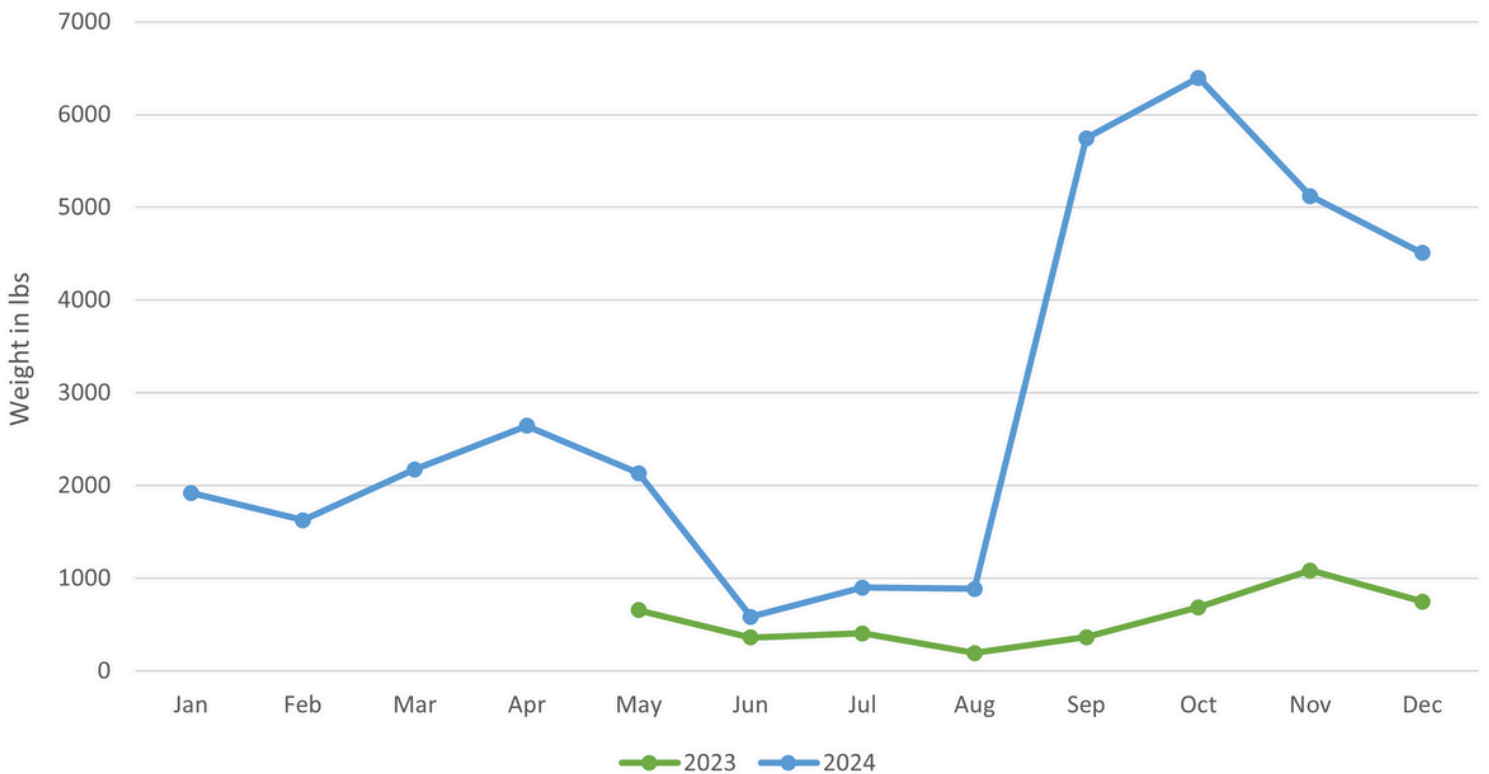
The Tribe's compost program has already shown measurable success, reducing landfill waste in King William County, the Traditional Tribal land of the Upper Mattaponi and improving soil health in the gardens. It stands as a testament to the power of collective action and the Tribe's dedication to preserving the environment for future generations.

FROM SCRAPS TO SOIL

Over the course of the year, our composting efforts have made a significant impact, with a total of 33,916.50 lbs of compostable material collected.

This achievement highlights our ongoing commitment to sustainability and waste reduction, and we're excited to continue making strides in promoting environmental stewardship within our community.

