

Cover Art by Karley Rojas.

CAL POLY HUMBOLDT
DEPARTMENT OF NATIVE
AMERICAN STUDIES



ROU DALAGURR
FOOD SOVEREIGNTY LAB &
TRADITIONAL ECOLOGICAL
KNOWLEDGES INSTITUTE

FALL
2024

Vol. 4

Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute publishes annual reports.

Reports are archived on the HSU NAS website.

<https://nasp.humboldt.edu/fsl>

Questions or feedback? Email nasfsl@humboldt.edu

This report was designed and edited by **Research Associate Karley Rojas**

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LAND ACKNOWLEDGEMENT

Watch the Video on the @hsunas YouTube 



<https://www.youtube.com/watch?v=xzXiJq2t82M>

Cal Poly Humboldt's Land Acknowledgement video serves as a formal recognition of the Indigenous Peoples who have lived on this land for time immemorial. Cal Poly Humboldt is located in Goudi'ni, meaning "among the redwoods", and is part of the traditional lands of the Wiyot peoples; including tribes Blue Lake Rancheria, Bear River Band of Rohnerville Rancheria and the Wiyot Tribe. Additionally, the video also brings forth voices from several tribal nations including the Hoopa Valley Tribe, Yurok Tribe, Karuk Tribe, Tolowa Dee-Ni' Nation, Big Lagoon Rancheria, Elk Valley Rancheria, Resighini Rancheria, and Trinidad Rancheria. Through statements from representatives of various tribal nations, the video emphasizes the importance of respecting and protecting the land, water, and more than human life connected to all of Northern California's Indigenous communities. The land acknowledgement video emphasizes Indigenous voices, while also highlighting the profound interconnection between Indigenous communities and their ancestral territories; advocating for responsible stewardship and equitable collaboration. In essence, the video provides a measured yet impassioned call to action, promoting dialogue, understanding, and concerted efforts toward Indigenous sovereignty and cultural revitalization.

Donate today to show your support:

Wiyot Tribe: <http://www.honortax.org>



<https://bearrivercasino.com/donation-form/>



Bear River Band of Rohnerville Rancheria

Featuring the Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute Co-Director, Native American Studies professor, and Hoopa Valley Tribe member Dr. Cutcha Risling Baldy

Letter from the Co-Directors

The lab is open! Standing inside for the first time, taking in the joy and creativity of the space, watching with excitement as students and community made plans for the next decade (and the one after that and after that!) has been such a joy. Just a short five-years ago the **Rou Dalagurr: Food Sovereignty Lab & Traditional Ecological Knowledges Institute** at Cal Poly Humboldt published our very first report. At the time we wrote:

We envision opportunities to bring in visiting researchers, community leaders, Indigenous scientists and cultural artists to work closely with students, faculty and staff. This permanent collaborative space will nurture proactive conversations regarding food sovereignty and security, boost Indigenous presenters by offering opportunities for activity labs, and creating a space for topics such as basket weaving, food sovereignty, dam removal, and other prominent issues to be addressed in a safe and respectful manner.

Dreaming the future of the lab alongside our students was such an amazing and generative process and we could not be more grateful to the early work of our students and community to connect with our liberatory, decolonial imaginations. How amazing it has been to build this lab and to stand alongside the many community members, students, Tribal Elders and leaders, cultural knowledge holders, Indigenous Scientists, Native youth, and so many others who have not only believed in this vision, but *knew and were certain* that we would succeed and make something that could make a true impact on some of the most pressing issues of our time. We are so proud of everyone who has been a part of this and we hope that we can continue to grow and support

the work of Indigenous science, decolonization, food justice, social justice, and environmental justice.

If you haven't yet, we hope that you will come to visit the lab and see it for yourself. It is support from folks like you and the donations that we receive from far and wide that sustain us as we continue to do this work.

-Cutcha & Kaitlin



FSL Co-Directors Dr. Kaitlin Reed (Left) and Dr. Cutcha Risling Baldy (Right) at the opening celebration of the Lab in April of 2024

LAB IS OPEN

In 2019, a Native American Studies Indigenous Natural Resource Management Practices class went to the local Native community, and together built a dream of the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute. A location was identified as the old



‘Hilltop Marketplace’ in the annex of the Behavioral and Social Sciences Building on Cal Poly Humboldt’s Campus. The first request for the space to the University was denied. After over 100 letters of community support and public testimony the space was allocated on the condition that the FSL raise all of the money required to build the lab.

INITIALLY ESTIMATED at \$136,000, students became fundraisers, meeting the ever increasing quote for the construction of a commercial kitchen and Indigenized laboratory space. As of summer 2021, students had raised \$250,000. We broke ground on construction in Fall of 2021.

In 2023, the new construction cost was set at

\$547,599.29.

We rose to the challenge- community came together in an incredible fundraising effort. To date, we have raised \$520,000 for construction.

WE NEED \$19,000 To achieve our fundraising goal

We officially opened the Lab in April of 2024.



The Rou Dalagurr Food Sovereignty Lab and
Traditional Ecological Knowledges Institute is now
OPEN.

But we need donations to help us pay for the remaining costs!
This will ensure that we can continue serving regional
Indigenous food sovereignty initiatives for generations- or as
Dr. Cutcha Risling Baldy often says- your donation will help us
'keep doing cool stuff'!



DONATE!



<https://hsu.link/fsl>



**LAB IS
OPEN**

ABOUT US: Co-Directors



Co-Director - Dr. Cutcha Risling Baldy **Tribal Affiliation: Hoopa Valley Tribe** **(Yurok, Karuk)**

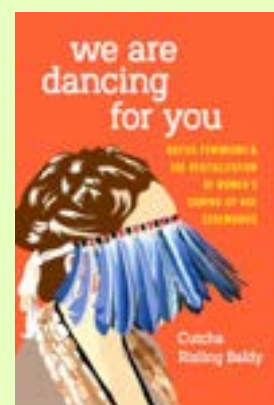
is an Associate Professor and Department Chair of Native American Studies at Cal Poly Humboldt. She researches Indigenous feminisms, California Indians, Indigenous Natural Resource Management, and decolonization. She is the Co-Director of the NAS Food Sovereignty Lab & Traditional

Ecological Knowledges Institute and Co-Investigator on an NSF INCLUDES Planning Grant for inclusive STEM pedagogy for Native American Students at Humboldt. She also served as the Local Evaluator for a California Department of Public Health Reducing Health Disparities Project: the ACORN Youth Wellness Program with Two Feathers Native American Family Services. Current works include:

- Gough, Healthier & Cutcha Risling Baldy. "Resistance, Resilience, and Social Welfare: Understanding the historical intersections of Federal Indian policies and the helping professions." in The Routledge International Handbook of Indigenous Resilience ed. Hilary Weaver, 2021.
- Risling Baldy, Cutcha. "Why We Fish: Decolonizing Salmon Rhetorics & Governance" in Native American Rhetoric ed. Dr. Larry Gross, the University of New Mexico Press, 2021.
- Risling Baldy, Cutcha. "Radical Relationality in the Native Twitterverse: Indigenous Women, Indigenous Feminisms and (re)writing/(re)righting Resistance on #NativeTwitter" in Indigenous Peoples Rise Up: The Global Ascendancy of Social Media Activism. Rutgers University Press, 2021.

Podcasts and other media:

- "Tending Nature: Indigenous Land Stewardship." KCET documentary film series. <https://www.kcet.org/shows/tending-nature/special/Indigenous-land-stewardship> Episode 19: Decolonizing Water Part I Water Talk Podcast <https://www.watertalkpodcast.com/episodes/episode-19>
- "Reviving Relationships with Our Foodways: A History of Indigenous Food Sovereignty in California and Beyond" by Dr. Cutcha Risling Baldy and Dr. Kaitlin Reed (co-directors of the FSL). <https://cooperationhumboldt.com/food-guide-2021/>



Purchase We
are Dancing
for You Here!



<https://birchbarkbooks.com/products/we-are-dancing-for-you>

ABOUT US: Co-Directors



Co-Director - Dr. Kaitlin Reed

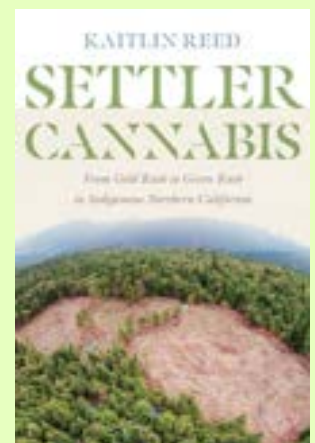
Tribal Affiliation: Yurok Tribe (Hupa, Oneida)

is an Assistant Professor of Native American Studies at Cal Poly Humboldt. Her research is focused on tribal land and water rights, extractive capitalism, and settler colonial political economies. Her recent book publication is *Settler Cannabis: From Gold Rush to Green Rush in Indigenous Northern California*. This book connects the historical and ecological dots between the Gold Rush and the Green Rush, focusing on capitalistic resource extraction and violence against Indigenous lands and bodies.

Kaitlin obtained her B.A. degree in Geography at Vassar College and her M.A. and Ph.D. in Native American Studies at the University of California, Davis. In 2018, she was awarded the Charles Eastman Fellowship of Native American Studies at Dartmouth College. Dr. Reed is an enrolled member of the Yurok Tribe in Northwestern California. In her free time, she likes to play video games, watch reality television, and spend time with her partner, Michael, and her cat, Fitzherbert.

Other works include:

- Reed, Kaitlin. "Cannabis, Settler Colonialism, and Tribal Sovereignty in California." *The Routledge Handbook of Post-Prohibition Cannabis Research*. Routledge, 2021. 53-62.
- Reed, Kaitlin. "'We Are a Part of the Land and the Land Is Us': Settler Colonialism, Genocide, and Healing in California." *Humboldt Journal of Social Relations* 42(1), 2020.
- Reed, Kaitlin; Middleton Manning, Beth Rose and Deniss Martinez. "Becoming Storms Indigenous Water Protectors Fight for the Future," in *Lessons in Environmental Justice: From Civil Rights to Black Lives Matter* (eds. Michael Mascarenhas) Sage Publishing: 2020.



[Purchase Settler Cannabis Here!](https://uwapress.uw.edu/book/9780295751566/settler-cannabis/)



<https://uwapress.uw.edu/book/9780295751566/settler-cannabis/>

ABOUT US: Staff & Students

Research Associate: Karley Rojas (them/elle)
Tribal Affiliation: Descendant Guajiro Taíno
& **Native Plant Specialist** for Blue Lake Rancheria



Specialty Crop Initiative Program Manager Cassandra May
Tribal Affiliation: Yurok, Wailaki

Graduate Research Associate: Delaney Schroeder-Echavarria
Tribal Affiliation: Ojibwe Decendant



Graduate Research Assistant Chelsea Ríos Gómez (they/them/elle) is originally from pixley, ca - located on the ancestral land of the Yokuts. They are in their final year of a Master's in the Environment & Community Program. Coming from a long lineage of campesinos from zacatecas, méxico - located on ancestral lands of the

Zacatecatl peoples - they bring a transnational perspective to their research, focusing on Indigenous vivencias campesinas. Their work emphasizes campesinos as knowledge holders and creators of future worlds. They dream of being able to facilitate the sharing of knowledges outside traditional western academic frameworks and look forward to implementing this within their position as the Graduate student Coordinator for the Food for Indigenous Futures (FIF) project that seeks to build community and youth-informed curriculum to connect with cultural practices in health, wellness, traditional ecological knowledge and food sovereignty. They are also interested in intersectional forms of accessibility within knowledge sharing spaces that include body-based and land-based epistemologies.

