

# NATIONAL NATIVE NETWORK TRADITIONAL FOODS RESOURCE GUIDE

for Indian Health Service areas - Alaska, California, Great Plains and Portland





# TRADITIONAL FOODS RESOURCE GUIDE

## ACKNOWLEDGEMENTS

We wish to thank the following people who helped compile the resources in their regions for this guide. We also would like to thank them for their dedication to promoting healthier lives for all people:

**Alaska** – Clara Gray, Health Educator, SEARHC Sitka Health Promotion; Tammi Meissner, Health Educator, SEARHC Wrangell and Prince of Wales (POW) Health Promotion; and Edy Rodewald, Tobacco Program Manager, SEARHC Juneau Health Promotion.

**California** – Chris Cooper, M.Ed., Health Education Specialist II, Family and Community Health Department, California Rural Indian Health Board, Inc.

**Great Plains** – Richard Mousseau, M.S., Director for Prevention Programs, Great Plains Tribal Chairmen’s Health Board; and Nichole Cottier, Director of Health Promotion Programs, Great Plains Tribal Chairmen’s Health Board

**Portland** – Elise Krohn, M.Ed., Herbalist and Wild Foods Educator, Center for World Indigenous Studies Fellow

We would like to give special thanks to the organizations and authors of the resources listed in this guide for their part in helping to keep the precious knowledge alive for generations to come. It is our hope that the information and passion will continue on so that our children and grandchildren will be able to enjoy the fruits of the land as we do today.

# TRADITIONAL FOODS RESOURCE GUIDE

## INTRODUCTION

This Traditional Foods Resource Guide was made possible through SEARHC Health Promotion grant funds from the National Native Network, Administration for Native Americans, and other SEARHC funds. It is offered as a resource to support increased interest and knowledge of Traditional Foods to support the health, well-being, and prosperity of Alaska Native and American Indian people.

Native people have held the knowledge and accessed the benefits of traditional foods for centuries. Their daily harvesting activities provided highly nutritious, affordable food and contributed to healthy lifestyles. Traditional Native cultures believe that this food is not only for nutrition but it is a way of life.

There are many amazing resources on Native Traditional Foods within the United States. Following is an introduction to just a few traditional and local foods resource tools available in four Indian Health Service areas of the United States: Alaska, California, Great Plains and Portland. We narrowed our focus to information in books, posters, and websites.

Commercially prepared foods can contain preservatives that are not healthful. It is difficult, time consuming, or cost-prohibitive to ship these foods to areas where indigenous populations reside. A better choice is to eat local, traditional foods that nourish both the body and the spirit. Traditional foods are natural, grow without chemicals, and are readily available to harvest or grow. The process of harvesting and eating traditional foods provides people with healthy exercise and a rich source of nutritious foods which do not contain processed sugars and fats. Harvesting and eating traditional foods can help reduce diabetes, high blood pressure, and promote an active life style for the whole family.

What local foods did our ancestors eat? What traditional foods are still available to us now? How were the foods harvested and used? With the right tools and resources we can make healthier food choices, re-connect with our culture and the land, and be a positive influence for our children. This resource guide is for all who ask these questions.

# TRADITIONAL FOODS RESOURCE GUIDE

## FORWARD

*“When the tide is low, the table is set.”*

*“Native Gatherings center around Traditional Foods. The preparations of these foods carry rich traditions that remind us of who we are. We get out and interact with nature when we harvest traditional foods. The land is a spiritual being and we have a responsibility to take care of it. We always leave something and never over harvest one area.*

*Traditional foods are nutrient dense foods. Vitamin D, lacking in the Alaskan environment, is available in Traditional Foods. Alaskan berries are some of the richest in antioxidants; the harsher the environment, the richer the berries. And the animals that eat these plants have that same nutrition in them. We respect them and take care of them.*

*Many Alaska Native/American Indian people are facing premature death due to poor nutrition and loss of traditional lifestyles. Traditional Foods help with chronic disease. They sustain us. They help our bodies heal.”*

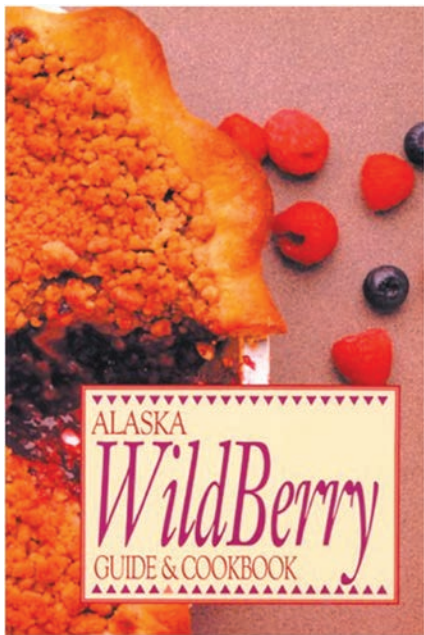
Quote from Dr. Gary Ferguson II, BS, ND, Aleut/Unangan Tribal Member  
Senior Director of Community Health Services, Alaska Native Tribal Health Consortium  
Co-producer of Store Outside Your Door

*“Let food be thy medicine and medicine be thy food.”* – Hippocrates

*“In order to address the changing trend in our diets and in our health, elders tell us we must introduce traditional foods first. We must grow with a taste for traditional foods and let them comfort us throughout our life. The answers are always embedded within our culture.”*

Quote from Desiree Jackson RD, and Haida Tribal Member  
Alaska Native Tribal Health Consortium, Store Outside Your Door

## ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



### **Alaska Wild Berry Guide and Cookbook**

By Alaska Northwest Publishing

Alaska Northwest Books, 1983, 201 pages

Identify Alaska's multitude of berries through color photos, detailed drawings, and descriptive text; then use the helpful recipes to create delicious results. Recipes and information on nearly 50 berries found in Alaska.

[amazon.com](https://www.amazon.com) for \$.01

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



## **Alaska's Wild Plants: A Guide to Alaska's Edible Harvest**

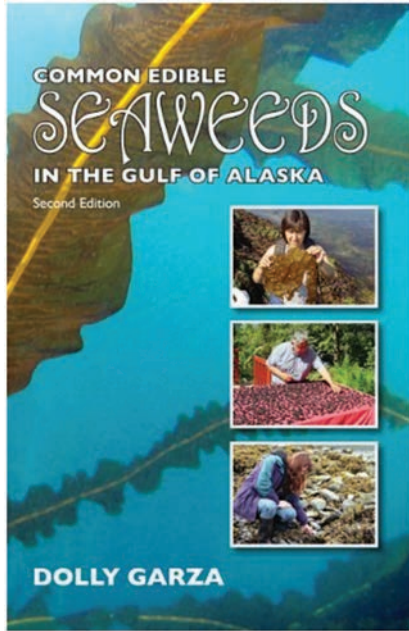
By Janice Schofield

Alaska Northwest Books, 2003, 96 pages

Easy to use introduction to more than 70 edible wild plants in Alaska. Instructions ensure a healthful harvest. Learn about each plant's nutritional content, and medicinal and culinary uses. Also included are recipes for fresh salads, appetizers, soups, breads and more. The author is an authority on the wild plants of North America and Alaska.

[amazon.com](https://www.amazon.com) for \$10.44  
Available in local bookstores.

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



## **Common Edible Seaweeds in the Gulf of Alaska**

By Dolly Garza

Second Edition 2013, 61 pages

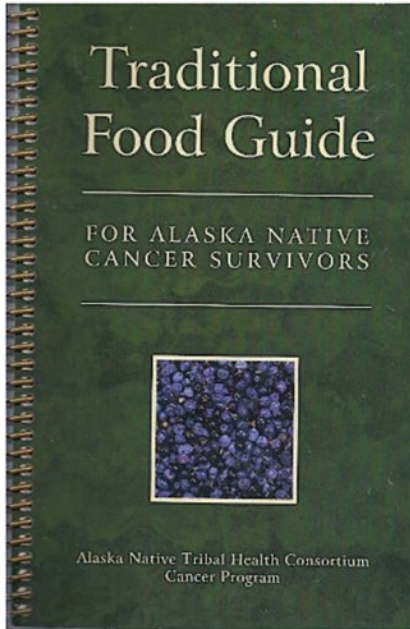
Dr. Dolly Garza, a Haida-Tlingit Indian shares her firsthand knowledge about the pleasures of harvesting, preparing, and eating some of the most common and delectable wild edibles found along the Gulf of Alaska coast. The book carefully presents ten key seaweed species found in the Gulf of Alaska, along with photos of each so that readers know exactly which ones to pick. Readers will learn how to easily make seaweed a healthy part of their everyday diets. Dolly Garza. 2005.

