

Sweetgrass Harvesting and Strawberry Feast

Saturday, July 4, 2015

9:00 a.m - Rockland, Ont.

We wish to invite people to our Community Sweet-Grass Harvesting, Strawberry Feast and Bar-B-Q Feast, in the Ottawa area.



Facilitator: Daniel SpiritWolf

Helper: Murielle Boucher Lalonde

Bring your food; it is a potluck BBQ.

Bring a gift for our helper. We will be doing the braiding and barbecue at her home.

Participants will be harvesting enough Sweetgrass to make a braid for themselves, and friend or family member.

Participants will need to bring own chairs and cutlery bundle (plate, bowl, cup, naps, utensils.)

Smudging Ceremony will take place before harvesting, and before the braiding of Sweetgrass.

A Spirit Plate will be offered to our ancestors.

[RSVP](#)