Site Events Coordinator: Crane Conso (they/them)

Greetings, folx! My name is Crane (they/them), and I am an Ashkenazi Galitzianer (present-day Ukraine) and Belgian/French descendant with roots in the Bay Area. I'm currently the Site Events Coordinator for the lab, assisting with events that connect the community to our work. The piece of paper that I hold is a Master's degree from Cal Poly Humboldt, where I worked in the Social Identity Lab. My background spans community research, teaching, and mentorship, focusing on justice-system-impacted youth and non-traditional adult learners. I'm passionate about building community through radical inclusion.



ABOUT US: Staff & Students

Administrative Support Assistant: Rae Basham (they/them)

Tribal Affiliation: Descendant of the Dakota people

Rae is a recent graduate of Cal Poly Humboldt, where they majored in Native American Studies with a focus on environment and natural resources and completed a minor in natural resources. Throughout their academic career, Rae worked as a student office assistant for the Native American Studies department from October 2022 to December 2023. Currently, they serve as the administrative support assistant for the Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute, where they contribute to maintaining an efficient and organized work environment to support the lab's productivity



Undergraduate Wiyot Plaza Site Manager: Jaime Lara (he/they)

Tribal Affiliation: Apache, Yaqui, Cherokee descent

Jaime is a 5th-year undergraduate majoring in Wildlife Conservation and Management with a minor in Native American Studies. A queer individual of

Apache, Yaqui, and Cherokee descent, Jaime grew up in southern California and was drawn to Humboldt for its renowned Wildlife program and became deeply inspired by the resilience of the local Indigenous communities, which motivated them to reconnect with their own ancestral heritage and embrace cultural healing. In 2024, Jaime became the Student Site Manager for Wiyot Plaza, working with the Rou Dalargar Food Sovereignty Lab and Traditional Ecological Knowledge Institute. Passionate about wildlife, agricultural and food systems, as well as community-building, Jaime aspires to be an androgynous ecologist, working alongside tribal, Hispanic, LGBTQ+, and other marginalized groups, with an awareness of the complexities between Indigenous and Western science.

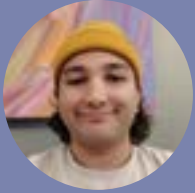
Undergraduate Research Assistant: Pamela Reyes (she/her) is a senior student

in Environmental Studies graduating in Fall 2024, having dedicated her academic journey to understanding the intricate relationship between human society and the natural world. Her educational and professional endeavors reflect her belief in "thinking globally and acting locally." She actively collaborates on

environmental justice. Pamela aims to become a change agent by promoting sustainable practices and advocating for marginalized populations disproportionately affected by environmental exploitation. Through partnerships with organizations and her involvement in service learning and research, she strives to create tangible solutions that foster resilience and sustainability for future generations.



ABOUT US: Staff & Students



Undergraduate Research Assistant: Joseph (Joe) Taylor (he/him/his)

I am a 4th-year undergraduate in Native American Studies and Minor in Sustainable Food Systems. I grew up in Southern California then took a chance and came up to Humboldt in the fall of '21. I was drawn to Humboldt for the nature and the Forestry Department. While in Forestry classes, I ended up finding my passion for Native American Studies and plan on pursuing a related career after college. Coming from a family of teachers, including teaching history, and my presence at a Roman Catholic school, education towards Native peoples was minimal and colonized. I wanted to learn the truth. Through the Rou Dalagurr Food Sovereignty Lab class, I was exposed to different Indigenous foods and wanted to understand food systems pre-colonization. In 2024, I got a job as an Undergraduate Student Assistant in the Rou Dalagar Food Sovereignty Lab and Traditional Ecological Knowledge Institute and am excited to continue my education through supporting the resilience of Native culture and the strength of food systems.

Events Coordinator: Amy Ithurnburn (she/her/hers)

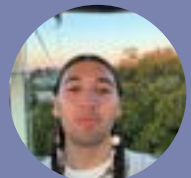


Service Intern: Hanna Nielsen

Hanna Nielsen is a graduate student of Ecopsychology at Naropa University, trained Eco-Chaplain, and FLOW facilitator for the Good Grief Network. She was born and raised in Humboldt County and has spent the last decade working in the climate change field. She is interested in helping people reconnect to the natural world and process and metabolize their emotions around the climate crisis in community. In her free time she can be found exploring the natural world with her dog Beija, reading, and doing art.

Undergraduate Research Assistant: Covin Sigala

My name is Covin and I'm a junior at Cal Poly Humboldt. I'm majoring in Native American Studies with a concentration in Language & Literature and a double minor in Indigenous Peoples, Natural Resource Use and the Environment and American Indian Education. I took the Food Sovereignty Lab class for two semesters alongside my internship, and now I'm back as a student assistant!



STEERING COMMITTEE

Dr. Aaron Gregory (Assistant Professor, Native American Studies Department, Environmental Resources Engineering (Faculty Affiliate), Cal Poly Humboldt)

Adam Canter (Wiyot Tribe) Natural Resource Director

Brenda Perez (Director, El Centro del Pueblo) Tribal Affiliation: Chalchicomula, mestiza Mexicana, herencia Ngiwa

Carrie Tully (M.A. Social Sciences, Environment and Community Alumna)

Dr. Cinthya Ammerman Muñoz (Assistant Professor, Native American Studies, Cal Poly Humboldt)

Cody Henrikson (Alumni, Cal Poly Humboldt) Tribal Affiliation: Ninilchik Village Tribe (Dena'ina and Sugpiaq)

Danielle Anderson-Reed (Director of Operations, Aunties on the River Indigenous Doula Collective) Tribal Affiliation: Ponca Tribe of Oklahoma

Dr. Daniel Lipe (Assistant Professor, Environmental Science and Management, Cal Poly Humboldt), Tribal Affiliation: Cherokee Nation

Elena Sisneros (Tolowa Dee-ni' Nation, Habitat & Wildlife Division Manager)

Evie Ferreira (HSU Alum) Ancestral Heritage: Yoeme, Mexican American, Portuguese

Fawn Murphy (Tribal Chair for Resighini Rancheria) Tribal Affiliation: Resighini Rancheria Tribe of Yurok People

Dr. Frank Lake (Research Ecologist for USFS) Tribal Affiliation: Karuk Descendant

Jude Marshall (United Indian Health Service Community Food Garden) Tribal Affiliation: Hoopa Valley Tribe

STEERING COMMITTEE

Katie Koscielak (Environmental Studies & Geography Lecturer, Sustainability Analyst, Cal Poly Humboldt)

Louisa McCovey (Director of the Yurok Tribe Environmental Department) Tribal affiliation: Yurok Tribe

OliviaRose Williams (Karuk Department of Natural Resources Pikyav Technician III), Tribal Affiliation: Enrolled Fallon Paiute/Shoshone, Karuk, Pit River, Wintu

Dr. PennElys Droz (NDN Collective) Tribal Affiliation: Anishinaabe

Rachel Sundberg (Trinidad Rancheria & Native Women's Collective) Tribal Affiliation: Ner-er-ner (coastal Yurok), enrolled member of the Trinidad Rancheria

Raven Wilder-Surber (Hoopa Valley Tribe, Planning Department) Tribal Affiliation: Hoopa Valley Tribe

Roman Worthey (Tolowa Dee-ni' Nation, Food Sovereignty Program Coordinator)

Ruby Tuttle (Founding Executive Director, Aunties on the River Indigenous Doula Collective) Tribal Affiliation: Yurok, Karuk, Yuki, and Concow Maidu

Dr. Sarah Ray (Department Chair, Environmental Studies, Cal Poly Humboldt)

Dr. William Matsubu (Blue Lake Rancheria Tribe Environmental Programs Director)

CALENDAR OF EVENTS



Carlos H., El Jardín Santuario



Dr. Kaitlin Reed, NPS Presentation



Healthy Food Initiative, Hoopa



FSL Staff, Elevate Youth Conf.

August 2023		
Date	Event	Description
	Potawot Community Garden Volunteer Days	
	El Jardín Santuario Volunteer Days	~100 attendees
	Daluviwi' Community Garden Volunteer Days	~18 attendees
	FSL Indigenous Garden Volunteer Days	~12 attendees
	Bear River Community Garden Volunteer Days	~22 attendees
8/4	Friday Night Market (Fundraising)	
8/7	Tolowa Dee-ni' Garden Volunteer Day	2 attendees
8/10	Picking Blueberries (WFB)/FIF Listening Session	15 College aged (Blueberry Picking)
8/11	Friday Night Market (Fundraising)	~300 community members
8/16	Sturgeon Tour (WFB)	5 (3 staff, 2 fisheries staff)
8/16	Healthy School Food in Hoopa Elementary (Youth)	30 parents & leaders
8/18	Presentation to freshmen (FSL Presentation)	
8/18	Friday Night Market (Fundraising)	~300 community members
8/18	Klamath Salmon Festival (Tabling)	
8/25	Friday Night Market (Fundraising)	~300 community members
8/26	Wiyot Day (Tabling)	~1,000 community members
8/28	Blueberry picking (WFB)	15 students, 1 community member, 1 youth

September 2023		
Date	Event	Description
9/1	Daluviwi' Community Garden Volunteer Day	2 attendees
9/1	Friday Night Market (Fundraising)	~300 community members
	El Jardín Santuario Volunteer Days	~70 volunteers
9/10	IAC Pacific Region Summit Presentation	1 intern, ~500 attendees
9/13	Potawot Community Garden Volunteer Day	
9/13	FSL presentation for NPS at Sue-Meg State Park	1 staff, 1 faculty. ~35 attendees
9/15	FIF Youth Listening Session (Youth)	
9/15	Friday Night Market, Centro del Pueblo	1 staff, 2 volunteers, ~50 attendees
9/18	Elevate Youth California (Youth)	
9/20	NAS 333 Blueberry Picking Noble Farms (WFB)	3 staff
9/23	FIF Youth Listening Session (Youth)	8 Youth, FIF team
9/25	Elevate Youth California (EYC) Youth Convening (Conference)	3 staff, 1 youth council, ~500 attendees
9/25	FSL talk to students (NAS 480) (Conference)	
9/26	Elevate Youth California (EYC) Youth Convening (Conference)	3 staff, 1 youth council, ~500 attendees
9/26	FIRE/Climate Summit	
9/30	California NDN Day (Tabling)	

CALENDAR OF EVENTS



Alme Allen's Art for FSL Fundraiser



Marlette Jackson @ FSL Fundraiser



Melitta Jackson @ FSL Fundraiser



Tori McConnell @ FSL Fundraiser



FSL Fundraiser



Silent Auction, FSL Fundraiser



CR College Motivation Day



American NDN College Motivation Day



Yáamay Book Talk



FSL Team Self-Defense



October 2023		
Date	Event	Description
10/1	Two Feathers: Two Spirit Tabling	
10/7	PBLC event (Tabling)	
10/8	Indigenous peoples week (Tabling)	
10/8	Tuna Canning Workshop (WFB)	
10/9	Indigenous Foods Farmers Market (Tabling)	
10/10	Indigenous Peoples Week Film Screening (Tabling)	
10/14	Fall Preview (Tabling)	
10/15	Fall Preview (Tabling)	
10/16	Fall Preview (Tabling)	
10/17	Fall Preview (Tabling)	
10/18	Healthy School Food in Hoopa Elementary (Youth)	~15 attendees
10/20	FSL Fundraiser (Fundraising)	~60 attendees
10/23	FSL Guest Lecture (Maral Attallah's classes) (Conference)	1 staff, ~100 students
10/25	FSL Team Self Defense Class with Darla (Primal Sports)	Staff and Youth Council
10/31	Gathering Day (Huckleberry)	2 staff