[amazon.com](https://www.amazon.com) for \$9.15

<http://seagrant.uaf.edu/bookstore/pubs/SG-ED-46.html>



# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



**The Traditional Food Guide for Alaska Native Cancer Survivors**  
**Alaska Native Tribal Health Consortium Cancer Program**

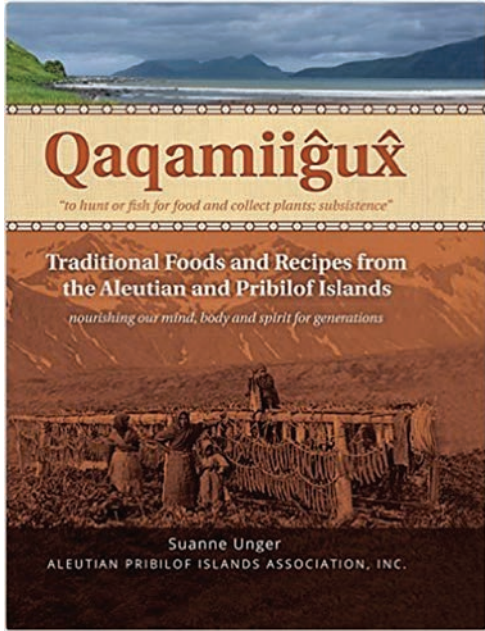
ANTHC Cancer Program. 2008, 142 pages

Traditional Food Guide for Alaska Native Cancer Survivors was originally written to help cancer patients feel confident eating traditional foods, when many mainstream health care providers were questioning their safety. Considered a critical nutritional tool, the book celebrates traditional foods for their nutrition and cultural values, and provides readers with creative graphics that make nutritional values easy to understand. It's used widely for diabetes prevention, cancer recovery and nutrition education. The ANTHC invites other Native communities to use it as a model in developing their own, culturally relevant food guides.

<http://www.anthc.org/chs/crs/foodguide.cf>

Examples from the book: [http://www.nativefoodsystems.org/sites/default/files/documents/AK\\_Food\\_Guide.pdf](http://www.nativefoodsystems.org/sites/default/files/documents/AK_Food_Guide.pdf)

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



## **Qaqamiigux: Traditional Foods and Recipes from the Aleutian and Pribilof Islands**, By Suanne Unger

Aleutian Pribilof Islands Association, Inc. (October 1, 2014), 862 pages

Qaqamiigux is a compilation of the stories, experiences, recipes, and wisdom shared by elders, food preparers, and hunters from the Aleutian and Pribilof Islands Region of Alaska about the use of traditional / local foods, from the land and sea. Literally translated, qaqamiigux means to hunt or fish for food and collect plants, or subsistence, in Unangam tunuu (M. Dirks, 2014). This book is a cultural, historical, and nutritional tribute to the traditional foods from the region.

Some of the highlights of this book include:

- Hundreds of words in Unangam tunuu
- Traditional values and stories
- Historic and contemporary information on harvesting, preserving, and preparing traditional foods
- Beautiful historic photos from collections worldwide
- Hundreds of recipes
- Nutrition information for every traditional food, when available, including colorful graphics highlighting the nutritional value in comparison to store-bought foods

[amazon.com](https://www.amazon.com) for \$55.00

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



Search

### Subtopic

- HOT TOPICS**
- About Extension
- Agriculture
- 4-H & Youth Development
- Communities
- Energy and Housing
- Environment & Natural Resources
- Food
- Gardening
- Healthy Living & Families
- Information Resources
- Media Hub
- Pests
- Small Business and Economic Development
- Small Food Business
- Professional & Workforce Development

**Food, Nutrition and Health**

- [Storing Vegetables and Fruits at Home](#)  
Publication Number: E9-1132N  
Author/Sponsor: Rose Rodgers Dostal
- [Flavored Kiosks](#)  
Publication Number: FHM-00010  
Author/Sponsor: Rose Rodgers Dostal
- [Moral Mathematics - A Guide for Selection and Use](#)  
Publication Number: FHM-00020  
Author/Sponsor: Julie Casper
- [Assembling a Can Heater](#)  
Publication Number: FHM-00007  
Author/Sponsor: Linda Tennant
- [Visual Inspection of Can Seams in Home Food Preservation](#)  
Publication Number: FHM-00012  
Author/Sponsor: Rose Rodgers Dostal
- [A Harvest of Green Tomatoes](#)  
Publication Number: FHM-0002H  
Author/Sponsor: Julie Casper
- [An Alaska Herb Garden](#)

## Food, Nutrition and Health

Alaska Cooperative Extension Services,  
University of Alaska

Numerous guides for preparing and preserving Alaska wild and grown foods.

Cooperative Extension Service  
Fairbanks State Office  
308 Tanana Loop, Room 101  
P.O. Box 756180  
Fairbanks, Alaska 99775-6180  
Phone: 907-523-3280  
e-mail: snre-web@alaska.edu

<http://www.uaf.edu/ces/pubs/catalog/detail/index.xml?subtopic=Food,%20Nutrition%20and%20Health>

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE

## Aak'é Eék Atxá Good Beach Food



### SEARHC Good Beach Food Color Books

(English)

SouthEast Alaska Regional Health Consortium (SEARHC)

The “Good Beach Food” coloring book is to share basic information about customary and traditional foods as well as lifestyles in the Southeast Alaska communities. In hopes to help preserve and encourage the knowledge of traditional lifestyles, we offer these books for children of all ages.

SEARHC Health Educator, 907-966-8936

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE

## Southeast Alaska Traditional Food Guide



A weekly reminder to encourage gathering and using local plants and berries  
Compiled by SEARHC Health Promotion



## SEARHC Tlingit Traditional Food Guide Calendar

SouthEast Alaska Regional Health Consortium (SEARHC)

The SEARHC Traditional Foods Guide was created in an effort to support sustainable enjoyment of healthy traditional foods to encourage traditional food use and learning by anyone in Southeast Alaska who wants to learn and expand their enjoyment of the incredibly nutritious foods available in our region.

SEARHC Health Educator, 907-966-8936



# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



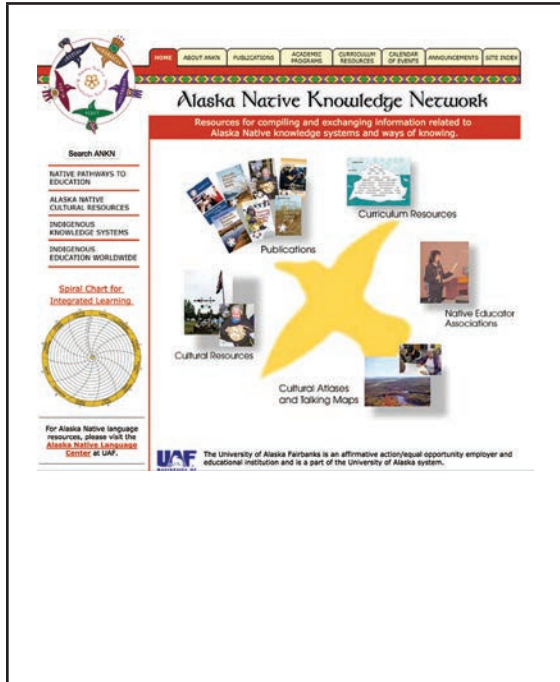
## ADF&G Wildlife Notebook Series

Alaska Department of Fish & Game, Division of Subsistence

Detailed descriptions and drawings of a wide variety of Alaskan animals, birds, fish and shellfish.

<http://www.adfg.state.ak.us/pubs/notebook/notehome.php>

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



**Alaska Native Knowledge Network**  
Resources for compiling and exchanging information related to Alaska Native knowledge systems and ways of knowing.

Search ANKN

NATIVE PATHWAYS TO EDUCATION

ALASKA NATIVE CULTURAL RESOURCES

INDIGENOUS KNOWLEDGE SYSTEMS

INDIGENOUS EDUCATION WORLDWIDE

Spiral Chart for Integrated Learning

Curriculum Resources

Publications

Cultural Resources

Cultural Artifacts and Talking Maps

Native Educator Associations

For Alaska Native language resources, please visit the [Alaska Native Language Center](#) at UAF.