UMT Tribal Garden - Compost Totals



2024 SEASON:

HONORING TRADITION THROUGH HARVEST



In the 2024 Cultural Garden, Upper Mattaponi Tribe members of the Ag Team gather to harvest ceremonial tobacco and sage. A celebration of heritage, resilience, and the deep connection to the land, this sacred harvest sustains both culture and community.



EXPLORING HERITAGE AND FLAVOR AT THE “THREE SISTERS AND OTHER STORIES OF CORN” EVENT

SPECIAL GUEST CHEF :
DR. MAE HEY

LOCATION: UPPER MATTAPONI TRIBAL
GROUNDS -PAVILION & KITCHEN
DATE - SEPTEMBER 8TH, 2024





On a sunny afternoon, the Upper Mattaponi Tribe hosted an enriching cultural event, “Three Sisters and Other Stories of Corn,” that brought together community members and guests to explore the rich history and culture behind one of Indigenous agriculture’s most enduring traditions. This gathering celebrated the intertwined legacy of corn, beans, and squash – the “Three Sisters” – and highlighted their significance in traditional planting and modern growing practices.

The event offered participants an engaging blend of history, hands-on learning, and culinary delight. Attendees had the unique opportunity to learn about the traditional planting methods of the Three Sisters, a practice that reflects both sustainability and community in Indigenous cultures. These teachings were complemented by insights into modern technical growing methods, bridging ancestral knowledge

with contemporary agricultural practices.

A special highlight of the day was a presentation by guest chef, Dr. Mae Hey, whose culinary expertise brought Indigenous flavors to life. Dr. Hey curated a tasting menu that celebrated the essence of the Three Sisters and showcased the deep connection between food and culture. Her creations inspired attendees to appreciate the resilience and innovation embedded in Indigenous cuisine.

The “Three Sisters and Other Stories of Corn” event fostered a sense of connection – to the land, to history, and to one another. It was a celebration of heritage that honored the wisdom of the past while embracing the possibilities of the future. The Upper Mattaponi Tribe’s Agricultural Department thanks all who participated and contributed to making this event a meaningful and memorable experience.



Turning waste into growth!

Leaf & Pine Needle Donations

Saturday and
Sunday

November 23-24 ,2024
December 7-8 ,2024
December 14-15 ,2024

HONORING HERITAGE AT THE “ROOTS OF TRADITION” EVENT



Chief Adams of the Upper Mattaponi, Chief Anderson of the Nansemond, Jen Alexander, and Katelynn Tupponce

LOCATION: SHARON INDIAN SCHOOL
DATE: NOVEMBER 9TH, 2024

SPECIAL GUEST PRESENTER - AMYROSE FOLL

On another momentous occasion, the Upper Mattaponi Tribe welcomed community members to the “Roots of Tradition” event, a workshop focused on the art and practice of seed saving. This event was designed to celebrate the resilience of Indigenous agricultural practices and encourage the preservation of cultural heritage through sustainable gardening.

Led by guest speaker Amyrose Foll, a renowned expert in traditional farming methods, participants explored the significance of seed saving in maintaining biodiversity and fostering food sovereignty. Attendees were guided through hands-on activities that demonstrated practical techniques for harvesting, storing, and sharing seeds, ensuring the continuation of these vital practices for generations to come.



Participants engaged in the interactive portion of the Seed Saving Workshop, exploring traditional and practical techniques to preserve seeds for future generations.



The workshop also served as a platform for knowledge-sharing, where participants engaged in meaningful discussions about the cultural importance of Indigenous seeds and their role in community resilience. Attendees left inspired, carrying with them the tools and knowledge to honor their heritage through sustainable agricultural practices.



The “Roots of Tradition” event highlighted the Upper Mattaponi Tribe’s commitment to fostering connections to the land and preserving cultural traditions. It was a testament to the enduring power of community and the shared responsibility to safeguard Indigenous wisdom for the future.



GET YOUR GROW ON!

 umitribe.org

VOLUNTEER WITH US!

- Individual Volunteer Days
- Group Volunteer Days
- Consistent Schedules



TO SCHEDULE, PLEASE CONTACT

Katelynn Tupponce
Program and Volunteer Coordinator

 katelynn.tupponce@umitribe.gov

 757.936.2288

TRIBAL GARDEN MAGAZINE



HONORING OUR PAST, BUILDING OUR FUTURE

CONTACT US:

Upper Mattaponi Tribe
13476 King William Road
King William, VA 23086

Phone: [\(804\) 769-0041](tel:8047690041)
Email: info@umitribe.org