November 2023		
Date	Event	Description
11/2	American NDN College Motivation Day (Tabling)	5 staff
11/4	2023 Movimiento Indígena Migrante, Centro del Pueblo	4 volunteers, ~50 community members served
11/11	A't'i Xwee-ghayt-nish: Still, We Live On, film screening (Tabling)	
11/15	Hoopa Healthy School Initiative	
11/22	FSL Team Self Defense Class with Darla (Primal Sports)	3 staff
11/23	Daluviwi' Community Garden Volunteer Day	
11/25	Yáamay: An Anthology of Feminine Perspectives Across Indigenous CA (Tabling)	
11/29	FSL Team Self-Defense Class with Darla (Primal Sports)	3 staff
11/30	College of the Redwoods Native American Community College Motivation Day (Tabling)	

December 2023		
Date	Event	
12/2	Tuluwat Reclaimed Film Screening (Tabling)	
12/4	WFB Box #2 Release	
12/11	IAC Conference	

January 2024		
Date	Event	
1/17	FIF Youth Council Talking Circle	

February 2024		
Date	Event	
2/19	TRIO Tour of FSL	
2/21	FIF Youth Council Talking Circle	
2/22	Potawot Community Garden Volunteer Day + Herb Harvest	

CALENDAR OF EVENTS



Nettle Gathering



Nettle Gathering



Indigenous Foods & Cultural Gathering



Cal Poly Humboldt Big Time



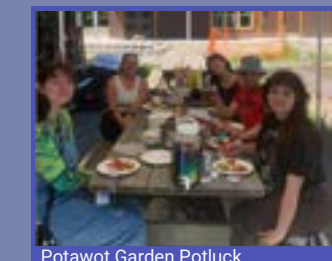
FSL Opening Event!, Staff and Volunteers



Tishawnik Volunteer Day



MKWC Youth Visit



Potawot Garden Potluck



MKWC Youth Visit

2/26	WFB Salve Making
2/29	Small Farm Conference Field Day (Conference)

March 2024		
Date	Event	Description
3/9	Humboldt Seed & Plant Exchange	
3/10	Indigenous Foods & Cultural Gathering Yurok Food Sovereignty Day	
3/16	Strawberry Jam Workshop w/ Youth	
3/16	Ocean Ranch Restoration Day	
3/28	Decolonizing Sustainability Speaker Series: Dr. Andrew Curley	
3/20	FIF Youth Council Talking Circle	
3/20	Yurok Tribe Community Immunity Workshop	
3/30	Spring Preview (Tabling)	
3/9	Humboldt Seed & Plant Exchange	

April 2024		
Date	Event	Description
4/3	Fundraising Fair-Giving Day (Tabling)	
4/6	Cal Poly Humboldt Big Time (Tabling)	
4/6	YTFS Nettles Workshop	
4/7	Nettles Gathering for Tea Workshop	3 participants
4/8	FSL Garden Volunteer Day	
4/13	Spring Preview (Tabling)	
4/15	FSL Garden Volunteer Day	
4/17	FIF Youth Council Talking Circle (Youth)	
4/19	Lab Opening Event!	
4/20	FIF Self-Defense/Traditional Foods Class (FIF/Self Defense Class)	
4/22	FSL Garden Volunteer Day	
4/24	Nettle Tea Making & Gathering for Sue-meg Workshop	
4/25	Youth of Color Empowerment Event (Tabling)	
4/25	Decolonizing Sustainability Speaker Series: Dr. Wendy Makoons Geniusz (Event)	
4/26	PBLC FSL Tour	
4/29	Tea Blend Making Workshop (Food Summit)	
4/29	FSL Garden Volunteer Day	
4/30	FSL Garden Workshop (Food Summit)	

May 2024		
Date	Event	Description
5/3	Decolonizing Economics FSL Panel	3 staff
5/4	Indigenous Foods Festival	260 attendees
5/9	Potawot Community Garden Volunteer Day	
5/15	MKWC Youth Visit (Youth)	
5/20	FSL Garden Volunteer Day	
5/21	Intertribal Nursery Training (Event)	
5/22	Intertribal Nursery Training (Event)	
5/29	Tishawnik Farm FSL Volunteer Day	4 staff, 10 participants

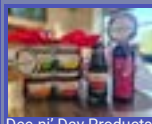
CALENDAR OF EVENTS



HAPAY Jam Making



HAPAY Jam Making



Dee-ni' Day Products



HAPAY Jam Making



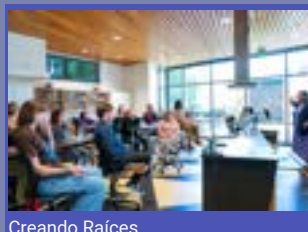
Plum Processing



Bull Kelp Workshop



Bull Kelp Salsa. PC: Kimora



Creando Raíces



Squash dehydration



Indigenous Garden Cleanup



Dr. Daniel Lipe Decolonizing Sustainability. PC: Kimora



Youth Salve Making. PC: Kimora



Rosehip Processing

June 2024		
Date	Event	Description
6/18	Potawot Volunteer Day	2 staff, ~7 volunteers
6/19	Salve Workshop with Potawot Good Medicine Group (Cassandra and Ellen helping Atira lead salve making workshop)	
6/22	Juneteenth Celebration FSL Tabling (Tabling)	2 staff, 200+ attendees
6/25	First PBLP Focus Group	
6/25	Potawot Volunteer Day	2 staff, ~7 volunteers
6/27	High School Readiness (Event)	
6/28	Peace & Dignity Run Support	1 staff

July 2024		
Date	Event	Description
	Potawot Volunteer Days	2 staff, ~107 volunteers

August 2024		
Date	Event	Description
8/14	CAHSS Tour of FSL (Tour)	2 staff, ~107 volunteers
8/15	HAPAY mixed berry jam (Jam Session)	~13 participants
8/16	Staff Klamath plum Processing	2 staff
8/20	Creando Raíces Tour	5 staff, ~60 students
8/20	Food Futures Summer Immersion	
8/22	Huwichurruk Orientation- FSL Tour	
8/23	Making Bull Kelp Salt (Workshop)	2 staff, 10 attendees
8/23	Fall 2024 Graduate Student Orientation (Tabling)	
8/24	Tour of the FSL (Cumbre Humboldt FSL tour)	3 staff, 40 attendees
8/24	FSL Tabling at Wiyot Days Event (Tabling)	
8/27	Potawot-Dontated Squash- Staff Processing	2 staff

September 2024		
Date	Event	Description
9/4	Salmon Pit Cleanup (Volunteer Day)	2 staff, ~107 volunteers
9/7	Dee-ni' day FSL tabling for educational program (Event)	~13 participants
9/9	Rosehip Processing- FSL (Workshop)	2 staff
9/14	FSL Cleanup (Volunteer Day)	5 staff, ~60 students
9/24	Huwichurruk Huckleberry Day (Event)	2 staff, 5 attendees
9/26	FSL BLR Processing Series 1 (Workshop)	7 participants
9/28	Ner-er-Nehr Days	15 students, 4 staff, ~500 attendees

October 2024		
Date	Event	Description
10/3	FSL BLR Processing Series 2 (Workshop)	1 staff, 5 participants
10/10	Decolonizing Sustainability Speaker Series: Dr. Aaron Gregory Talk (Event)	

CALENDAR OF EVENTS



Tolowa Dee-ni' Visit



Tolowa Dee-ni' Visit



Youth Council Listening Session: Salve Making. PC: Kimora



Seaweed Festival Tour

"My path of wellness is led by the land, our traditional foods and medicines help to keep our teachings of a reciprocal relationship alive"- Youth Council Member

"Food sovereignty is more than just what we ourselves gather but supporting people in the community who are also gathering and sharing"- Youth Council Member



Youth Council Listening Session: Salve Making. PC: Kimora



ITEPP Kelp Guardians



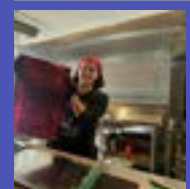
FSL Potluck. PC: Kimora



FSL Film Series: Rez Ball Screening
PC: Kimora



Youth Council Listening Session: Salve Making. PC: Kimora



Apple-Blueberry Fruit Leather

10/10	FSL BLR Processing Series 3 (Workshop)	1 staff, 6 participant
10/11	Tolowa Dee-ni' Nation FSL Site Visit	11 students and staff
10/16	Chef Sara Book Talk for Indigenous People's Week (Event)	
10/16	Bull Kelp Salsa for Seaweed Festival (Workshop)	4 staff, ~100 attendees
10/17	NAS/FSL staff potluck (Event)	15 NAS & FSL Staff
10/17	Chef Sara: Acorn Crepes (Workshop)	
10/17	Chef Sara: Acorn Muffins (Workshop)	2 staff, 12 students
10/17	Decolonizing Sustainability Speaker Series: Dr. Daniel Lipe Talk (Event)	91 in person, 17 on Zoom
10/17	Salve Making for FIF/Youth Council (Youth)	7 attendees, 3 staff
10/18	Seaweed Festival Tours	5 staff, 75 participants
10/19	Seaweed Festival Tabling	3 staff, 1 student, ~500 attendees
10/22	Kelp Guardians ITEPP Movie Night	15 ITEPP students/youth
10/24	Decolonizing Sustainability Series: Dr. Gabi Kirk Talk	46 zoom, 110 participants IRL
10/31	Decolonizing Sustainability Series: Dr. Gina Caison	25 attendees IRL, 20 Zoom
10/31	ITEPP Halloween Movie Night in the FSL	
10/31	FSL BLR Processing Series 4 (Workshop)	1 staff, 5 participants

November 2024

Date	Event	Description
11/4	Young Women's Leadership Group Presentation - Lonnie Anderson	20 Youth
11/5	Youth Council Talking Circle	2 youth
11/5	Juvenile Hall Visit - Lonnie Anderson	13 youth
11/6	Hoopa Valley High School Class Visit - Lonnie Anderson	~20 Youth
11/6	Talking Circle - 2 Feathers Hoopa Valley Senior Youth Ambassadors - Lonnie Anderson	7 youth, 1 elder, 1 youth council member, 1 staff. 13 total
11/6	Visit with Senior Youth Ambassadors & Joanne Moore	6 attendees, 1 youth council member, 1 staff
11/7	AICM (American Indian College Motivation Day)	~150 attendees
11/7	FSL Film Series: Love in the Valley & IN.DIG.E.NOUS ECONOMICS w/Guest Lonnie Anderson	25 attendees
11/8	Lonnie Anderson Tea & Paint Workshop	~30 attendees
11/14	FSL Film Series: Spirit Rangers w/ Guest Isis & Chava	~20 attendees
11/15	FSL BLR Processing Series 5 (Workshop)	2 staff, 4 participants
11/16	Youth Council Listening Session	7 attendees, 3 staff
11/21	FSL Film Series: Rez Ball	
11/21	FSL BLR Processing Series 6 (Workshop_	1 staff, 7 participants

EVENT FEATURES

FIRST CHEF IN RESIDENCE: A WEEK WITH CHEF SARA

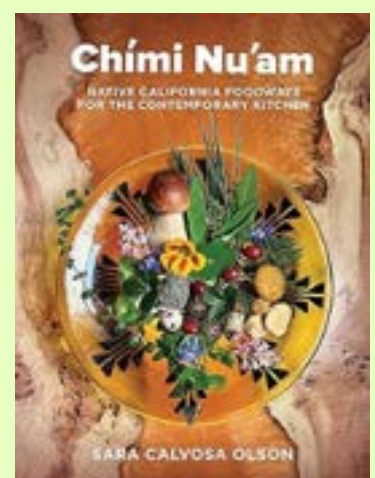
by Hanna Nielsen; Photography by Kimora VanPelt



Left: Chef Sara in FSL; Right: FSL Staff with Chef Sara in FSL

Chef Sara Clavosa Olson, the Rou Dalaguur Food Sovereignty Lab's Chef-in-Residence, brought Indigenous culinary traditions to life through a series of events during Indigenous People's Week at Cal Poly Humboldt this year. These events included two cooking workshops in the lab, along with a book talk for her new cookbook *Chími Nu'am: Native California Foodways for the Contemporary Kitchen*. I had the privilege of attending all three events and found them inspiring, engaging, and thought provoking.