The University of Alaska Fairbanks is an affirmative action/equal opportunity employer and educational institution and is a part of the University of Alaska system.

## Alaska Native Knowledge Network

Alaska Native Science Commission, Institute of Social and Economic Research  
University of Alaska

A variety of reports on nutrient data, contaminants and cultural benefits of traditional foods. A variety of curriculum and cultural resources that can be found through the ANKN Clearinghouse. Search “Native Food” and “Subsistence”.

<http://ankn.uaf.edu/> <http://www.nativeknowledge.org/start.htm>  
<https://www.facebook.com/ankn.uaf/?fref=ts>



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WEATHER OCEANS FISHERIES CHARTING SATELLITES CLIMATE RESEARCH COASTS CAREERS Search

**NOAA FISHERIES** | ALASKA FISHERIES SCIENCE CENTER  
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

General Info Species Programs Publications Data & Tools Storage Education & Outreach Search

### Resource Assessment and Conservation Engineering

#### Fish and Invertebrate Species Photo Gallery

TERMS OF USE: Unless indicated otherwise Alaska Fisheries Science Center (AFSC) photos and videos are in the public domain and cannot be copyrighted. Credit should be given to (photographer's name if available), Alaska Fisheries Science Center, NOAA Fisheries. For use of images other than those of the AFSC, please contact the image source as credited on the image detail page. Thank you.

**Fish Photos**

- Search by Species
- Search by Family
- Search by Habitat

**Invertebrate Photos**

- Search by Species
- Search by Family
- Search by Habitat

**Species List's Aquarium Photo Gallery**

- Crab
- Fish

RACE Home  
Online Archives  
Online Schedules  
Current Research  
Posters  
Publications  
Quarterly Archives  
Site Map  
Species Gallery  
Fish by Family  
Fish by Species  
Inverte by Phylum  
Inverte by Species  
HARC Benthic Fauna  
Kachik Gallery  
Crab

## Fish and Invertebrate Species Photo Gallery

Alaska Fisheries Science Center  
Detailed photos of and information on Alaska's fish and shellfish.

[http://www.afsc.noaa.gov/race/media/photo\\_gallery/speciesID.htm](http://www.afsc.noaa.gov/race/media/photo_gallery/speciesID.htm)  
<https://www.facebook.com/NOAAFisheries/?fref=ts>

McGill

Centre for Indigenous Peoples' Nutrition and Environment  
Division of Anthropology and Environmental Studies

About CINE People News Research Activities Online Resources

### CINE's Arctic Nutrient File

**Traditional Food Composition Nutribase (q4f) available for download.**

NOTE: You will need Adobe Acrobat Reader to read this file. If you do not have this program, you can download it for free from [Adobe](#).

CINE's Arctic Nutrient File is a centralized web-based food composition data base providing access to nutrient information on traditional food (country food) for Canada's Indigenous Peoples. CINE's nutrient file is unique because nutrient data of traditional food (country food) has never been assembled into one central website. The database is useful for Canadian and foreign researchers as it will facilitate dietary analyses and provide information to help with their research.

Centre for Indigenous

## Traditional Food Composition Nutribase

McGill University  
Nutrient analysis of a variety of traditional foods.

<http://www.mcgill.ca/cine/resources/nutrient>  
<https://www.facebook.com/McGillUniversity/info/>

# ALASKA | TRADITIONAL FOODS RESOURCE GUIDE



## Healthy Eating for People with Diabetes

### The Store Outside Your Door

Gary Ferguson, BS, ND and Desiree Bergeron, RD, LD  
December 2013 First website

Division of Diabetes Treatment and Prevention Advancements in Diabetes Seminar, December 3, 2013  
Presentation slides are the first website listed.

[https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Training/WebBased/Seminars/SOYD\\_Transcript\\_508c.pdf](https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Training/WebBased/Seminars/SOYD_Transcript_508c.pdf)  
<https://www.storeoutside.com/> <https://www.facebook.com/StoreOutside/> <https://www.youtube.com/user/ANTHCStoreOutside>

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## After the First Full Moon in April

A Sourcebook of Herbal Medicine from a California Indian Elder

Josephine Peters & Beverly Ortiz

### **After the First Full Moon in April: A Sourcebook of Herbal Medicine from a California Indian Elder**

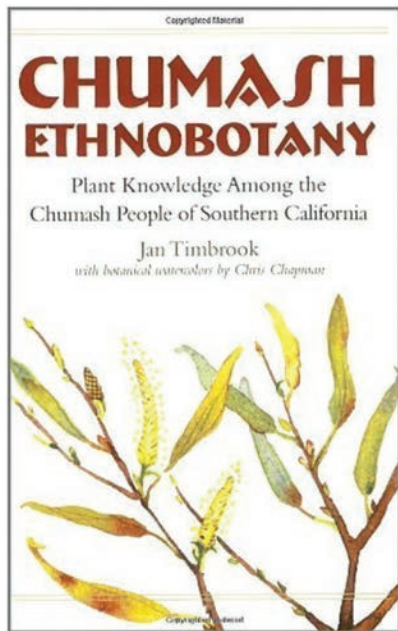
by Josephine Grant Peters

Left Coast Press, February 28, 2011, 222 pages

In this extraordinary book Josephine Peters, a respected northern California Indian elder and Native healer, shares her vast, lifelong cultural and plant knowledge. The book begins with Josephine's personal and tribal history and gathering ethics. Josephine then instructs the reader in medicinal and plant food preparations and offers an illustrated catalog of the uses and doses of over 160 plants. At a time of the commercialization of traditional ecological knowledge, Peters presents her rich tradition on her own terms, and according to her spiritual convictions about how her knowledge should be shared. This volume is essential for anyone working in ethnobotany, ethno medicine, environmental anthropology, Native American studies, and Western and California culture and history.

[amazon.com](https://www.amazon.com) for \$29.95

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



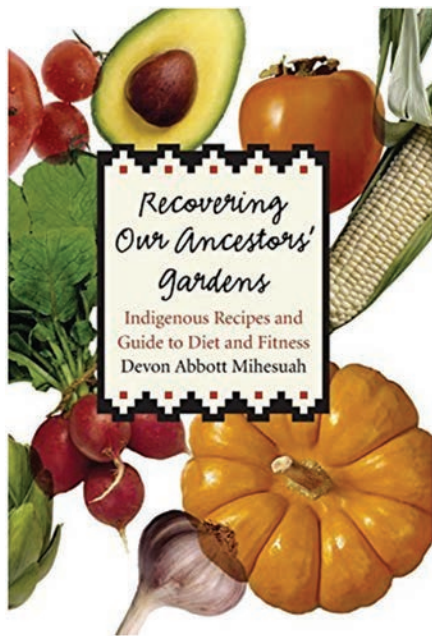
## **Chumash Ethnobotany: Plant Knowledge Among the Chumash People of Southern California (Santa Barbara Museum of Natural History Monographs)**

by Jan Timbrook(Author), Chris Chapman(Illustrator)  
Heyday; 3rd printing edition (July 1, 2007), 272 pages

From islands off the shore of Santa Barbara to the chaparral-covered mountains of the dry inland regions, the land of the Chumash is a storehouse of plants, an area of great biological richness and variety. Living intimately within this land for more than nine thousand years, the Chumash developed an intense and sophisticated relationship with the plants around them. They collected and processed nuts, seeds, berries, roots, leaves, twigs, shoots, and wood from which they created practically everything they needed to live, from medicines to weapons to decorative items. Covering both historic and contemporary use of plants, this book - the result of three decades of research in archives and among native people - celebrates more than just the variety of plants; it celebrates the resourcefulness and ingenuity of the people.

[amazon.com](https://www.amazon.com) for \$27.95

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## **Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness**

by Devon Abbott Mihesuah(Author)

University of Nebraska Press (December 1, 2005), 218 pages

An array of tempting traditional Native recipes and no-nonsense practical advice about health and fitness, *Recovering Our Ancestors' Gardens*, by the acclaimed Choctaw author and scholar Devon Abbott Mihesuah, draws on the rich indigenous heritages of this continent to offer a helpful guide to a healthier life. The book consists of clear and often pointed discussions about the generally poor state of indigenous health today and how and why many Natives have become separated from their traditional diets, sports, and other activities. Poor health, Mihesuah contends, is a pervasive consequence of colonialism. Indigenous foods and activities can be reclaimed and made relevant for a healthier lifestyle today. By planting gardens, engaging in more exercise and sport, and eating traditional foods, Native peoples can emulate the health and fitness of their ancestors.

