



## Traditional Food Resources

This resource compilation was put together by Sealaska intern Sydney Anderson as an extension of her article on traditional Native foods in the Sealaska 2017 Quarter 3 shareholder newsletter. This document provides information on traditional Native food resources throughout the U.S., as well as opportunities for southeast Alaska Natives to eat and grow their own traditional food. You will find recipes, books, guides, calendars, and hopefully things to get you started on your own journey to re-indigenize your diet.

*“The recovery of the people is tied to recovery of food, since food itself is medicine—not only for the body but also for the soul and the spiritual connection to history, ancestors, and the land.*

—Winona LaDuke, Native Activist

## Alaska – In Your Community

### *Alaska Plants and Food as Medicine Conference*

Register here: [anthc.org](http://anthc.org)

In 2010, the Alaska Native Tribal Health Consortium (ANTHC) established an annual statewide conference in Alaska called Alaska Plants as Food and Medicine. Local food, plant and medicine experts host healing workshops. The conference features hands-on work with attendees. Topics range from lessons on making devil’s club salve to harvesting and making your own fiddlehead fern salad. The conference has grown since it began. 2017 marks the first year ANTHC will instead host three smaller regional conferences by invitation. These satellite conferences will be more specific to local communities than the past Anchorage conferences. In 2018 ANTHC will be offering smaller and more intensive APFM sessions and workshops in Anchorage throughout the year.

### *ANTHC Store Outside Your Door Videos*

The Store Outside Your Door project was designed by the Alaska Native Tribal Health Consortium (ANTHC) to highlight and promote traditional food and knowledge, you can find their website [here](#). Check out their [YouTube channel](#) for webisodes highlighting Alaska harvesting, preservation, and traditional recipe information.

### *Hoonah Healing Garden*

The Hoonah Healing Community Garden was created in partnership with Sitka Local Foods Network and the SEARHC Traditional Foods Project. Check out [this article](#) for details on the garden, and contact information for organizers. The Hoonah Healing Garden was established in 2012. It was the result of the community working together to

gather the materials and plants for the plots. Community members donated fine sands, dirt sifters and various berry plants. Plants grown at the garden range from berries to potatoes to snap peas. The garden is next to the Sacred Heart Catholic Church in Hoonah.

#### *Sitka Local Food Network*

Check out the [Sitka Local Food Network](#) website for information on different local food growth and education projects throughout southeast Alaska. The website also is host to a calendar featuring dates and locations for various projects. There are articles on different community gardens, [how to use WIC and SNAP benefits](#) at the Sitka Farmers Market. It also features information on how to volunteer, and how to become a vendor at the Sitka Farmers Market. If you want the information delivered to your inbox you can [sign up](#) for the monthly newsletter.

#### *Alaska Food Policy Council*

<https://www.akfoodpolicycouncil.org/>

The Alaska Food policy Council was created with the goal of making Alaska's food systems healthier, more sustainable, and more secure. On the [website](#) you will find webinars, ways to get involved and information on the [Alaska Food Conference](#). There is also a compilation of [resources and research](#) on the food systems in Alaska.

### **Lower 48 – In Your Community**

#### *Decolonize Your Diet Project*

The [Decolonize Your Diet Project](#) was created by Latinx professors. The website provides recipes, blog posts, and other resources to help people reclaim their traditional diets. The [“about” page](#) provides definitions of what it means to “decolonize” and “re-indigenize” as well as the importance of a traditional diet both in physical and cultural health. The [“kindred spirits”](#) page also links to other resources for decolonizing your diet.

#### *CDC Traditional Foods Project*

The Centers for Disease Control and Prevention funded projects in Native communities throughout the United States from 2008-2014. A big focus of the funding was to highlight and fund “community-chosen and culturally-adapted policies and systems to promote health.” The projects are Native led and locally designed. This project highlights the importance of making changes and policies from the inside. Check out [this website](#) to learn more about the traditional foods movements growing in Native communities throughout the United States. Check out the [map](#) on the website for a detailed listing of projects in your area through SEARHC and the CDC.

#### *Garden Warriors Good Seeds*

Learn more about traditional food projects happening in the Lower 48 on [this blog](#). The site is divided by region and also highlights other resources and projects, as well as Native chefs.

*Native American Food Sovereignty Alliance*

<https://gardenwarriorsgoodseeds.com/about/>

Check out the Native American Food Sovereignty Alliance [Facebook page](#) for events and information on traditional food projects near you whether you're in the Lower 48, Alaska or Hawaii.

*Northwest Indian College Traditional Plants and Food Project*

<http://www.nwic.edu/community/traditional-plants-and-foods/>

This website includes information on the Northwest Indian College's traditional food projects in Washington state. It also links to related resources, books and gardening resources. The group also provides two day classes on starting your own tribal healing community garden as well as starting local p-patches.

### **Traditional Food Resource Compilations**

*DHSS Traditional Food Resources*

[This website](#), created by the Alaska Department of Health and Human Services, contains a list of resources related to recipe and nutrient analysis, food safety, food research, medicinal use, harvesting, and education information and guides. This resource list is especially helpful and well organized with information on how to access these resources, and resource cost.

*SEARHC Traditional Food Resource Guide*

This food guide was made possible by SEARHC, National Native Network and Administration for Native Americans. This guide features resources for Alaska, Great Plains, California, and Portland. It features a well organized guide to resources from websites, to books, to posters. The guide can be downloaded from [this](#) webpage.

*Traditional Food Guide for Alaska Native Cancer Survivors*

This food guide was put together and sponsored by the ANTHC cancer program, and written in consultation with several nutritionists as well as elders from Native communities around Alaska. The book provides nutritional and gathering information on a range of traditional foods from seafood to plants and birds. It also provides traditional recipes as well as recommendations on the best foods to eat during different stages of cancer treatment. In addition to food, the book also touches on physical activity both during and after cancer treatment and a daily food guide. An example of the inside of the book can be found [here](#), and the book can be purchased used on [Amazon](#) for \$19.99. It is also available to be checked out at the [Juneau Public Library](#). Contact your local library to check availability.

*University of Alaska Fairbanks Food, Nutrition, and Health Resources Page*

Check out [this webpage](#) for a range of publications on wild Alaskan foods as well as preservation techniques, nutrition information, and even recipes. A lot of the information in these publications can be applied to foods and even contain information

on foods that can also be found in the Lower 48. You will find information on canning, making jerky, pickling tips and recipes for jams and jellies.

*The Cultural Conservancy - Traditional Foodways*

Check out the Cultural Conservancy's traditional food projects based out of the California Bay Area. <http://www.nativeland.org/native-foodways/>

**Community Gardens**

These sites provide information on getting involved in community gardens, including cost, applications for plots, when to register, and what applies are available. If you don't see your community, call your local government and inquire about gardens in your area. If there aren't any gardens in your area, you could always start your own garden!

*Juneau Community Garden*

<http://juneaucommunitygarden.org/>

*Craig Community Garden*

[http://www.craigak.com/craigak\\_007.htm](http://www.craigak.com/craigak_007.htm)

*Fairbanks Community Garden*

<http://fairbankscommunitygarden.com/>

*Wasilla Community Garden*

<http://www.cityofwasilla.com/departments-divisions/parks-and-recreation/community-garden>

*Wrangell Community Garden*

<http://www.wrangellcommunitygarden.com/>

*Starting A Garden in Your Community* <https://www.uaf.edu/files/ces/publications-db/catalog/anr/HGA-00029.pdf>

This is a helpful guide for the beginning stages of starting a garden in your community. The PDF also links to other resources that would be helpful in starting a community garden.