Sara grew up rurally, not as a chef, but as someone who enjoyed cooking at home. Her siblings learned a lot about food security early on as they could not always depend on being able to go to the store for food. Her mom, who was Karuk, started incorporating traditional foods into their diet as a way to provide nutrition and food security. Many of the dishes she grew up with were a blend of traditional Karuk foods and dishes inspired by Southern Italy, where her father was from. When Sara had her own children, she aimed to instill a similar appreciation for Indigenous foods in their daily lives. In developing her cookbook, Sara incorporated simple recipes that encourage people to develop a relationship with their food, including the steps of gathering ingredients and building a relationship with the land. In her first workshop, cooking Acorn Crepes, participants learned about Sara's cookbook inspiration while tasting ingredients like cooked peppernut and acorn oil. She also demonstrated how to prepare a flavorful granola blend and caffeine-free peppernut coffee. As staff sampled the food I heard



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murmurs of satisfaction. One person shared that “having so many components of local, cultural significant foods is good for the heart and spirit” while another person shared “everything was so delicious and you can feel that all the food was made with you.” I found the coffee especially tasty. It tasted strong, earthy, and grounding and was described by someone else as “warming and healing”.



Left: Participants in Acorn Crepe Workshop. Right: Workshop with Chef Sara in FSL

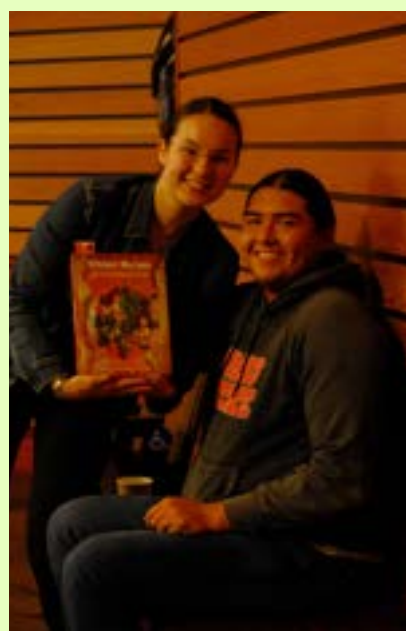
The acorn crepe workshop was followed by a workshop making acorn muffins. That evening Sara debuted her cookbook at the Native American Forum for a large crowd of students, staff, and community members. Sara started by sharing about challenges to food security throughout her family history, and how food sovereignty has been an important challenge for many Indigenous peoples due to colonization. Some of the food security challenges begin in 1850 with the gold rush, which brought first contact of white people to the Indigenous population in far Northern California. This led to many extractive land practices, such as bulldozing creeks to search for gold, in turn destroying habitat and connection to food and land. Sara also mentioned how Native American boarding schools distanced and disconnected many people from their Native food practices. Her great grandfather attended one of these schools but luckily her great grandmother was able to keep the family connection with Indigenous food practices alive. Sadly, this is a shared experience for many Indigenous peoples. Colonizers often sought to sever their connection to native food practices as a means of erasing Indigenous cultures.

Chef Sara explained the difference between gathering and foraging, using the shortage of native oak mushrooms in the nineties as an example. During this time many people came in from out of the area to collect mushrooms for cash. She shared that there is a big difference between gathering and foraging food. Gathering implies relationship while foraging is often extractive and can harm subsistence gatherers, which tend to be elders. Sara asked the audience to reflect on their relationship to the food they eat and how they are in relationship with it. Gathering she maintained, is grounded in service and reciprocity. Community is a priority for gatherers. There's often a process of sharing and processing the food with others. There is a year-round tending, restoration, and activism. “Gathering is a slow process, cultivate a relationship first. Not a grocery story in the woods.”-Chef Sara


Foraging is often more commercial, done for dollars that do not often stay in the community. There is no relationship or kinship with nature communities and there is often not an awareness of how foraging takes away from rural communities that rely heavily on these foods. Many times, Native foods are foraged from people out of the area because they are seen as delicacies in urban areas. Sara invited the audience to de-center the individual mindset and instead approach collecting with the mindset of gathering. She invited the audience to think of the food as an offering to the community that lives there, meant to be shared by all. This message resonated deeply with me.

The cookbook Sara created is beautiful, full of vibrant images of culturally relevant and Native foods to Northern California. She tries to make foods reflect how she feels about them, which is often vibrant and full of life. The recipes are all her own highlighting the bitterness, earthiness, and fishiness of the native foods-flavors rare in the Western palate. This cookbook is truly a dedication of love to the planet and the nourishing power of food.

A central lesson that is braded throughout the book and Sara’s talk was the question: how can we help restore balance and be of service? It’s about building a reciprocal relationship with food, not just taking from it. When an audience member asked how to connect with food in an urban setting, Sara advised slowing down and choosing one natural element to interact with daily. Become a naturalist; attune yourself to nature’s rhythm, and practice slowness and stillness. This aligns with the Karuk saying, “Make everything you do beautiful,” and ultimately returns to the Indigenous principle of reciprocity-considering what you can offer in return for what you receive. When you connect deeply with something, you learn how to give back to it. Sara’s presence on campus this week was a deep reminder of the importance of reciprocity with the earth and slowing down enough to appreciate the food that nourishes you. 🌱



(Starting Top Left) Chef Sara gives her book talk in Native American Forum; Acorn Crepe workshop participants; Chef Sarah in Lab; Acorn Muffins; Acorn Crepe workshop participants; Winner of the Chimi Nu'am Giveaway!

Follow Chef Sara on Social Media! @thefrybreadriot 

Rou Dalagurr
Food Sovereignty Lab and
Traditional Ecological Knowledges Institute

This event was funded and/or supported by Sustainable Humboldt Innovative Futures Trust (SHIFT), Cowell Foundation, Humboldt Ethnic Studies Council, McKinleyville Family Resource Center, and individual donors!



**Indigenous
Foods
Festival
2024**

Prepared by
Amy Ilhurburn,
Event Coordinator,
FSL



EVENT FEATURES

SPECIAL INSERT

On Saturday, May 4th, 2024, the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute held the Indigenous Foods Festival, as part of the Cal Poly Humboldt's campus-wide Food Summit. This event was the second annual festival that the Lab plans to hold each year, focusing on uplifting Indigenous food sovereignty across many regions. This inspiring event centered around the important work that folks across communities are doing to elevate Indigenous knowledges and foodways. The festival was attended by over 250 people!

The event took place from 11 a.m. to 3 p.m. Due to ongoing campus closure, we held the event at the D Street Neighborhood Center in Goudi'ni (arcata). The festival featured an indoor tabling area with 16 tribal and non-profit organizations and businesses from both our local and wider regions, offering demonstrations, informational materials, food, merchandise, and art. These organizations included: UIHS Potawot Community Food Garden, Tolowa Dee-ni' Nation, Pathways of Purpose, Nutritious School Lunch Initiative, Save California Salmon, Centro Del Pueblo, Karuk Tribe Food Sovereignty Program, Northtown Books, Black To Our Roots, The Food Sovereignty Lab, The Cultural Conservancy, Northern California Tribal Court Coalition, Intertribal Agricultural Council, USDA-Natural Resources Conservation Service, Klamath-Trinity Resource Conservation District, and Oceanside Jams. We were so happy to have Frybread Love and Pupuseria San Miguel providing food at the event; we were also able to offer free food vouchers and books to students!

Due to having to move off campus with very short notice, we were unable to hold speaker panels as planned, but we plan to host these at future Indigenous Food Festivals!



The Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute's tables featured informational materials and booklets, marketing materials, FSL reports, free books and items for students, and FSL mugs and sweatshirts! We are very grateful to FSL staff, Cassandra May, who made Indigenous Teas available for attendees! These teas were made with ti'ma (elderberry), vilh wurretguphiwu'l (nettle) & lemon balm. It was a beautiful event! We also had Indigenous food samples available at the FSL table. These food items included: Wahpepah's Kitchen's Indigenous Bars, Bedre Fine Chocolate's Caramel Pecan Sensations and chocolates, Séka Hills almonds, walnuts, and beef sticks, Salmon King Fisheries' canned and smoked fish, Passamaquoddy Maple Hard Candy, and Pemmican Patty Food Company's Bisonberry Beef Bars.

We had more than 10 volunteers throughout the Indigenous Foods Festival. We are so grateful for the FSL volunteers!



Read what guests said about the Indigenous Foods Festival:

"Indigenous proximity is important for true decolonization and landback, people have to have these places as we all benefit from learning about present day Indigenous peoples and their histories, it aids Indigenous sovereignty."

"Sharing food is such an important way to connect with community members to then open up conversations about culture and honoring the land. It bridges the gap between cultures and helps people see that there are so many opportunities to give back and support local tribes and create sovereignty."

"This event offers a place to develop community, by being centered around food and having food available - the community was able to attend and learn from many different people about the multiple efforts towards food sovereignty."

"The event was great, especially considering that the venue had to be changed at the last minute. We learned about resources available in the community, tasted some delicious packaged and wild harvested foods, and met a ton of kind people doing great work! I'm hoping to get a chance to visit the Food Sovereignty Lab in the future."

"They are important because it combats social isolation in our youth through the offering of new knowledge. It helps create the feeling of presence and reminds people that we should learn how to honor our food and how we obtain it. We are fortunate to have teachers who want to share their knowledge and getting to experience this food festival was amazing because of its uniqueness."

Post-Event Data

Around 40% of the people that attended were students at Cal Poly Humboldt, while 50% of people also represented various different Tribal organizations, community and non-profit organizations, and local businesses.