[amazon.com](https://www.amazon.com) for \$22.97

## CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



### **Seaweed, Salmon, and Manzanita Cider: A California Indian Feast Paperback**

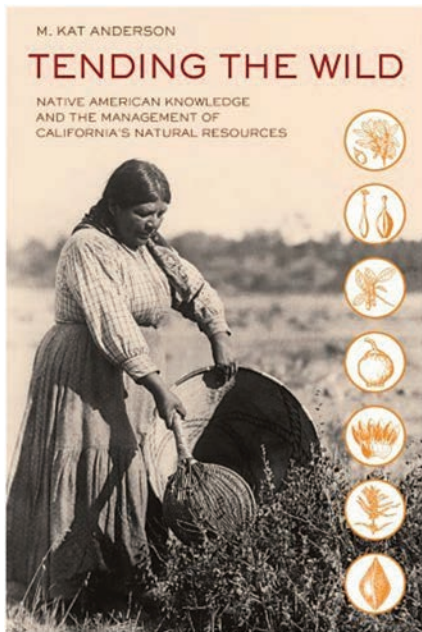
by Margaret Denise Dubin (Author), Sylvia Ross (Contributor)  
Heyday Books; Later printing edition (October 1, 2008), 144 pages

The foods of Native California Books such as Seaweed, Salmon, and Manzanita Cider give invaluable insight into how Native American people created food from what flourished around them: food that is simple, abundant and, most of all, flavorful food that is both life-giving and a way of life.

Richard Hetzler, Executive Chef, Mitsitam Cafe, National Museum of the American Indian, Smithsonian Institution Starting with fish and then moving on through shellfish, meat, vegetables, flowers, berries, nuts, and acorns, Seaweed, Salmon, and Manzanita Cider is a tour of the most authentically local food there is: Native American cuisine, in this case from the bountiful shores and slopes of California. Filled with photographs, essays, reminiscences, and recipes, this book offers an overview of the foods of Native California along with delicious details about the dishes and their preparation: seafood stew cooked on the beach, agave hearts roasted underground, cakes made from the tiny seeds of the prolific red maids flower.

[amazon.com](https://www.amazon.com) for \$17.21

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## **Tending the Wild: Native American Knowledge and the Management of California's Natural Resources Paperback**

by M. Kat Anderson (Author)

University of California Press; Reprint edition (October 10, 2013), 558 Pages

Tending the Wild is an unparalleled examination of Native American knowledge and uses of California's natural resources that reshapes our understanding of native cultures and shows how we might begin to use their knowledge in our own conservation efforts.

M. Kat Anderson presents a wealth of information on native land management practices gleaned in part from interviews and correspondence with Native Americans who recall what their grandparents told them about how and when areas were burned, which plants were eaten and which were used for basketry, and how plants were tended. The complex picture that emerges from this and other historical source material dispels the hunter-gatherer stereotype long perpetuated in anthropological and historical literature.

[amazon.com](https://www.amazon.com) for \$34.95

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## California Foodways

12 pages

Discusses the loss of traditional foodway, food systems, food resources and balanced foodway. Then it discusses restoring nutritional balance with healthier food choices.

FREE <https://www.crihb.org/wp-content/uploads/2014/12/CA-Foodway-Graphics.pdf>



# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## California Indian Food and Culture



### **California Indian Food and Culture**

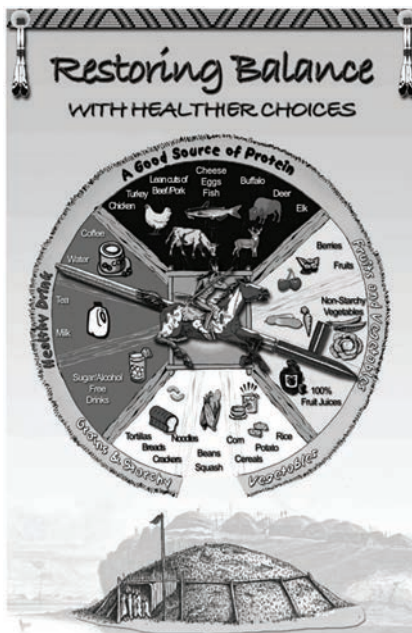
Written and Designed by Nicole Mullen

Copyright ©2003, Phoebe A. Hearst Museum of Anthropology and the Regents of the University of California, Berkeley, 49 pages

This kit is designed to explain the various ways in which Native Californians collected, prepared, and stored the foods they ate. There was a great variety of plant and wildlife resources available to these groups. This teaching guide will describe differences in food preferences and common lifeways patterns. You may teach the kit in lessons, organize it into chapters, or rearrange the materials to best suit your curriculum. A glossary is included; you may wish to supplement this list. Review questions are supplied at the end of the lessons to spur further discussion; as well as activities which can be used as the starting point for hands-on interaction with the material.

FREE [http://www.lessonsofourland.org/sites/default/files/CA%20food%20teaching\\_kit.pdf](http://www.lessonsofourland.org/sites/default/files/CA%20food%20teaching_kit.pdf)

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## Diabetes Prevention in Indian Country: Developing Nutrition Models to Tell the Story of Food-System Change

By KIBBE M. CONTI, RD, CDE

The disruption of the traditional food systems of Native Americans is generally believed to have contributed to the epidemic levels of type 2 diabetes and obesity present on U.S. Indian reservations today. Tribes are increasingly engaged in disease prevention and health promotion efforts including restoring components of their traditional food system. This article discusses the development of nutrition models for tribes in two regions; California and the Three Affiliated Tribes of North Dakota. Each nutrition model tells the story of food system change and its health consequences through narrative and cultural imagery. Ultimately the models suggest ways to eat that reflect the traditional food pattern by using contemporary and traditional foods available today.

FREE <https://www.crihb.org/wp-content/uploads/2014/12/Foodway-Article.pdf>

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## **EAGLE VISION-American Indian Teens Talk About Healthy Living**

12 pages

Enjoy foods, Achieve balance, Gather knowledge, Love your body, and Exercise. This is the meaning behind the EAGLE acronym.

Eagle Vision was created to find out what American Indian teens think about eating better and being active. This booklet can be used as a guide in working with teens to build awareness about learning to listen to your body and respecting the messages it gives you.

FREE <https://www.crihb.org/wp-content/uploads/2014/12/Eagle-Vision-Youth-Nutrition-Booklet.pdf>

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE




## My Native Plate

My Native Plate provides a visual guide to help your clients and patients eat balanced meals of reasonable portion sizes. Use it as a starting point for nutrition education, a daily reminder, and a way to introduce healthy eating to family members of all ages. Read the following five Issues to Consider prior to using My Native Plate. Download and distribute Ten Tips to a Great Plate\* when your clients are ready for more information.

FREE [https://www.crihb.org/wp-content/uploads/2014/12/My\\_Native\\_Plate\\_Edu\\_Tips\\_508c.pdf](https://www.crihb.org/wp-content/uploads/2014/12/My_Native_Plate_Edu_Tips_508c.pdf)  
[https://www.crihb.org/wp-content/uploads/2014/12/MyNativePlate2\\_508c.pdf](https://www.crihb.org/wp-content/uploads/2014/12/MyNativePlate2_508c.pdf)

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



The screenshot shows the homepage of the California Rural Indian Health Board (CRIHB). At the top is a green navigation bar with the CRIHB logo and menu items: Home, About Us, Programs, Training & Technical Assistance, News & Events, and Contact Us. Below the navigation bar is a large image of a traditional woven basket on a log. To the right of the image are two buttons: 'Calendar of Events' and 'Special Event'. Below the image is a welcome message and a mission statement. The mission statement reads: 'We are committed to the needs and interests that elevate and promote the health status and social conditions of the Indian people of California. CRIHB does this by providing advocacy, shared resources, training, and technical assistance that enhances the delivery of quality comprehensive health related services.'

## California Rural Indian Health Board, INC

We are committed to the needs and interests that elevate and promote the health status and social conditions of the Indian people of California. CRIHB does this by providing advocacy, shared resources, training, and technical assistance that enhances the delivery of quality comprehensive health related services.

