BREAKOUT SESSION

WHY AND HOW TO DOCUMENT THE TRADITIONAL FOOD SYSTEM IN YOUR COMMUNITY

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2nd Annual Conference on Native American Nutrition
Mystic Lake Casino Hotel, September 18-20, 2017
Breakout: Why and How to Document the Traditional Food System in Your Community

- Introductions
- Overview of the session
- WHY to do it - Some ideas
- HOW to do it - Some ideas
- EXAMPLES:
  - Nuxalk Food and Nutrition Handbook
  - Healthy Hopi Recipes and Native Edible Plants
  - NEST’AN Harvest Lunar Calendar - Western Apache
  - 13 Moons. The 13 Lunar Phases and How they Guide the Swinomish People

DISCUSSION and RECORDING ON FLIP CHARTS - Each Table
REVIEW
Breakout: Why and How to Document the Traditional Food System in Your Community

**WHY—possibilities**

- Community teaching resource: schools, adult education, etc.
- Library addition
- Community networking and engagement
- Health promotion activities
- For keeping track of environmental changes
- Cultural promotion for sharing broadly
- Etc. Etc..
Breakout: Why and How to Document the Traditional Food System in Your Community

HOW to make a documentation – general procedures

- Determine objectives and get leadership agreement; budget?
- Form the team
- Seek existing information
- Create Focus Group to DETERMINE THE LIST OF SPECIES using common names
- Proceed to get scientific names; consider laboratory nutrient data
- Seasonal calendar. Use of individual food “parts”.
- Consider professional food interviews: frequency of use, meanings of food. Keep discussion targeted.
- Consider collecting recipes.
Nuxalk Nation Wellness Program
Bella Coola, BC, Canada
Hoyavako
Shadescale
Atriplex Conferfifolia

A plant that is fresh in the spring. It can be found in areas of clay soils.

Edible parts: The leaves and stems are picked when they are young and tender.

Cooking: Put the greens into a pot and boil for about 30 minutes. Add meat and bring to a boil again; then add salt and fix for taste. Boil for another 30 minutes. Serve white type with corn meal.
The Traditional Western Apache Diet Project
Arizona
### Bands and Dialects

Logopics ("around it now") is a whole year. The year is made up of months which are named differently in each Apache dialect. These dialects are from each of the Western Apache bands.

There are nine major Western Apache bands, and sixty sub-bands or smaller groups, based upon where people lived before the Reservation was established. These bands are unrelated and have distinctive Apache language accents and characteristics. Today, many of these differences are noticeable, and some are in their genes by these bands are:

- **Ditchy’v**
  - Sometimes referred to as Tonto or Southern Tonto People
  - Sometimes referred to as Southern Tonto or Gila People

- **Del T’o’one**
  - Mescalero, Oak Creek, and Carriera People
  - Sometimes referred to as Eastern White Mountain People

- **Lindbah**
  - Sometimes referred to as Western White Mountain People

- **Ta’i Bits’o’bi’**
  - Apache People

- **Ta’ni Tósh**
  - Sometimes referred to as Pinal People

- **Nahak Dikogide’**
  - Sometimes referred to as Apaches

- **Sandie D’a’ce**
  - Sometimes referred to as San Carlos People


### San Carlos Months

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### White Mountain and Bisayas Months

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Moon of the Elk Mating Cry

LATE SEPTEMBER/ EARLY OCTOBER is the "moon of elk mating cry," signaling autumn. This moon is a very busy time because all five salmon runs are fished and dried. The last of the fall Chinook run are entering the river while dog salmon, also called chums, are starting their run. Dog salmon dry lean, making them ideal for storage. Hunting also begins for larger game such as deer and elk.

Rose hips are ripening and harvested and processed for winter use. Cattails and sedges continue to be harvested for making mats and cordage.
13 Moons Community Garden Program

About

13 Moons Garden at Swinomish

The 13 Moons Garden program is located at the Northwest Indian College's Swinomish site on the Swinomish reservation in La Conner, WA. Food and medical plants are grown here with an emphasis on traditional, seasonal and local foods. Funding for the garden and greenhouse were provided by the First Nation Development Institute, NWIC Science Department and the Learn and Serve program. The garden was planned and implemented by a Food Sovereignty Committee that consists of community members, tribal employees, NWIC faculty and staff and garden volunteers.

Growing Our Own Garden Curriculum

With the new 13 Moons Garden curriculum, we'd like to introduce you to the world of plants as food and medicine. This printed garden guide tells the story of the 13 Moons Garden, defines food sovereignty, explains the role of plants in wellness, offers tips for gardening here in western Washington, and walks you through 7 garden activities designed for the whole family.

Copies are available at the NWIC-Swinomish site, and will be used in workshops held throughout the year. Stop by to see the garden in all its summer glory. Please reach out to NWIC student garden intern Beth Willis (bwillis@nwic.edu) for more information!

13 Moons Book
References:
http://www.fao.org/docrep/012/i0370e/i0370e00.htm
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Contacts:
1. *Nuxalk Food and Nutrition Handbook*. For further information contact: Peter Tallio, Nuxalk Nation Wellness Program. Email: [Wellness@NuxalkNation.ca](mailto:Wellness@NuxalkNation.ca)
2. *Healthy Hopi Recipes and Native Edible Plants*. Contact: Valerie Nuvayestewa, Hopi Special Diabetes Program. Email: [Vnuvayestewa@hopi.nsn.us](mailto:Vnuvayestewa@hopi.nsn.us)
3. *NEST’AN Harvest Lunar Calendar*. Contact: Seth Pilsk or Twila Cassadore, The Traditional Western Apache Diet Project. Email: [sethpilsk@gmail.com](mailto:sethpilsk@gmail.com) or [tr_cassadore@yahoo.com](mailto:tr_cassadore@yahoo.com)
4. 13 Moons. *The 13 Lunar Phases, and How They Guide the Swinomish People*, and the *13 Moons 2017 Lunar Calendar*. Contact: Jamie Donatuto, Swinomish Indian Tribal Community. Email: [jdonatuto@swinomish.nsn.us](mailto:jdonatuto@swinomish.nsn.us)

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