Quick Stats

- Date: May 4th, 2024
- Over 250 attendees!
- Over 100 student attendees!
- 16 organizations tabling
- 2 local food vendors

Press Coverage

- The Times Standard: "Indigenous Foods Festival at Cal Poly Humboldt"
- Redheaded Blackbelt: "ROU DALAGURR: FOOD SOVEREIGNTY LAB AND TRADITIONAL ECOLOGICAL KNOWLEDGES INSTITUTE TO HOST SECOND INDIGENOUS FOODS FESTIVAL AT CAL POLY HUMBOLDT"
- KMUD: "Indigenous Foods Festival 2024"

**Total Donations
& Sales:
\$1,720**

EVENT FEATURES

SPECIAL INSERT



EVENT FEATURES

SPECIAL INSERT



EVENT FEATURES

NER-ER-NERH DAYS: A LAND BACK COMMUNITY CELEBRATION ON THE NORTH COAST

by Hanna Nielsen



Fog blanketed the coast as I drove into Trinidad. This did not keep the community from showing up for Ner-er-nerh Days, the first annual celebration to honor the return of land to the Trinidad Rancheria tribe. The all day celebration was attended by many people and included local Native American dance presentations, craft and food vendors, interactive demonstrations, and live music. I was showing up as a volunteer for the Rou Dalagurr Food Sovereignty lab, a project started on campus to work towards re-indigenizing the campus and reconnecting students with place.

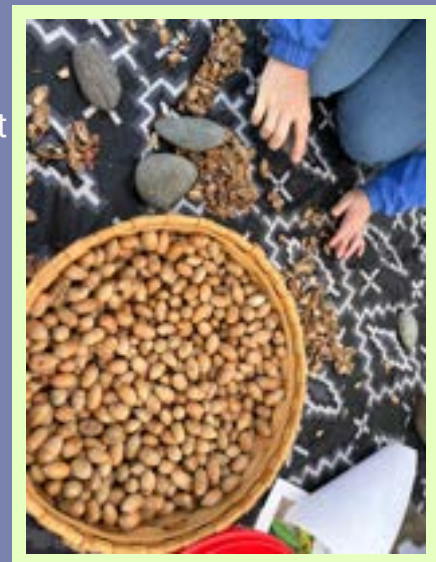
As a Master's student in Ecopsychology, the Lab's focus on integrating the values of ecological sustainability, bio-cultural sovereignty of Indigenous peoples, interconnectedness of life, and community involvement in efforts to develop reverence for food sovereignty excited and inspired me. The Food Sovereignty lab was tabling at Ner-er-nerh Days offering live food demonstrations, herbal tea samples, and providing information to the community about the work they are doing. I was there to help as needed.

The first thing I noticed upon arriving was the sense of community that permeated the event. I quickly spotted a friend and settled down to watch the opening ceremony and Tolowa Nation Ne Dos cultural dance presentation. I appreciated the instructions given at the beginning regarding appropriate methods of engagement; no photos while the dancers were dancing. This instruction allowed me to feel at ease, as I was wondering as a cultural outsider, how to engage respectfully. Shortly after, I headed over to the Rou Dalagurr Food Sovereignty lab booth where staff and

students from the Native American Studies Food Sovereignty Lab Course were setting up a demonstration on how to make kelp salsa. Participants stopped by to try their hand at winning swag and drink samples of echinacea rosehip, or lemon balm nettle tea. The energy at the table was welcoming, caring, and community oriented.

After taking some photos of the food preparation I headed over to engage in some interactive demonstrations. These demonstrations included processing acorns, making beads for regalia out of pine nuts, processing fern rods to make into ceremonial hats, and red alder bark to dye the fern rods. I was deeply honored by the opportunity to be included in processing materials that were actively being used for cultural revitalization.

The opportunity to learn kinesthetically about the process of processing these materials felt not only meditative and soothing but also allowed me to feel a deeper connection to the land I was standing on and the culture that has lived in relationship with this land for centuries. As I pounded acorns with rocks I thought about how different my life would be if I were actively processing the materials to make the items used in my life. I pondered how different the modern world would be if we were still living in deep connection with the earth. I felt a deep sadness as well as a calm knowing that there is another way to live and I was being offered a little glimpse into this reality.



Heading back to the main stage I had the pleasure of catching Dr. Cutcha Risling Baldy speak about the revitalization of the Flower Dance Ceremony, a coming of age ceremony to honor girls as they have their first menstruation and transition into young women. The demonstration was profound. The women shared their songs, many of which had to be recreated, since colonization so actively attempted to wipe out this ceremony. As a young woman my own mother had wanted to do a coming of age ceremony for me, but being conditioned by modern society and the patriarchy, I turned her down. Often, I think about that offer and wish I had allowed her to plan this for me. I felt a deep joy in seeing this group of intergenerational empowered women singing their songs for each other and the community. What an honor to be part of and witness to this powerful cultural revitalization.

When I returned back to the food table I was greeted with samples of kelp salsa that staff and students had been busy preparing. I was delighted by the opportunity to try such a new flavor. It was delicious! Sitting down to enjoy my snack I took the opportunity to interview students from the NAS Food Sovereignty Lab Course about their experience in the course so far. One student described the course “like a therapy”, sharing that they love to cook and are also a Native American Studies major. Due to this, it has been a great opportunity to combine these two passions. Another student shared that the class has given them a new appreciation of food systems and allowed them to think about food in a deeper way. Before this class they said they had been cooking like “a typical college student” and this class allowed them to make connections between the foods they bought in the store and the land it came from. They appreciated being able to cook in community and try new foods and flavors. Another student said that Dr. Cutcha Risling Baldy is running the class in a good way and “not forcing herself to conform to Western standards of education, but instead taking an Indigenous approach to

education.” They described the class feeling “homey” with “real talk”. When asked if there was anything else they wanted to share one Native American student added that the NAS Food Sovereignty class is very important because right now we are in the middle of an Indigenous renaissance. They stated that there is a great revitalization happening across the world. Indigenous cultures are in a space of recovering and they stated, “we need more funding” and people to get involved in this revitalization.

The Rou Dalagurr Food Sovereignty Lab is an active participant in this process of Indigenous cultural recovery and so are events like the Ner-er-Nerh Days. I encourage all community members to take an interest in local events put on by local Native American communities. There are many amazing opportunities to support Indigenous communities in Humboldt County. When we are invited in to participate in cultural celebrations like the Ner-er-Nerh Days, don’t miss these opportunities to be part of a larger community and support the Indigenous revitalization that is so vital to our planet right now🍄



EVENT FEATURES

HUCKLEBERRY PICKING

Photography by Kimora VanPelt

During the first few days of fall, lab staff Cassandra and Crane came together to put on a Huckleberry event open to ITEPP students, Huwighuruk students, and the Food Sovereignty Lab Youth Council. At this event attendees learned about what Huckleberries are, their nutritional values, cultural significance, and other general facts about Vou'gul (huckleberry in the Wiyot language).

Attendees also worked together in gathering over 8lbs of huckleberries for our local native community! Not only did we learn about Vou'gul, but throughout the event discussions were had about several other culturally significant foods from the numerous tribes represented by all of the attendees. There were also conversations surrounding language in which words were shared with each other from 6 different Indigenous languages!

Thank you to all who helped out gather for our local native community and special shout out to our Youth Council member who not only helped gather huckleberries, but captured these beautiful pictures of the event! We look forward to putting on more events this year bringing multiple Native programs together in community.



'Vou'gul',
[https://www.wiyot.us/
314/Native-Plants](https://www.wiyot.us/314/Native-Plants)



CHEEE-BERY	CHWILCH
VOU'GUL	PVLH-'EE-CHU
PÜRITH	HUCKLEBERRY
SIL-CHÉ	



Desirae Barragan

As Gabrieleno Native and an aspiring healer, I deeply appreciate and respect the vital role that traditional medicines and California Native plants play in the cultural healing practices and preventative medicine. This understanding has been shaped by my own experiences and the teachings I have received throughout my life from elders and tribal members. Recently, I had the privilege of participating in the gathering of huckleberries alongside fellow Native students and the dedicated staff of the Food Sovereignty Lab. This experience was not only enriching but also profoundly transformative, especially considering my upbringing in urban environments for the majority of my life in Ventura and Los Angeles counties.

Growing up in cities, I often felt disconnected from nature and the rich traditions that used to be woven into the fabric of my Gabrieleno culture and identity. The opportunity to gather huckleberries was a powerful reminder of the deep relationship that California Native peoples have with the land and its resources, a lesson of reciprocity. It was a chance to reconnect with nature, to learn about the significance of these plants relatives, and to understand their role in traditional healing practices. This experience was invaluable, as it allowed me to step outside of my urban upbringing and immerse myself in a traditional practice that is actively done by the local tribal community members in a way that truly honors the earth and its gifts.

As I engaged in this gathering, I was aware of the importance of approaching such spaces with respect and good intentions. I recognize my role as a guest on Wiyot lands during my ten-month stay here, and I am committed to honoring the traditions and practices of the Wiyot peoples who have cared for this land for generations. This awareness is particularly significant for me, as I reflect on my own home in southern California, where much of the Chumash and Gabrieleno territories have been urbanized. This urbanization has not only altered the landscape but has also limited access to sacred lands, for my own tribe.

The experience of gathering huckleberries was not just about the act itself; it was a crucial moment of engagement with the land that I had longed for as a full-time student and future Native healer. It provided me with a deeper understanding of the interconnectedness of community, culture, and the environment. I learned about the traditional methods of harvesting, the stories behind the plants and their traditional names, and the importance of sustainability in these practices. This hands-on experience allowed me to appreciate the wisdom of my own ancestors and the teachings that have been passed down through generations.

My time spent gathering huckleberries has reinforced my commitment to becoming a healer who respects and integrates traditional knowledge into my practice. It has deepened my understanding of the significance of land and culture in healing, and it has inspired me to continue exploring the rich heritage of California Native peoples.

Aiyana Austin

As I walked between the trees collecting huckleberries with my friends, I couldn't help but feel the presence of those before us that day. Grasping small huckleberries in my hand, I thought about how generations of Indigenous people before me did the same thing, collecting berries one by one in their handwoven baskets. Through this simple practice of gathering, I immediately felt a deeper connection to the ancestral peoples of this land and what they hold as important. As a Diné (Navajo) student residing now in Humboldt county, I knew very little about huckleberries before our gathering day. However, there was one thing I was sure about, and this was that the significance of huckleberries for Indigenous people went beyond their food sustenance value.

Through this gathering experience, I came to learn that huckleberries are also a form of medicine and the process of gathering is spiritual. In this space, I learned that we exist in a natural equilibrium with huckleberries and that to gather means to never take more than we need in order to preserve the health of the bushes and in turn the health of ourselves. Additionally, we as gatherers contribute an important role to the medicinal value of huckleberries. The Rou Dalagurr Food Sovereignty Lab team taught us that our emotions and thoughts are transferred over to the huckleberries that we gather. Therefore, it is important for us to maintain a healthy and positive mindset while picking, so that this same energy can be transferred to others when the berries are used in ceremonies.



I feel that the overall experience of gathering is representative of how traditional ecological knowledge has always promoted holistic health within Indigenous communities. When consumed, huckleberries promote physiological health by providing antioxidants which are important for regulating blood sugar levels and preventing health issues such as diabetes and kidney damage. The gathering process itself also encourages mental and physical wellness by providing an outlet for positive mental stimulation and exercise. These same health benefits are then extended into the community when huckleberries are distributed through ceremony. As a pre-medical student, this is the kind of holistic healing that I hope to foster within Indigenous communities through my future career. I feel honored that the Rou Dalagurr Food Sovereignty Lab is providing me with the necessary knowledge to do so through experiences such as these.