<https://crihb.org/>

<https://www.facebook.com/CRIHB/?fref=ts>

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## **FEEDING OURSELVES**

### **Food Access, Health Disparities, and the Pathways to Healthy Native American Communities**

This report, *Feeding Ourselves: Food Access, Health Disparities, and the Pathways to Healthy Native American Communities* – explores the complex historical and contemporary challenges to Native American healthy food access; childhood obesity and health disparities; the treatment of Native Americans as sovereign Tribal Nations; and the evolution of Federal Indian policy. *Feeding Ourselves* frames the work ahead to engage and assist Native communities in moving beyond this condition.

*Feeding Ourselves* encourages its readers to take the first step toward a solution: becoming aware of the extent of the problem of Native health disparities; and its deep interconnections to U.S. Indian policy, poverty, historical trauma and food systems.

[http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_475566.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_475566.pdf)

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



The screenshot shows the website header with the First Nations Development Institute logo. Below the header is a navigation menu with a hamburger icon. The main content area has an orange banner that reads "NATIVE AMERICAN FOODS & HEALTH". Below this banner, there is a text block on the left, a central image showing people in a kitchen, and a "OUR PUBLICATIONS" section on the right with a list of reports.

First Nations Development Institute's work in food systems is at the intersection between food systems/food security and economic development. We support tribes and Native communities as they strengthen food systems in their communities, improve health and nutrition and build food security. First Nations increases the control over Native agriculture and food systems by providing financial and technical support, including training materials, to projects that address the agriculture and food sectors in Native communities.

First Nations also undertakes research projects that build the knowledge and understanding of Native agriculture

**OUR PUBLICATIONS**

- Annual Reports and Financial Information
- Achieving Native Financial Empowerment
- Investing in Native Youth
- Advancing Household & Community Asset Building Strategies
- Nourishing Native Foods & Health

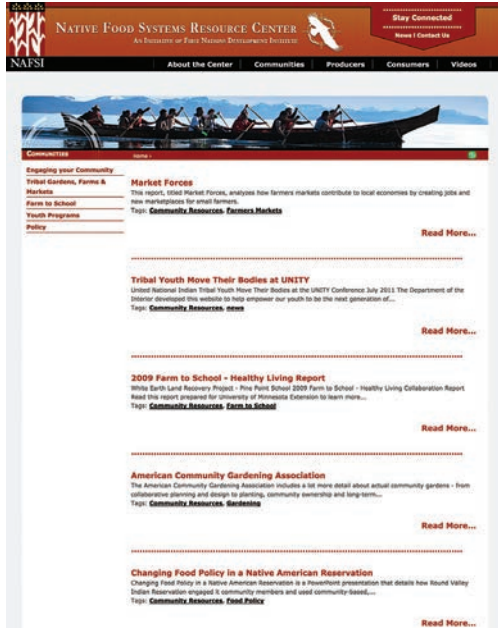
## First Nations Development Institute

First Nations Development Institute's work in food systems is at the intersection between food systems/food security and economic development. We support tribes and Native communities as they strengthen food systems in their communities, improve health and nutrition and build food security. First Nations increases the control over Native agriculture and food systems by providing financial and technical support, including training materials, to projects that address the agriculture and food sectors in Native communities.

First Nations also undertakes research projects that build the knowledge and understanding of Native agriculture and food systems issues, and inform Native communities about innovative ideas and best practices. We also participate in policy forums that help develop legislative and regulatory initiatives within this sector. First Nations supports a regional and national network of Native food sector and related organizations.

<http://www.firstnations.org/knowledge-center/foods-health>  
<https://www.facebook.com/firstnationsdevelopmentinstitute/?fref=ts>

# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## The Native Food Systems Resource Center

The Native Food Systems Resource Center is an initiative of First Nations Development Institute, under our Native Agriculture and Food Systems Initiative. Funding for development of this website (and several of our food-related projects) was generously provided by the W.K. Kellogg Foundation.

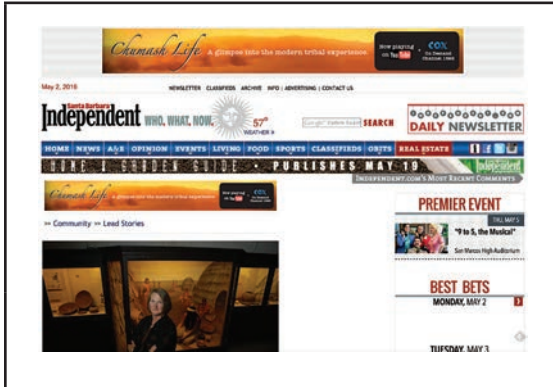
We recognize that accessing healthy food is a challenge for many Native American children and families. Without access to healthy food, a nutritious diet and good health are out of reach. To increase access to healthy food, First Nations supports tribes and Native communities as they build sustainable food systems that improve health, strengthen food security and increase the control over Native agriculture and food systems. First Nations provides this assistance in the form of financial and technical support, including training materials, to projects that address agriculture and food sectors in Native communities.

We also undertake research projects that build the knowledge and understanding of Native agriculture and food-systems issues, and inform Native communities about innovative ideas and best practices. We also participate in policy forums that help develop legislative and regulatory initiatives within this sector.

<http://www.nativefoodsystems.org/communities/resources>



# CALIFORNIA | TRADITIONAL FOODS RESOURCE GUIDE



## Santa Barbara Independent

From its world-class art museum to its state-of-the-art zoological garden, Santa Barbara is a community committed to a rich and culturally diverse quality of life. Since its inception, The Santa Barbara Independent, has been here to celebrate and support that commitment.

<http://www.independent.com/news/2013/nov/06/celebrating-californias-native-foods/>  
<https://www.facebook.com/sbindependent/?fref=ts>

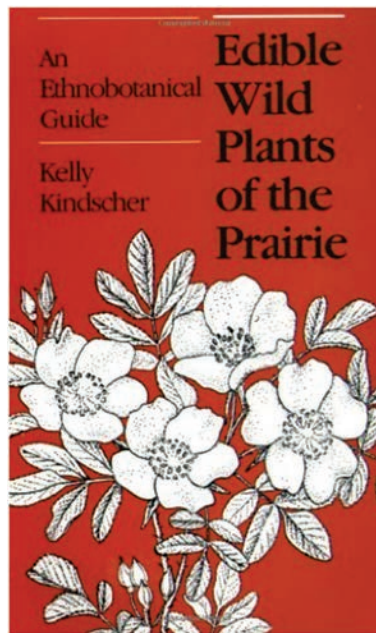


## Seeds of Native Health

Seeds of Native Health is focused on three main topic areas: food access, education and research.

<http://seedsofnativehealth.org/>

## GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE



### **Edible Wild Plants of the Prairie: An Ethnobotanical Guide**

by Kelly Kindscher

Univ Pr of Kansas (July 30, 1987), 288 pages

The Plains Indians found medicinal value in more than two hundred species of native prairie plants. Unfortunately, modern American culture has not paid much attention. White settlers did learn a few plant-based remedies from the Indians, and a few prairie plants were prescribed by frontier doctors. A couple dozen prairie species were listed as drugs in the U.S. Pharmacopeia at one time or another, and one or two, like the Purple Coneflower, found their way into the bottles of patent medicine.

But in both the number of species used and the varieties of treatments administered, Indians were far more proficient than white settlers. Their familiarity with the plants of the prairie was comprehensive. There probably were Indian names for all prairie plants, and they recognized more varieties of some species than scientists do today. Their knowledge was refined and exact enough that they could successfully administer medicinal doses of plants that are poisonous. All of the species used by frontier doctors were used first by Indians.

