

# 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](https://go.unl.edu/wisdom_in_water)



## DEADLINE TO APPLY

Jan 20, 2026

## PROGRAM CONTACTS

**Ian Peterson**  
ipeterson4@unl.edu  
(402) 727-2775

**Tim Thielen**  
tthielen2@unl.edu  
(308) 878-8104



## 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

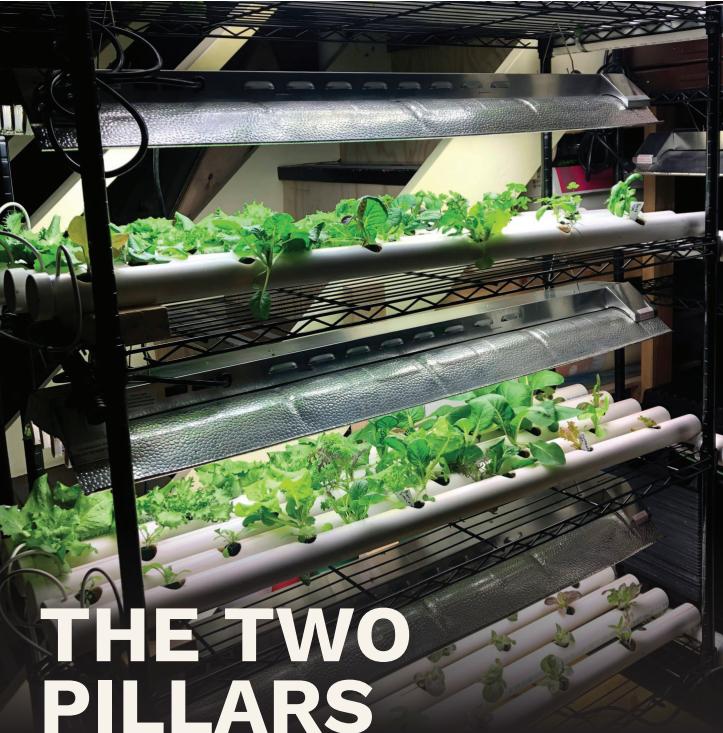
Attendance required to receive full growing kit.



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 HYDROPOONICS

- ❖ 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 HYDROPOONICS STARTER KIT

A complete setup to take home and keep

### SEEDS

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

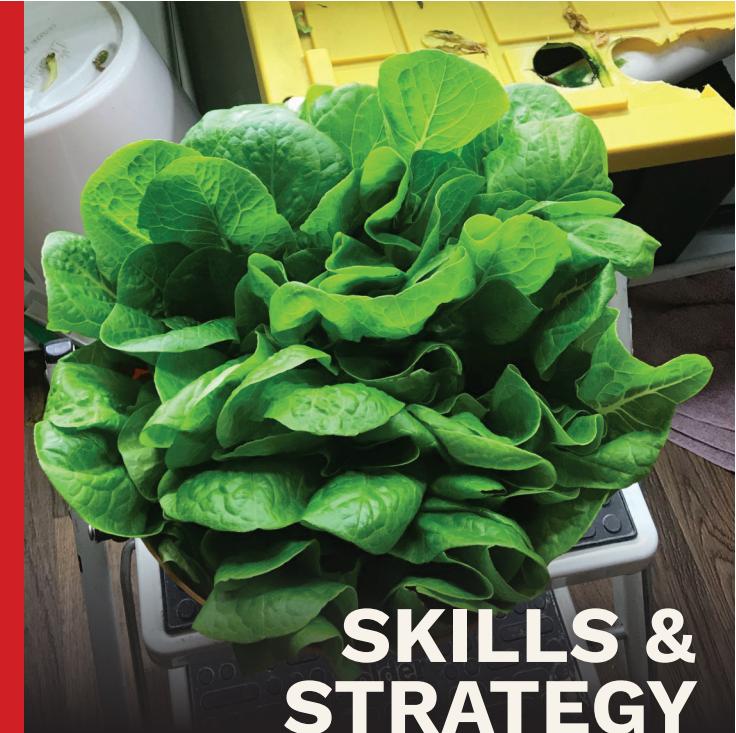


### EXPERT TRAINING

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.