René Chavez

Getting the chance to go huckleberry picking with the Rou Dalagurr Food Sovereignty lab was a fantastic experience. I loved getting to engage with community, my friends, and with the land. It was a great time for me to ground myself between my studies. I found that I was able to not worry about my classes for a little bit and take the time to be present and in the moment. I was also honored to learn that the huckleberries we were picking were going to be used for the upcoming flower dances this summer. It was a privilege to help the next families continue the tradition of this important ceremony. I made sure that when picking the berries I kept myself in good spirits despite the stress of the week I was encountering beforehand.

Not only does this experience tie into native health on a physical level, but also on a mental one. Physically going out and walking through the coastal forest is great exercise, and gaining nutrients from eating huckleberries (such as vitamin B, C, and potassium) is a bonus. However, I feel that gathering huckleberries is more impactful on a mental and spiritual level. As I mentioned before, gathering allowed me to ground myself and appreciate the land and people around me. It made me feel honored knowing what I was doing would help my community, and being in nature helped me have a brief time of mental peace. Having the berries be used in future ceremonies makes me proud, as I know that my efforts will go towards preserving this most important ceremony.

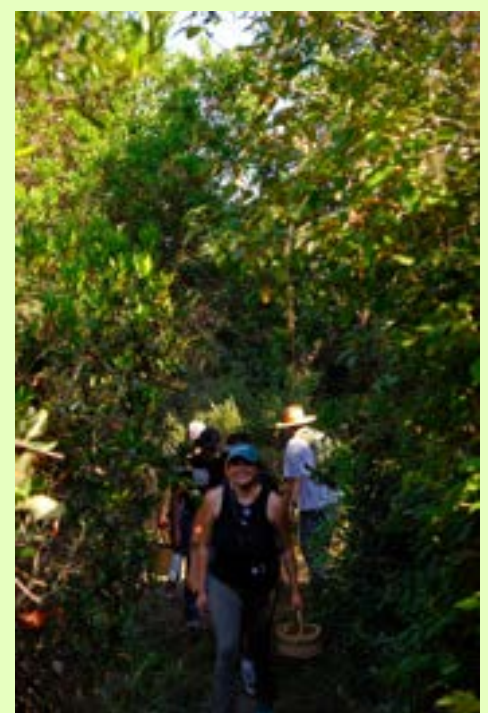
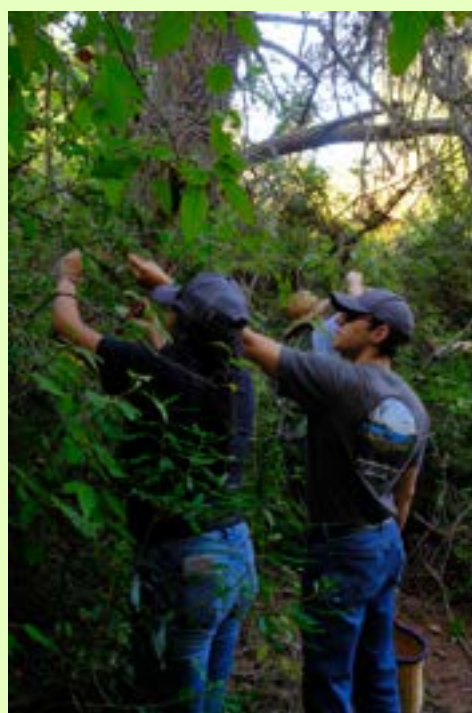
This activity supports my education by allowing me to better understand the Native culture of Arcata, the connection the people here have to their lands, how it impacts them, and how meaningful it is.

Dr. Frank Lake (Karuk Descendant), a member of our Steering Committee, shared the following resources on current Huckleberry research:

- Taruscio, T.G., Barney, D.L. and Exon, J., 2004. Content and profile of flavanoid and phenolic acid compounds in conjunction with the antioxidant capacity for a variety of northwest Vaccinium berries. Journal of agricultural and food chemistry, 52(10), pp.3169-3176.
- Lee, J., Finn, C.E. and Wrolstad, R.E., 2004. Comparison of anthocyanin pigment and other phenolic compounds of Vaccinium membranaceum and Vaccinium ovatum native to the Pacific Northwest of North America. Journal of Agricultural and Food Chemistry, 52(23), pp.7039-7044.
- Higbee, J., Brownmiller, C., Solverson, P., Howard, L. and Carbonero, F., 2023. Polyphenolic profiles of a variety of wild berries from the Pacific Northwest region of North America. Current Research in Food Science, 7, p.100564.
- Moyer, R.A., Hummer, K.E., Finn, C.E., Frei, B. and Wrolstad, R.E., 2002. Anthocyanins, phenolics, and antioxidant capacity in diverse small fruits: Vaccinium, Rubus, and Ribes. Journal of agricultural and food chemistry, 50(3), pp.519-525.



Shared with F.
Lake Permission



EVENT FEATURES

HAPAY JAM MAKING

At the very start of fall semester, we opened up the lab space with a full day jam workshop. The lab staff with the help of NAS, E&C, and Huwighurruk students came together to learn about berries, food processing and food safety practices. We started off the workshop going over what berries we would be using in the jam and talking about the Soulatluk (Wiyot Language) words for the foods we would be engaging with. In this jam we included *lash(k)* (strawberry), *mip* (blackberry), and raspberry for the mixed berry blend. The final product? Hapay jam. Hapay is a word in Soulatluk that means berry.

When everything was said and done we ended up making **110 jars of jam**! We were able to achieve this by having a clear delineation of tasks and groups rotating between the different stages of making jam. Research Associate Cassandra guided the group through pre-portioning out the berries and sugar to the right amount as well as the proper mashing down of the berries. Graduate Student Staff Delaney lead everyone through the cooking down of the berry blend and achieving proper temperature and timing of pectin incorporation. Master Food Preserver Karley's primary focus was the water bath canning station outside. Karley ensured that the jams were correctly closed finger-tight and placed in our canners for the right amount of time ensuring proper sealing for shelf-stable storage. Also, all other staff and students there that day were of major help and we could not have done it without them.

It was such a beautiful event to see so many Native students and staff come together in the first processing event of the year. When this organization was conceived back in 2019, in the NAS 331 Indigenous Natural Resource Management class, this type of enriching and community-based day was always what the Rou Dalagurr Food Sovereignty Lab and TEK Institute had in mind. Thank you to all of the people who came together for this event to open up the lab space in a good way and weaving in our values of "for the community by the community" we have here at the lab.



Hapay final product



'lash(k)'

<https://www.wiyot.us/314/Native-Plants>



'mip'

<https://www.wiyot.us/314/Native-Plants>

(Starting Top Left) FSL Staff fill and lid jam jars; Watch Jeremy Cook; Hapay Wiyot Language; all participants grab lunch; FSL Staff and participants boiling water bath can jam; lash(k) Wiyot Language card; Cassandra crushes berries; mip Wiyot card.

EVENT FEATURES

BLUE LAKE RANCHERIA PROCESSING SERIES



This Fall 2024 semester, with a newly open Food Sovereignty Lab, we initiated the 'Rou Dalagurr Processing Series' in partnership with Blue Lake Rancheria's (BLR) Daluviwi' Community Garden. A Native American Studies Independent Study (NAS 499) class had Cal Poly College Corp students affiliated with Daluviwi' Garden and BLR Staff working to process and preserve harvest from the Daluviwi' Community Garden at the Lab. Products were then given out in the Elder Food Box program at BLR. The course was taught by Karley Rojas. This was primarily an educational series around food processing techniques, equipping participants with the tools to move forward in the production of commercial quantities of preserved goods.

The 6-part, 1-unit class included canning whole tomatoes, making and canning tomato sauce with fresh basil, pickling and canning peppers, making and canning hot sauce, dehydrating peppers, and making hot pepper flakes! Techniques included boiling water bath canning, pressure canning, and dehydration.

Participants have shared that they love learning how to preserve food, and to take time to decompress and connect through the act of cooking. Folx' favorite aspect of the course was resoundingly the sense of community that arose from the hours of preparing food together. Feedback for future iterations include requests for bringing in local culinary practitioners, focusing on commercial production, and incorporating ancestral and culturally relevant foods.

The BLR Processing Series will take a new form next semester, with community-facing workshops around traditional foods to Turtle Island and Abya Yala featured in the NAS 333: Food Sovereignty Lab class! Two workshops will be free and open to community members, with at least one bilingual workshop (Español and English)- ***stay tuned and make sure to sign up!***



(Starting Top Left) Pepper mustaches; canned whole tomatoes; participant with cored peppers!; filling jars; dehydrating paper lanterns; paper lantern powder; pickled peppers; tomato prep.

EVENT FEATURES

FSL FILM SERIES:
GUEST LONNIE ANDERSON

Photography by Kimora VanPelt



To kick off our celebration of Native American Heritage Month 2024, we were honored to welcome special guest Lonnie J. Anderson for a speaker event and film screening. Lonnie (Jicarilla, Apache, Mexhika, Chichimeca) is a world-renowned artist, filmmaker, community organizer, activist, and youth justice advocate, based in Albuquerque, New Mexico. He’s known around the world as the “king of Valentine’s Day” from the larger than life installations and creations he generates annually for his wife, Anne. His “I Love Anne” work expands beyond just a display of love for his wife, but, as he puts it, as an expression of love for his community (The South Valley, Albuquerque). Lonnie’s work is a counter-narrative to negative stereotypes of his home. Lonnie has worked on major films and design and ad campaigns with some of the world's most recognized artists, filmmakers, and companies (Nike, Tesla, Jordan, to name a few). His work on the US Census contributed to the first image of Sitting Bull in the New York Times since the day that Sitting Bull was assassinated. Lonnie has visited over 120 reservations, connecting and inspiring along the way. His story is one of resilience and vulnerability, and a message of the importance of authenticity.

Lonnie joined us for a full week of events with a goal of engaging with the community.

Monday, November 4, 2024	Eureka	Youth Ambassador Young Women’s Leadership Group Gathering	20 Youth
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We kicked off Lonnie’s visit in collaboration with Two Feathers Native American Services (2FNAFS), hosted at the Northern California Indian Development Council (NCIDC) building. Lonnie joined us for the Youth Ambassador Young Women’s Leadership Group, where he shared his powerful story of resilience, growth, and community through art. Over 20 youth, representing various local tribes, attended the event.



Tuesday, November 5, 2024	Eureka	Juvenile Hall Empowerment Course	13 Youth
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On Tuesday, Lonnie partnered with Project Rebound to visit young people at Humboldt County Juvenile Hall.



**Wednesday,
November 6, 2024**

**Hoopa Valley &
Yurok Country**

**Hoopa Valley High School presentation; Il-Tuq
Center Talking Circle; Visiting with Joanne Moore
& Yvonne Guido**

**20
Students
(class)**

Thanks to connections made by Shoshoni Hostler, Lonnie and members of our staff and youth council visited Ms. Centoni's class at Hoopa Valley High School. Lonnie's storytelling once again resonated with the students as he shared his journey of overcoming adversity with vulnerability, resilience, and love. He also brought a variety of his art pieces, including posters, canvas prints, candy installations, and three stunning snowboards created in collaboration with a Wyoming artist. Around 20 students participated in this enriching experience.