[amazon.com](https://www.amazon.com/dp/0703018111) for \$8.90

# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE



the  
animals  
native american  
sacred ecology  
and animal kinship

came

dancing  
howard l. harrod

## **The Animals Came Dancing: Native American Sacred Ecology and Animal Kinship**

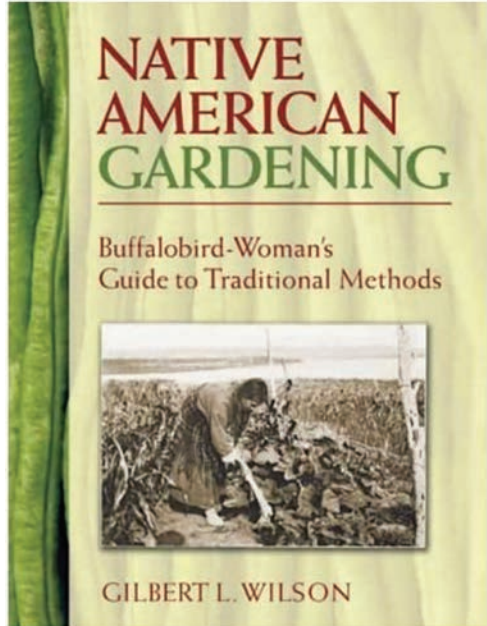
by Howard L. Harrod

University of Arizona Press (February 1, 2000), 170 pages

The Native American hunter had a true appreciation of where his food came from and developed a ritual relationship to animal life—an understanding and attitude almost completely lacking in modern culture. In this major overview of the relation between Indians and animals on the northern Great Plains, Howard Harrod recovers a sense of the knowledge that hunting peoples had of the animals upon which they depended and raises important questions about Euroamerican relationships with the natural world. Harrod's account deals with twelve Northern Plains peoples—Lakota, Blackfeet, Cheyenne, Pawnee, and others—who with the arrival of the horse in the eighteenth century became the buffalo hunters who continue to inhabit the American imagination. Harrod describes their hunting practices and the presence of animals in their folklore and shows how these traditions reflect a “sacred ecology” in which humans exist in relationship with other powers, including animals.

Available in local bookstores. [amazon.com](https://www.amazon.com) for \$21.36

# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE



## **Native American Gardening: Buffalobird-Woman's Guide to Traditional Methods**

by Gilbert L. Wilson (Author)

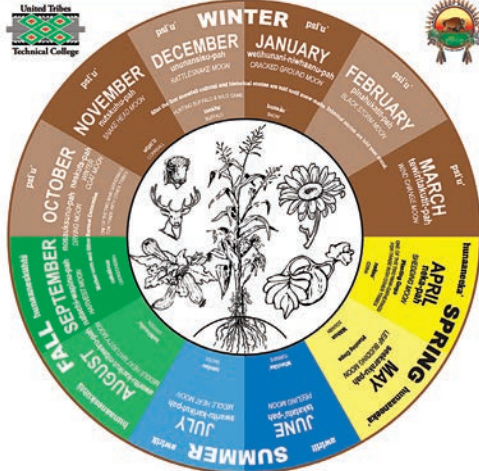
Dover Publications (July 26, 2005), 144 pages

Early in the 20th century, anthropology student Gilbert Wilson made the first of several trips to an Indian reservation in North Dakota to examine agricultural techniques used among the Hidatsa Indians. This intriguing book is the result of his research. More than a survey of primitive agriculture, however, the work sensitively investigates the activities of a unique culture. With the help of Buffalobird-woman, a Hidatsa native, Wilson not only created a poignant biographical study and a classic anthropological document but also presented a Native American woman's interpretation of economics, with views about the land she cultivated, frequently sprinkled with shrewd and humorous observations. The text covers a broad spectrum of topics, including methods that will be of lasting value to modern organic gardeners and farmers. Subjects range from useful advice on clearing fields, applying fertilizer, and storing crops for winter to such traditional activities as braiding ears of corn, making squash dolls, and harvesting tobacco blossoms.

[amazon.com](https://www.amazon.com) for \$9.95

# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE

## SAHNISH (ARIKARA) Agricultural



"In 1994 the US Congress passed legislation establishing the Tribal College Land Grant program with funds available through the US Department of Agriculture (USDA). National Institute of Food and Agriculture (NIFA). Land Grant program resources support food and agriculture teaching, research and extension programs. United Tribes Technical College offers programs and facilities to all persons regardless of race, color, national origin, religion, sex, disability, age/Vietnam era veterans status, or sexual orientation, and are an equal opportunity employer."

"Food System Circles are designed for educational education. Design is based on individual sharing of memories, practices, and traditions. UTTC Land Grant appreciates the sharing and recognizes the circles are not reflective of food systems or works for all tribes, families, or time periods."

### Flyer

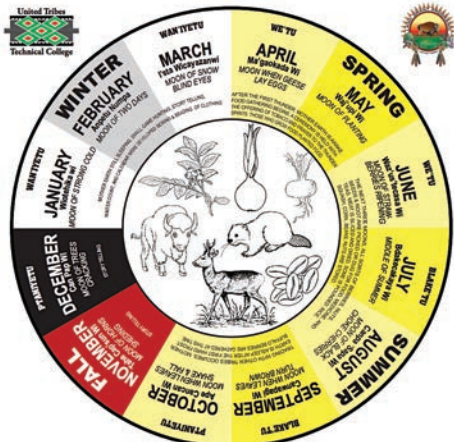
Agricultural or Farming Food System Calendar includes Sahnish (Arikara), Hidatsa and Mandan people (Three Affiliated Tribes). Historically, the families in these tribes lived in earth lodges located along the Missouri River. They planted and grew tremendous gardens with corn, beans, squash, pumpkin, sunflowers, watermelon and Indian tobacco. Their spiritual ceremonies revolved around the corn (maize). The three sisters of corn, beans and squash were important foods harvested from large fields using advanced agricultural systems including irrigation and seed saving. During the fall, they hunted and preserved buffalo, deer, elk, rabbits, birds and other small game animals to ensure adequate food throughout the year. They traded their produce with other tribes and explorers for meat, hides, shells, rice, and etc.

\*United Tribes Technical College, Land Grant Extension Nutrition Education

FREE <http://landgrant.uttc.edu/resources/foodsystem/012215.pdf>  
<http://landgrant.uttc.edu/resources/foodsystem/arikara.pdf>

# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE

## LAKOTA Nomadic



In 1994 the US Congress passed legislation establishing the Tribal College Land Grant program with funds available through the US Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA). Land Grant program resources support food and agriculture teaching, research and extension programs. United Tribes Technical College offers programs and facilities to all persons regardless of race, color, national origin, religion, sex, disability, age, Vietnam era veteran status, or sexual orientation and are an equal opportunity employer.

Tribal System Codes are designed for educational discussion. Design is based on individual sharing of information, traditions, and traditions. UTTC Land Grant does not indicate of food systems or words for all tribes, families, or one people.

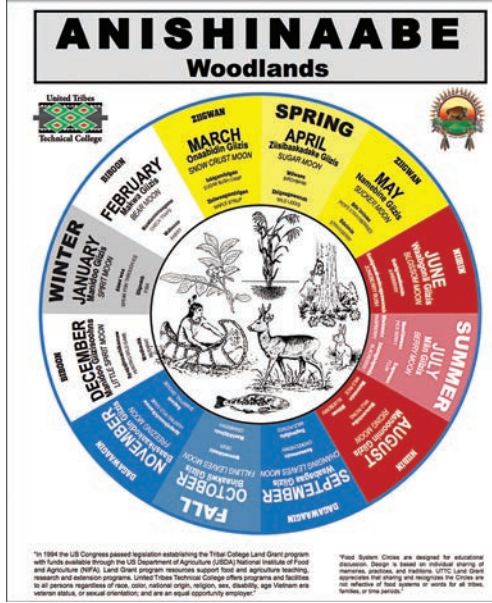
### Flyer

Nomadic Food Systems Calendars include indigenous people with strong ties to the buffalo and horse culture. The Lakota, Nakota and Dakota may be known as the Sioux Tribes. These nomadic people of the Great Plains lived in tipis and moved from summer to winter camps. They had a strong spiritual connection to Mother Earth and their relatives, the buffalo. They gathered edible plants, roots, and berries that grew native throughout the Plains and used their excellent hunting skills to support healthy lifestyles. In addition, as they moved their camps, they traded with people who practiced different foodways.

\*United Tribes Technical College, Land Grant Extension Nutrition Education

FREE <http://landgrant.uttc.edu/resources/foodsystem/012215.pdf>  
<http://landgrant.uttc.edu/resources/foodsystem/lakota.pdf>

# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE



## Flyer

Woodlands Food System Calendars include Anishinaabe (Anishinaabeg) – Ojibwa, Chippewa and Iroquois people. Many bands continue to live on their ancestral lands around the Great Lakes and water ways from the Atlantic Ocean through the north-central United States and southern Canada. They enjoy subsistence hunting, gathering of native foods, collecting maple syrup and spear fishing. Wild rice or in Anishnaabemowin; Mah-NO-min (min is pronounced to rhyme with “bit” and means seed and the first part of the word is a contraction of Manido or spirit giver) is a traditionally important and sacred food. Typically in early fall, the moon (month) Manoominike Giizis is harvest time - a time of fun and a time of hard work when grain is gathered and processed. Even with modern help of aluminum boats instead of birch bark canoes the gathering of good food is still hard work.

