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Everything We Need is Here

a documentary film by
Katharina Stieffenhofer

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FILM INFO

Everything We Need is Here

Duration: 85 min
Language: English
Year: 2026
Country: Canada
Video: 16:9 | Digital | 4K
Sound: 5.1 & Stereo

Katharina Stieffenhofer
Director – Producer – Writer

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LOGLINE

A resilient mycophile seeks solace and fungi in Canada's Boreal Forest, while connecting with land defenders to protect our remaining wild spaces.

SYNOPSIS

Drawn by a primal instinct to forage, Tiffany wanders Manitoba's boreal forests in search of wild mushrooms — and something far deeper. Living with complex PTSD, she finds in Nature a refuge that offers calm, clarity, and connection. Her uncanny sensitivity to the forest, earning her the nickname "Wood Nymph," guides her toward people and places where healing and resistance intersect.

As the seasons turn, Tiffany's personal journey expands into a collective one. In Winnipeg's threatened Lemay Forest, she meets community members fighting to protect this rare urban sanctuary, including Terrance, who has conducted traditional healing ceremonies there for decades. Her path then leads to the east side of Lake Winnipeg, where Indigenous land defenders oppose silica sand mining on their ancestral territory, framing environmental protection as both spiritual duty and survival. Through Tiffany's eyes, the film becomes a poetic exploration of trauma, resilience, and ecological justice — a meditation on how human well-being is inseparable from the health of the land. Blending intimate observation with lyrical imagery, it is ultimately a hopeful story of healing: one woman's recovery intertwined with a community's determination to defend the forests that sustain them.

POSTERS



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VIEW TRAILER

ABOUT THE DIRECTOR

KATHARINA STIEFFENHOFER
Director // Producer // Writer

I am a Winnipeg-based award-winning documentary filmmaker with a commitment to environmental and social justice. I hold a BFA from the University of Manitoba. Over the course of a 16-year visual art practice, large-scale cast glass and steel sculptures gave way to land-based public artwork: the burial of a 43' York Boat on the shores of Lake Winnipeg. My first documentary film, "The York Boat Project", 22 min. (2003), documents the boat burial process and conveys the underlying themes of converging histories and universal interconnection.

My first feature documentary, "And This Is My Garden", 58 min. (2010), celebrates the success of a school gardening project in a small, mainly Indigenous, community in Northern Manitoba. The subsequent documentary "FROM SEED TO SEED", 87 min. (2018), reveals the joys and challenges of ecological agriculture and the impacts of the Climate Crises on farmers. "Everything We Need Is Here", 87 min. (2026) is a love poem to the Earth, interwoven with themes of Nature, connection, resilience and resistance.

I am the mother of two adult sons, an avid gardener, seed saver, passionate forager and advocate. My deep connection to nature developed during my early years growing up on a small mixed farm on a Rhine Island in Germany. My parents modeled a strong work ethic, devotion to social justice, good stewardship of the land, and empathy toward all living beings.



DIRECTOR STATEMENT

Ancient hunter gatherer instincts drive my mushroom foraging passion, which initially drew me into this project. What started out as a film about foraging soon developed into a deeper consideration of the land, Nature, and of our interconnectedness with Everything.

My foraging partner, Tiffany, has been admiringly called a "Wood Nymph" by those who have had the pleasure of spending time with her in the forest. She sees things that nobody else sees. Her astonishing pearls of wisdom delight in their originality. Most aren't aware of Tiffany's complex PTSD, because she masks her trauma well.

Tiffany forages Manitoba's Boreal forests on her quest for culinary mushrooms and peace of mind. She seeks refuge, healing and connection in Nature. There she connects with Indigenous and Settler Land Defenders, who seek to protect intact forests for our collective well-being. This Love Poem to the Earth aims to foster resilience and affirms spiritual resistance.

Life is layered and complex, and so is this film. Tiffany is the conduit who connects a set of interrelated story strands around themes of ecological justice and community health. She joins Cat who spearheads efforts to protect the urban Lemay Forest from destruction for development. Inside this ancient riparian forest she meets Terrance, who has been performing traditional healing ceremonies there for several decades.

Tiffany travels to the East of Lake Winnipeg to visit Terrance's relatives, who oppose silica sand extraction on their traditional lands. Marcel, the land protectors' spiritual leader, asks of our leaders: "Why do you want to destroy this planet? This is all we have."

Nature and Tiffany are the central characters of this film. This story unfolds chronologically as Tiffany guides us through the cycle of the seasons in Winnipeg and in rural Manitoba forests. Histories and world views are illuminated, and gradually her story of trauma and resilience is revealed, while united resistance wins the day.

Tyler Funk's exquisite cinematography and Joel Penner's time-lapse micro-photography contribute visual eloquence. A blending of poetic and observational styles forms a seamless hybrid format.

I aim to create work that connects with the viewer on a visceral and intellectual level to invoke deeper understandings, caring about all living beings on this Earth and to inspire positive action.

HIGH RESOLUTION PHOTOS



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This film is dedicated to
All LAND PROTECTORS on this EARTH
Especially
CAMP MORNINGSTAR
and the
COALITION TO SAVE LEMAY FOREST

In Memory of
Daniel “Crow” Hardisty
and
Don Sullivan

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