Later that day, Yvonne Guido from Two Feathers Native American Family Services, FSL staff, and the Hoopa Senior Youth Ambassadors led a talking circle at the Il-Tuq Center. The group, which included seven young people, one elder, Two Feathers staff, Lonnie and photog Lloyd, and members of our staff and youth council, shared wisdom and experiences. One of the young adults expressed, "These are the kinds of spaces we need to heal." Connection included a visitor from Albuquerque, who is now connected with Lonnie (Lonnie lives in ABQ!). Healing took place in this space, where time seemed to pause.

Afterward, we enjoyed lunch at the Hoopa Valley Store, where Kimora shared her favorite snack: Crisritos. We then visited Hoopa Valley and Yurok Country with Joanne Moore, followed by an epic sunset on Bald Hills Road.

**Thursday, November
7, 2024**

**Wiyot
Plaza**

**FSL Film Series: Love in the Valley & In.Dig.E.Nous
Economics**

**~25
people**

On Thursday, we hosted a film screening at Wiyot Plaza, featuring Lonnie's works *Love in the Valley* and *In.Dig.E.nous Economics*. *In.Dig.E.nous Economics* is an animated film that explains the significance of Indigenous economics, challenging the false narrative that colonization marked the beginning of economic systems in the West. Following the screenings, Lonnie facilitated a discussion covering various topics, including the importance of Indigenous culture, art, and community resilience.



Friday, November 8, 2024

FSL

TEA SIP & PAINT

30+ people

We wrapped up the week with a *Tea Sip and Paint* event at the Food Sovereignty Lab. Students from ITEPP, INRSEP, Huwighurruk Program, and UC Davis medical students, along with community members, joined us for an afternoon of painting, tea, and conversation. Guests of all ages, from 2 to 50 years old, enjoyed a harvest soup, plum apple tea made by staff member Cassandra, and watercolor painting supplies provided by the Native American Studies Department. Over 30 people participated, creating beautiful art and forming deeper connections over the three-hour event.

On top of the many events, we also are thankful for the after-events time. Lonnie and Lloyd joined folks at Toni's almost every night, for milkshakes and story-sharing. Lonnie and Lloyd made a genuine effort to connect, share stories, and build relationships. We are incredibly grateful for the time and energy Lonnie and Lloyd shared with our community, and for the love and support that made this week possible.

As Lonnie said, "If you're here, you're supposed to be here."

Thank you to everyone who helped make this happen.

And always— ****Be Brave. Be Kind.****



FSL FILM SERIES: SPIRIT RANGERS

Photography by Kimora VanPelt



The Native American Studies Department continued its celebration of Native American Heritage Month with the Spirit Rangers screening, for a special Family Film Night. For this event, we had the opportunity to host Special Guest Isis Rogers and her mother Chava Florendo. Isis (Hupa) is a voice actor, who played the character Summer Skyhawk (Summer Skycedar) in the hugely popular series.

For this event, we provided coloring activities, custom wooden pendants, and squishmallow prizes of various animals so that families could join in the spirit of Spirit Rangers! About 20 youth joined us for the screening, with their families. As one parent put it, it was very special to host a local Native voice actor, in the Native Forum, with Native Youth, watching a Native cartoon. As they said, "Representation matters." This family-friendly evening was designed to connect young people, our future, to create safe and representative space on the college campus.

During intermission, youth could win a prize while asking Isis questions. Youth asked questions like "How old were you when you did this?" "What was it like turning your voice into Summer Skyhawk?" and "What is it like being native youth in hollywood." The squishmallow prizes were a big hit.

Overall, 20 youth and their families joined us for this event.

Isis shared her story as a voice actor, and her mother provided insight on working with hollywood.

We got positive feedback from guests and also got positive feedback from the special guests.

Chava and Isis both expressed being grateful to have the opportunity to screen the show "on the big screen." This was the first time the show was publicly screened in Humboldt with community, and Isis, who is from Hoopa Valley, was excited to see the impact the children's show has on future generations. She also expressed how natural everything felt, and how nice it was to not have the hollywood pressure.

These types of spaces are vital for community thriving, belonging, well-being, meaning, and purpose.



(Left) Custom medallions for the event.
(Right) Isis Rogers during intermission



FEATURES

Rou Dalagurr Food Futures Magazine 38

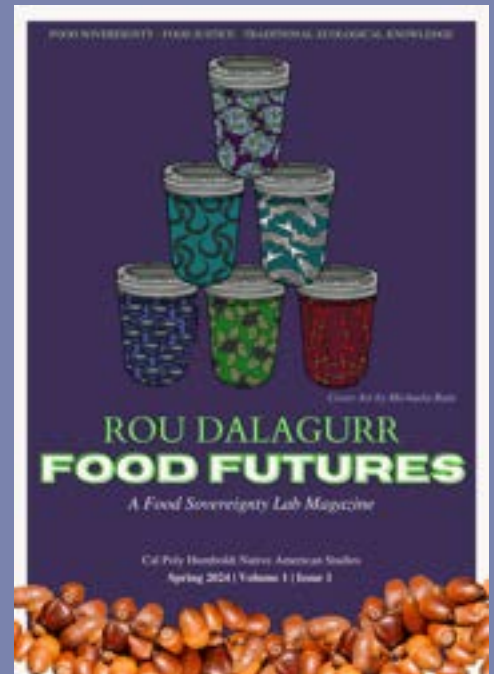
NAS 333: Food Sovereignty Lab Class 39

FEATURES

Rou Dalagurr Food Futures Magazine

In Spring 2024, we published the first annual *Rou Dalagurr Food Futures Magazine*. There were 17 distinct contributors published in this issue!

The Rou Dalagurr Food Futures Magazine originated as a space to elevate and forefront the important work being done in Indigenous communities, with Indigenous voices at the center, around food sovereignty, food security, Traditional Ecological Knowledges, and Indigenous Sciences. The Native American Studies Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute looks to annually publish this magazine. In our first edition, we highlight salmon, acorns, and kelp, as well as their interrelated communities and landscape care. Interspersed in these pages are also stories of Indigenous migrant food sovereignty and resilience, and community-based initiatives in this North Coast California region. This work is only possible due to the continued interest and support of our community in the work of the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute. The Food Futures Magazine was funded by the Cowell Foundation, and the Native American Agricultural Fund. Rou Dalagurr Food Futures.



[Read Here!](#)



<https://digitalcommons.humboldt.edu/foodfutures/>

Are you interested in being a contributor for our second issue in Spring 2025? This issue will **emphasize youth voices** in Indigenous food sovereignty and community-based initiatives.

\$100-150/ Submission!

We are currently looking for submissions of:

- Feature articles
- Interviews
- Stories
- Recipes
- Creative pieces
- Reviews (book, movie, restaurant)
- Articles to raise awareness!

[Apply Here](#)



<https://forms.gle/QV5jSXeUD3EDnZP38>

Applications due March 7th!

NAS 333

NAS 333: Food Sovereignty Lab students attended class in the physical lab space for the first time this Fall semester. Professor Dr. Risling-Baldy and Graduate Teaching Assistant (GTA) Delaney Schroeder-Echavarria facilitated the one unit course over a six week period that included three off campus visits, multiple class speakers, and participation in Indigenous Peoples Week.

Our first field trip included tabling and assisting Lab Staff at Trinidad Rancheria's First Annual Ner-er-nerh Day. This event was to commemorate coastal land returning to the Rancheria. Staff and Students celebrated by creating an original recipe. GTA Delaney developed our Paa-moh Salsa (Trinidad Rancheria's language for kelp, seaweed) which includes three kinds of seaweed: Red ogo, Sea lettuce, and Bull Kelp. Students were also able to watch Dr. Risling-Baldy sing and dance with the Native Women's Collective as well as participate in cultural demonstrations.

For the second field trip, students were able to tour Sunken Seaweeds Farm, located in Samoa, CA. Sunken Seaweed is California's first regenerative ocean farm which aims to increase marine biodiversity, reverse climate change effects, and promote a new, healthy relationship between people and seafood. Currently, the Lab is working with Sunken Seaweed on the Ghvtlh-k'vsh shu'-srnelh-'i~ KELP GUARDIANS Sea Grant project with the Tolowa Dee-ni' Nation. While on the tour, students were able to learn about tumble aquaculture as well as seaweed hatchery methods from Farmer owner Torre Polizzi. After our tour, students enjoyed lunch in the grass which included sandwiches, an ogo salad made by Torre, and sea pickles made by Lab Staff Delaney and Chelsea.



"I felt community and deep learning on campus, which is hard to find!"

"This class has changed my life, hopefully it does the same to other people"



FEATURES

NAS 333

For the final week of the course, students were able to attend a field trip to the Tolowa Dee-ni' Nations Tetlh-Tvm' Mvn'-Chu Food Sovereignty Building . Here, we were able to meet with Marine Division Manager and Kelp Guardians Principle Investigator Rosa Laucci. Students learned from the Natural Resources Team about their ongoing work with the Tr'aa-may-dvn Xwee-nish (Living Seed Library and Native Plant Nursery) and their general operation. Students also engaged in a language lesson from the Natural Resources Culture Division member, Guylish Bommelyn. We were then able to enjoy elk stew made by Culture Division member Marva Jones and Three Sisters Stew made by Lab Staff Delaney.



"I enjoyed this class most when everyone was working together in the Lab to make stuff and we got to try it after learning about the food"



"I am rethinking the meaning of my relationships with food, time, ritual, and land"

Sign up for SPRING 2025 NAS 333: Food Sovereignty Lab

This one-unit course will be on Fridays, from February 7th- April 25th. The course will be taught by Dr. Cinthya Ammerman-Muñoz, with Graduate TA Karley Rojas.

We will be offering **limited fee vouchers** for community members to register through extended education! Interested? Reach out here! nasfsl@humboldt.edu

The course will include **two community events, open to all**, focused on processing acorns with the **Native Women's Collective**, and maíz with **Centro del Pueblo!**



For community members, register for the course through Cal Poly Humboldt Extended Education!

<https://extended.humboldt.edu/extended-education/register/open-university>

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PROJECTS

Food for Indigenous Futures

The Food for Indigenous Futures project seeks to build a community and youth-informed curriculum to connect with cultural practices in health, wellness, Traditional Ecological Knowledge, and food sovereignty. The program includes youth summer camps, youth events, and school-based curriculum for Native American High School students alongside opportunities for Native American youth to create and implement programs and projects for Indigenous futures. Funded by the Elevate Youth Grant through the Sierra Health Fund.

Since its inception in February of 2023, the Food for Indigenous Futures project has facilitated and collaborated on many community events, including NCIDC Stick Game Summer Camp, Wiyot Day, Healthy School Food In Hoopa Elementary and High School, Karuk Youth Visit, Graton Rancheria Youth Visit, Mouralherwaqh Community Day, Mouralherwaqh NAS 333 Class Visit, Klamath-Trinity Eighth Grade Visit, Big Time, and the Trinidad Health Fair.

Food for Indigenous Futures has put together a Youth Council which is an opportunity for both youth and facilitators of the lab to collaborate. This is a space in which youth can develop leadership skills, have a platform for their voices to be heard, and advocate for positive change. We currently have 13 youth on our council between the ages of 15-26 and representing 8 different Indigenous nations. At the time of our yearly FIF report in 2023, we had served over 2000 youth from the reach of our events and programming. We are on track this year to have served approximately another 2000 youth!

Our first youth listening session took place on September 23rd, 2023 and we had our second listening session March 2024. We also have several youth council talking circles as well support youth council members in attending local cultural events in the community.