\*United Tribes Technical College, Land Grant Extension Nutrition Education

FREE <http://landgrant.uttc.edu/resources/foodsystem/012215.pdf>  
<http://landgrant.uttc.edu/resources/foodsystem/anishabe.pdf>

# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE



## Tradition and Nutrition

### Traditional Recipes

The GPGHW Team gathered a number of Great Plains indigenous traditional recipes this past year and analyzed their nutritional value to produce the following recipe cards. Each card contains information about the role of the food in tribal culture as well as nutritional information including calories, fat, and cholesterol.



## Traditional Recipe Cards

The GPGHW Team gathered a number of Great Plains indigenous traditional recipes and analyzed their nutritional value to produce the following recipe cards. Each card contains information about the role of the food in tribal culture as well as nutritional information including calories, fat, and cholesterol. Go to the website to view additional recipes.

FREE <http://health.gptchb.org/tradition-and-nutrition/>



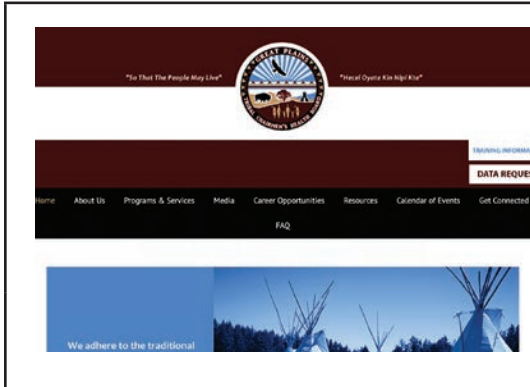
## Intertribal Buffalo Council

Resources on the traditional use of buffalo, information on buffalo, health and nutrition, history, recipes, education and cooking tips on buffalo.  
Copyright © 2011 InterTribal Bison Cooperative

<http://itbcbuffalo.com/education/list>  
<https://www.facebook.com/ITBCouncil/?fref=ts>



# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE



## Great Plains Tribal Chairmen's Health Board

The Great Plains Tribal Chairmen's Health Board provides key advocacy for its constituents in order for them to have access to the highest quality, most comprehensive and up-to-date health resources available in the areas of research, education, assistance, prevention and outreach.

FREE <http://gptchb.org/>  
<https://www.facebook.com/gptchb/?ref=ts>



## Canada's First Peoples The Plains People

Groups in the Plains People Environment / Housing Transportation / Migration Religion / Ceremonies / Art / Clothing Family / Social Structure / Leadership Tribal Relations / War

[http://firstpeoplesofcanada.com/fp\\_groups/fp\\_plains3.html](http://firstpeoplesofcanada.com/fp_groups/fp_plains3.html)

# GREAT PLAINS | TRADITIONAL FOODS RESOURCE GUIDE

UNITED TRIBES TECHNICAL COLLEGE | LANDGRANT PROGRAM

HOME ABOUT US RESOURCES LINKS

**LEARNING LAB:** Flower varieties suitable to this area were grown and evaluated during the inaugural season of an experimental garden on the United Tribes south campus, dubbed Dragonfly Garden. UTTC Land Grant programs collaborated with Tom Kuhn, SDSU Extension Horticulturist, to develop Dragonfly Garden and gardening activities for UTTC students and families. The plot is located adjacent to Bursleigh Avenue near the college's south entrance. Next summer flowers will bloom again along with 300 vegetable varieties, 200 rose bushes and 30 fruit trees.

**News**

- VISTA joins Land Grant - April 26, 2014
- Tribal Cooks Workshop - August 4-7, 2014
- 1-day ServSafe Class - August 12, 2014

**News**

This website is loaded with helpful tips and strategies for every aisle of the grocery store so that families, no matter what their income level is, can eat more healthfully for less. This website provides shopping tips and strategies, low cost recipes, eating plans that follow the DASH eating pattern, and practical information so that people can make informed food buying decisions. It offers nutrition and price comparison charts for a wide variety of foods. The family-friendly recipes focus

## Untied Tribes Technical College Land Grant Programs

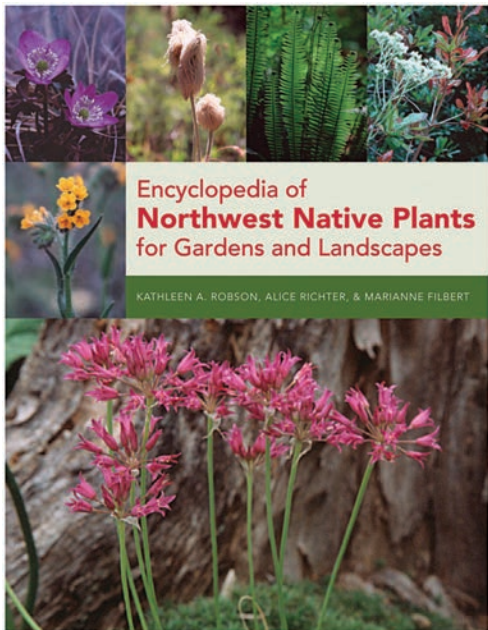
The Land Grant staff is committed to providing educational support to Tribal communities, citizens, and colleges. With a focus to the UTTC five owner tribes:

- Three Affiliated Tribes
- Standing Rock Sioux Tribe
- Sisseton-Wahpeton Oyate
- Spirit Lake Nation
- Turtle Mountain Band of Chippewa Indians.

FREE <http://landgrant.uttc.edu/>

<https://www.facebook.com/search/top/?q=united%20tribes%20technical%20college%20land%20grant%20programs>

## PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



### **Encyclopedia of Northwest Native Plants for Gardens and Landscapes**

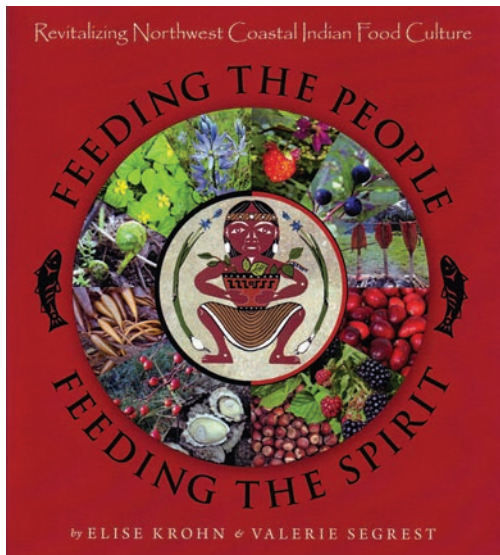
by Marianne Filbert, Kathleen Robson and Alice Richter

Timber Press (January 15, 2008), 532 pages

A comprehensive reference describing plants native to the Pacific Northwest—featuring some 530 subject species that occur naturally from southwestern Alaska to Oregon’s border with California, and from the coast east to Idaho, plants that are not only beautiful ornamentals but important components of habitat diversity.

[amazon.com](https://www.amazon.com) for \$44.68

# PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



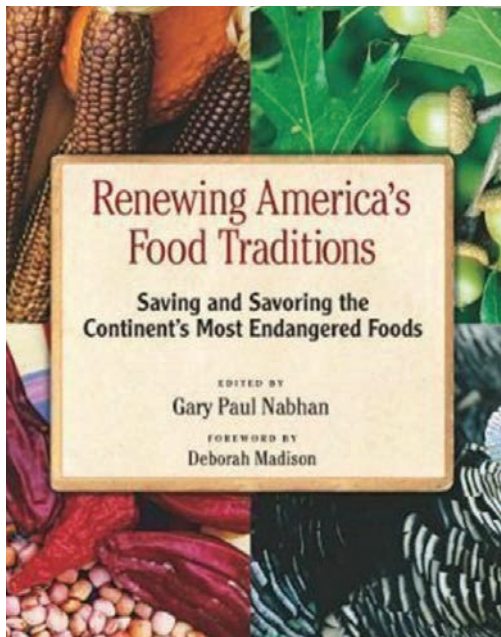
## **Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture**

By Elise Krohn and Valerie Segrest; Illustrator Roger Fernandes  
Northwest Indian College (2010), 168 pages

Feeding The People, Feeding the Spirit is an indigenous foods resource for Native Americans in the Pacific Northwest. Northwest Indian College Traditional Plants and Foods Program staff worked with archaeologists, tribal elders, cultural specialists, hunters, gatherers and cooks to determine what foods were eaten before European contact, barriers to accessing those foods today, and actions that native communities are taking to strengthen traditional food systems. This text includes culturally sensitive information; distribution is limited to native people and those who serve their health and communities.

