

REGISTER



LOCATION

NICC Macy Campus,
Multi-Purpose Room



WORKSHOP DATES

Mondays | 4:00 PM – 8:00 PM

Food will be provided at each class

Feb 2: Introduction & System Setup

Feb 16: Food as Medicine & Heritage

Mar 9: Business Plans & Regulations

Mar 23: Marketing & Social Media

Mar 30: Final Wrap-up & Future Planning

HOW TO APPLY

Apply online at:
https://go.unl.edu/wisdom_in_water



DEADLINE TO APPLY

Jan 20, 2026

PROGRAM CONTACTS

Ian Peterson

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WHY JOIN?

ENTREPRENEURSHIP & FRESH FOOD

For Your Home

Improve your family's access
to fresh, healthy food.

For Your Community

Strengthen the tribal
food economy.

ELIGIBILITY & REQUIREMENTS

Intended for Native
American adults 18 & over.

Limit one growing
system per household.

*space required: 5'w x 7'h x 3'd

Attendance required to
receive full growing kit.

GROW YOUR OWN FOOD. BUILD YOUR OWN BUSINESS.

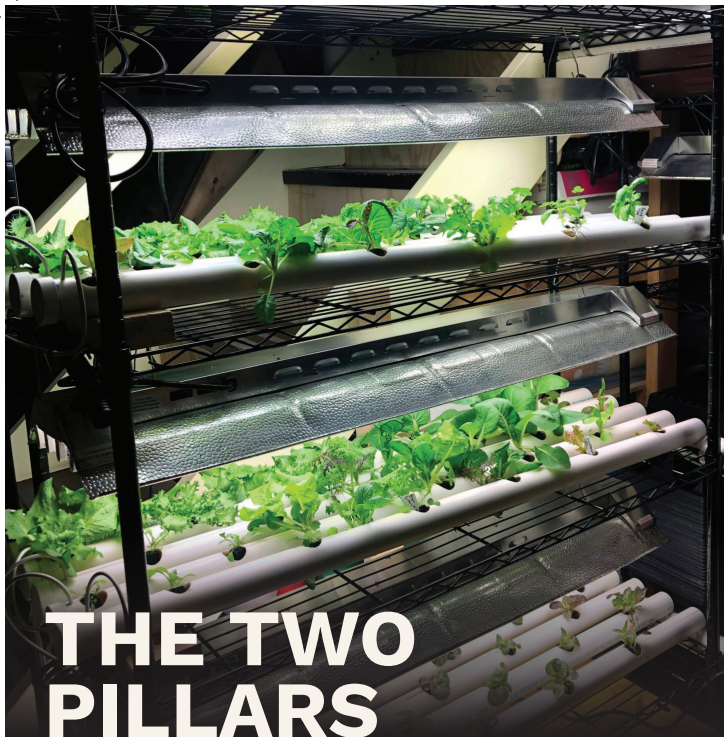


Wisdom IN Water

A hands-on training program for
Native American adults in Nebraska.

N EXTENSION





THE TWO PILLARS

BUSINESS DEVELOPMENT

- ♦ Turn your growing skills into a micro-enterprise.
- ♦ Create a simple, 2-page business plan.
- ♦ Learn marketing techniques to sell to your local community.

DIY HYDROPONICS

- ♦ Build and maintain your own indoor water-based garden.
- ♦ Grow fresh produce at home, all year.
- ♦ Support local food sovereignty.

WHAT YOU'LL RECEIVE



FREE HYDROPONICS STARTER KIT

A complete setup to take home and keep

SEEDS

Heirloom, non-GMO varieties, including Lakota Squash and other culturally relevant varieties

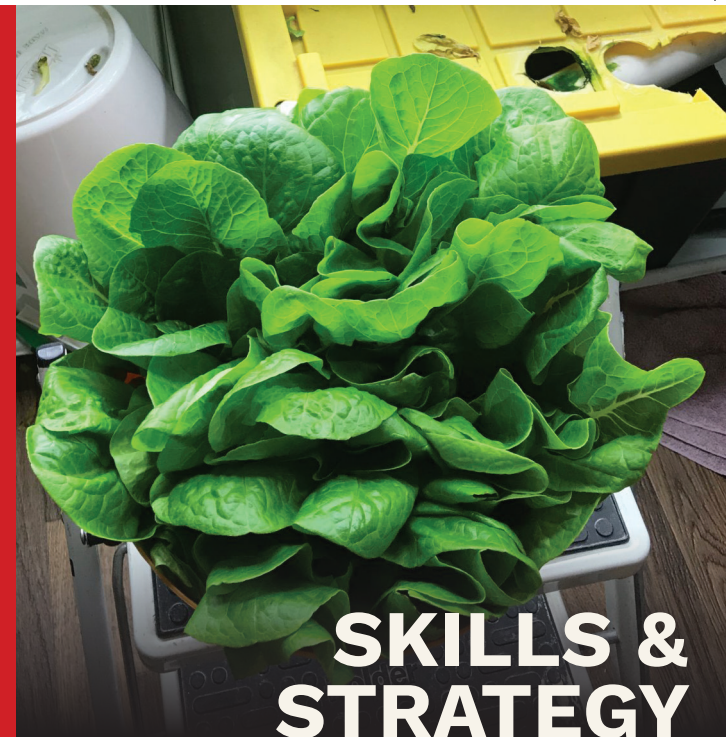


EXPERT TRAINING

5 hands-on workshops with local experts

MARKETING TOOLS

Guidance on branding, Canva, and social media



SKILLS & STRATEGY

MARKET TRAINING

- ♦ Navigating Cottage Food Laws and local regulations.
- ♦ Understanding insurance and farmers' market eligibility.

SOCIAL MEDIA MARKETING

- ♦ How to build a customer base on Facebook and Instagram.
- ♦ The "80/20 Rule": Building relationships before making the sale.

SUPPORT

- ♦ Access to "Office Hours" and technical troubleshooting.