[amazon.com](https://www.amazon.com) Currently unavailable

## PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



### **Renewing America's Food Traditions: Saving and Savoring the Continent's Most Endangered Foods**

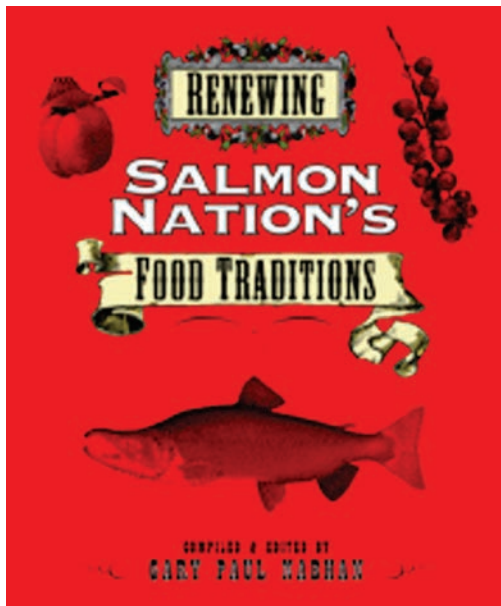
by Gary Paul Nabhan

Chelsea Green Publishing (May 15, 2008), 350 pages

Renewing America's Food Traditions is a beautifully illustrated dramatic call to recognize, celebrate, and conserve the great diversity of foods that gives North America its distinctive culinary identity that reflects our multicultural heritage. It offers us rich natural and cultural histories as well as recipes and folk traditions associated with the rarest food plants and animals in North America. In doing so, it reminds us that what we choose to eat can either conserve or deplete the cornucopia of our continent.

[amazon.com](https://www.amazon.com) for \$6.84

## PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



### **Renewing Salmon Nation's Food Traditions**

by Gary Paul Nabhan

Oregon State University Press (April 10, 2006), 66 pages

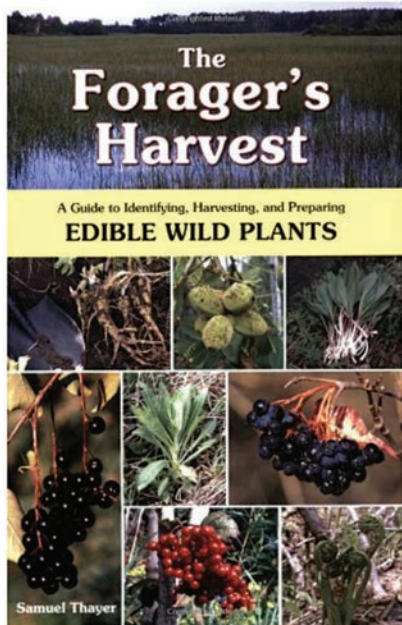
Renewing Salmon Nation's Food Traditions describes a treasure trove of regional plants and species — some at risk, others recovering. We hope that it can serve as both a reference guide and a historical inventory of species that were once abundant in Salmon Nation.

Edited by Gary Paul Nabhan

© 2006 by Renewing America's Food Traditions

[amazon.com](https://www.amazon.com) for \$8.96

# PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



## **The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants**

by Samuel Thayer

Forager's Harvest Press; 1 edition (May 15, 2006), 368 pages

A practical guide to all aspects of edible wild plants: finding and identifying them, their seasons of harvest, and their methods of collection and preparation. Each plant is discussed in great detail and accompanied by excellent color photographs. Includes an index, illustrated glossary, bibliography, and harvest calendar. The perfect guide for all experience levels.

[amazon.com](https://www.amazon.com) for \$15.60

## PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



### **Wild Harvest: Edible Plants of the Pacific Northwest**

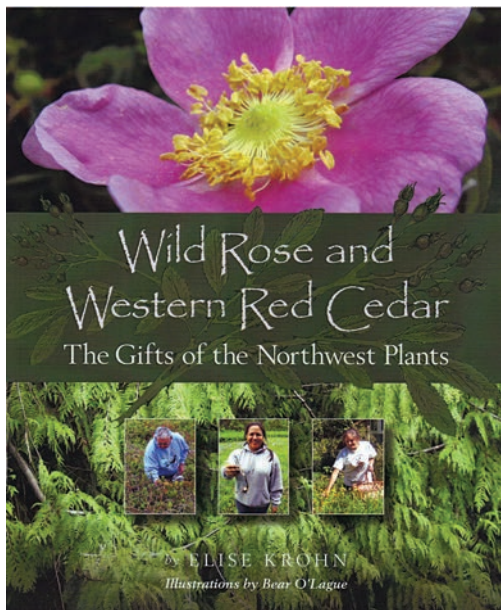
by Terry Domico  
Big Country Books

For everyone from backpackers to backyard harvesters, Wild Harvest is a field guide to wild edibles with their seasons and cooking suggestions.

[amazon.com](https://www.amazon.com) for \$15.56



## PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



### **Wild Rose and Western Red Cedar: The Gifts of the Northwest Plants**

by Elise Krohn


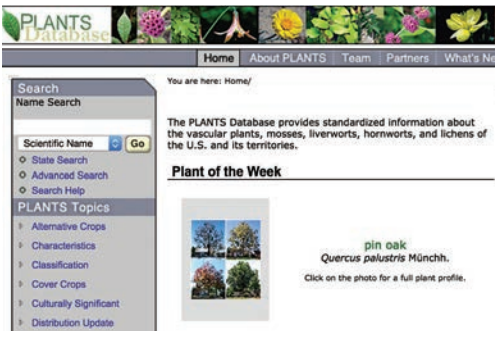
Illustrator Corey O'Lague

Publisher: Chatwin (2007), 158 pages

Wild Rose and Western Red Cedar: The Gifts of the Northwest Plants. This book empowers readers to gather and prepare traditional foods, create healing gardens and make plant medicine. It was written to educate students in the Traditional Foods and Medicines Program at the Northwest Indian Drug and Alcohol Treatment Center and the Northwest Indian College's Traditional Plants and Foods Program. The text includes culturally sensitive information solely for those purposes, and thus distribution is limited to native people and those who serve their health, communities, and cultures.

[amazon.com](https://www.amazon.com) Currently unavailable

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 <p><b>Eastern Washington wildlife</b></p> <ul style="list-style-type: none"><li>• Animal tracks</li><li>• Wildlife scat</li><li>• Western Washington wildlife</li><li>• Eastern Washington animals and plants</li></ul> <p><b>Related information</b> Nature is our teacher and the parks are our classroom! I-90 Wildlife Watch Animals on the move: first survey results, and other updates.</p>	<h2>Eastern Washington Wildlife and Plants</h2> <p>Photos and descriptions of wildlife and plants of Eastern Washington. A user friendly website.</p>
 <p><b>PLANTS Database</b></p> <p>Home About PLANTS Team Partners What's New</p> <p>You are here: Home/</p> <p>The PLANTS Database provides standardized information about the vascular plants, mosses, liverworts, hornworts, and lichens of the U.S. and its territories.</p> <p><b>Plant of the Week</b></p> <p>pin oak <i>Quercus palustris</i> Münchh.</p> <p>Click on the photo for a full plant profile.</p>	<h2>The USDA PLANTS</h2> <p>The USDA PLANTS Database provides standardized information about the vascular plants, mosses, liverworts, hornworts, and lichens of the U.S. and its territories.</p>

# PORTLAND | TRADITIONAL FOODS RESOURCE GUIDE



## Washington Native Plant Society

The Washington Native Plant Society hosts lectures, workshops and fieldtrips related to native plant identification, conservation, ethnobotany, and more.

<http://www.wnps.org/>



## Wildflowers of the Pacific Northwest

Wildflowers of the Pacific Northwest is a superb field guide and website suited for beginner and enjoyed by seasoned botanists. It has the best browse in functions of any website I have seen.

<http://www.pnwflowers.com/browse>



Copies of the *Traditional Foods Resource Guide* can be downloaded at [keepitsacred.org](http://keepitsacred.org)  
Visit [keepitsacred.org](http://keepitsacred.org) and [SEARHC.org](http://SEARHC.org) Health Promotion websites.