Youth Council Listening Session- 11/24



Second Youth Council Listening Session - 03/23 - (From Left to Right: Marlene', Kyra, Rosie, Delaney, Cassandra, Lesha, Clio, Zeen, Destinlee, Alana, Michaela)

November Youth Listening Session

We completed a Youth Listening Session and Salve & Tea Blend Workshop with the Youth Council on Saturday, November 16 in the Lab. Participants had the opportunity to create herbal salves and tea blends. They made a chest rub salve and a dry skin salve. The youth helped to design the labeling, allowing them to learn what type of information is necessary when making these items. They helped with naming and designs on the labels as well. In addition to these hands-on activities, we facilitated discussions to collect feedback on the FIF curriculum that will also be included in the NASMC for the State of California on food sovereignty. Additionally, since some youth have to travel quite a ways to be present for the listening session and workshop, we provided them with gas stipend and/or hotel accommodations to aid in their participation which is funded by Elevate Youth California and the Sierra Health Fund.

PROJECTS

Ghvtlh-k'vsh shu'-srnelh-'i~ (Kelp Guardians)

The Food Sovereignty Lab is proud to be a contributing member of the Ghvtlh-k'vsh shu'-srnelh-'i~ KELP GUARDIANS Project with the Tolowa Dee-ni' Nation (TDN). This multi-million dollar grant encompass' many facets of Native kelp relations which includes; cultural aspects, climate resiliency, and Tribal sovereignty. Working with Reef Check, this project is currently training and certifying ten Tolowa Dee-ni' Nation citizens as well as Natural Resources Staff members to conduct both kelp monitoring and restoration efforts, including kelp nurseries and grow-out sites. The dive team started diving within the Smith River, for many of them, this was the first time they ever put on a wetsuit or used scuba gear. One citizen, who had lifelong reservations about the water, is now almost impossible to get out of the water, says Principal Investigator and TDN Marine Program Manager Rosa Laucci. At this point, the TDN Team is now open water certified!

In partnership with Sunken Seaweed, TDN will pilot the use of tumble culture for cultural uses of **Lat** (*Pyropia* spp., Nori). This traditional seaweed has been utilized throughout the Northern California coastal region and is a staple food for the Tolowa Dee-ni' peoples. By operating their very own Lat tumble culture system, the TDN will be able to foster tribal food sovereignty as well as serve as a template for other Indigenous communities that want to develop culturally relevant kelp forest monitoring and restoration within their ancestral territories.

The Rou Dalagurr Food Sovereignty Lab is assisting in the implementation of the project through community and food engagement. Since the start of the project in July, Graduate Student Coordinator Delaney Schroeder-Echavarria has attended and hosted over a half dozen community and student events to encourage kelp and seaweed engagement within Tribal and university communities. Highlights have included; tabling with the TDN Natural Resources Team at Dee-ni' Day, developing seaweed snacks and the *Paa-moh Salsa* with NAS 333 students, hosting multiple Bull Kelp Salt workshops with students, and providing tours to attendants of the California Seaweed Festival. Starting in Spring 2025, the Kelp Guardians project will begin working with student interns to complete community-informed research projects with Tribal communities that support kelp restoration and resilience. These projects can, but are not limited to: publications, informational materials, curricula, climate research, seaweed tumble culture development, and seaweed TEK practices.

To Learn More About Kelp and the Lab's Seaweed Relations, please read the [Rou Dalagurr Food Futures Issue Vol. 1, Issue 1 Articles on Kelp.](#)



Staff at Dee-ni' Day; Seaweed Festival Tour; Tolowa Dee-ni' Site Visit with Students

INTERNSHIPS

We are excited to announce the Kelp Guardians Internships in Spring 2025!

CALL FOR KELP GUARDIANS INTERNSHIPS

Application Due 2/28/25

THE ROU DALAGURR FOOD SOVEREIGNTY LAB & TEK INSTITUTE IS ACCEPTING INTERNS FOR THE KELP GUARDIANS SEA GRANT!

THIS IS AN OPPORTUNITY FOR BOTH GRADUATE AND UNDERGRADUATE STUDENTS TO PLAN, IMPLEMENT AND ASSIST TRIBAL NATIONS WITH FOOD SOVEREIGNTY, TEK, INDIGENOUS SCIENCE AND INTERDISCIPLINARY COMMUNITY BASED PROJECTS SURROUNDING KELP RESTORATION AND RESILIENCE

\$2,500 - \$5,000 PROJECT BUDGET

\$1,000 AWARD

INTERNSHIP UNIT

LEARN MORE AND APPLY HERE!

Questions? Email das21@humboldt.edu

ROU DALAGURR
FOOD SOVEREIGNTY LAB & TRADITIONAL ECOLOGICAL KNOWLEDGE INSTITUTE

GREAT SEAL OF THE TOLOWA DEE-NI' NATION

Sea Grant CALIFORNIA

SUNKEN SEAWEED HUMBOLDT

- Earn a stipend and units for developing projects with the Kelp Guardians Team.
- Information will be made available on our Instagram page @humboldtnas as well as our website nasp.humboldt.edu/fsl
- Interns will be able to participate in an 8 week internship course which will engage students in developing skills, and will provide experiential learning in partnership with coastal community stakeholders, particularly tribal communities, in a holistic approach to ghwtlh-k'vsh (kelp) restoration at the intersection of Western and Indigenous sciences.
- Projects can include but are not limited to a) working with Sunken Seaweed in Samoa, CA. Learn about tumble culture, open water long-line, and seaweed hatchery cultivation with our community partners at Sunken Seaweed. b) Develop educational materials on these aquaculture techniques and create a Rou Dalagurr Food Sovereignty Lab Tumble Culture tank. c) Serve within the Rou Dalagurr Food Sovereignty Lab at Cal Poly Humboldt! Develop curriculum and publication materials with the Graduate Program Coordinator. Create our Kelp Guardians newsletter, social media outreach, assist at events, and learn to make seaweed recipes in the Lab.
- Tolowa Dee-ni' Cal Poly Humboldt students will be prioritized and offered cultural marine training!

PROJECTS

Place-Based Learning Practices: (Hi)Stories of Wiyot Plaza

The 'Place-Based Learning Practices Project: Landscape (Hi)Stories of Wiyot Plaza' is a graduate project under the Native American Studies Department Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute (FSL). The Graduate Researcher leading the project is Karley Rojas, enrolled in the Environment and Community Graduate Program, under Principal Investigator Dr. Risling Baldy. Undergraduate research assistant Pamela Reyes also works on this project. The PBLP project makes contributions at the intersection of Western academia and Indigenous science, imagining and realizing content, policies, and protocols surrounding a case study, and the larger Cal Poly Humboldt (CPH) institution, which respect, honor, and uplift Indigenous sovereignty and resurgence in partnership with regional tribal community stakeholders. The project aims to address the construction of controlled and protective environments for research with sovereign Indigenous sciences and traditional ecological

knowledges (TEK), while also advancing the products and project through Indigenous community-based participatory action research paradigms (ICBPAP) to realize material and functional applications for the partnered communities.

The case study develops the Wiyot Plaza Site History, looking at archival, oral, and written histories to develop an Indigenized Environmental Site Assessment. Wiyot Plaza is the first co-managed landscape in CPH's history, under the care of the FSL, forefronting Wiyot and regional Tribal community access and sovereignty. In establishing a trauma-informed history of the landscape, remediation pathways come to light, as do pathways for generational care. The Site History will have a public-facing product, an ArcGIS Story Map. The protocol and processes surrounding access and engagement to associated resources, and the presentation, housing, and content of the products through the lens of Indigenous Data Sovereignty will be addressed. The case study serve as a lens, contributing to the overarching work of establishing appropriate community collaboration protocols and best practices for the larger campus community regarding Indigenous knowledges and sciences in place-based learning and research rooted in Indigenous worldviews of relationality and reciprocity, which forefronts the health of relationships with the regional tribal community.

PRODUCTS:

- Site (Hi)Story of Wiyot Plaza → Story Map, Indigenized Environmental Site Assessment
 - including: beta HSU Plant Map & access structures
- baseline for development of Indigenous bio-cultural remediation plan
- Indigenous data sovereignty structures; **Institutional Best Practices**

With funding from the Native American Studies Department, Save the Redwoods League, Sustainable Humboldt Innovative Futures Trust, the Sustainability Department, and ARI-NEXTGEN Fellowship (USDA NIFA NEXTGEN grant to the CSU ARI)

FSL Report -45



Updated Aerial Map- Wiyot Plaza. Include the proximal stream the 'Gannon Slough'.

Service Layer Credits: California State Parks, ESRI, HERE, Garmin, SafeGraph, GeoTechnology Inc, METI/NASA, USGS, Bureau of Land Management, EPA, NPS, US Census Bureau, USDA, NGA, FEMA.

Institutional Best Practices **MAY** look like....

- Additional funding and support to Native Programs on campus
- Required engagement with NAS classes; new courses developed
- New requirements of the IRB process i.e. Tribal Council
- Training and Curricular Units for ALL Faculty and Staff

**Want to learn more?
Interested in participating?**



Fill out the interest form!

<https://forms.gle/fqhqbwfUSQXtoSGC6>

Reach out to kr228@humboldt.edu with any questions





& Indigenous Garden

Wiyot Plaza serves as a dedicated space for Indigenous community, resilience, and education. Wiyot Plaza encapsulates the FSL, the Native Forum, the Goudi'ni Gallery, and the Native American Studies Department (within the BSS); Wiyot Plaza extends Indigenous presence and purpose throughout our campus. The management of Wiyot Plaza is dictated by a '[Shared Maintenance and Co-Management Agreement](#)', which states that the Food Sovereignty Lab is the primary steward of this landscape; the FSL forefronts the return of Wiyot and regional Tribal community sovereignty and self-determination to the landscape.

Prior to the creation of Wiyot Plaza, the BSS was originally designed to include cultural practices for basket weaving, regalia making, traditional cooking, and other arts. Wiyot Plaza offers educational, hands-on experience outside of the BSS building, serving as an extension of the FSL classroom space where students can engage in land-based learning and Indigenous sciences. This space features a salmon cooking pit behind the Native Forum, acorn processing center, and a Native Plant Landscape. The landscape includes various Native art, languages, and an Indigenous garden, which will include an ADA compliant Elder Garden, plant propagation station, and a tool shed. As Wiyot Plaza continues to grow and flourish, the relationship with the Food Sovereignty Lab will remain in connection towards community engagement with traditional foods and management methods.



PROJECTS

Wiyot Plaza Short-Term Goals

As the autumn and winter seasons approach, our primary focus towards Wiyot Plaza and the Indigenous Garden is land remediation and restoration through Native stewardship practices. Spaces within Wiyot Plaza such as the forest and sculpture garden are subjected to non-native, prolific plant species. These include, but are not limited to, Himalayan blackberry, scotch broom, english ivy, Silver Wattle trees, and rattlesnake grass. Removal of these species will support the goals of the Native Plant Landscape.

Through the support of the Food Sovereignty Lab staff, a cobb structure that was previously under the care of the Campus Center for Appropriate Technology (CCAT) is in the process of removal as it does not represent Indigenous peoples of the area. Materials within the cobb structure will be given back to CCAT and/or refined to fit the needs of the Indigenous garden. Once removed, open space will be available for an expansion of planting space.

Our team is very excited for the inclusion of signage! Various signs will be posted around Wiyot Plaza, clarifying the purpose of various spaces. Signs will include Soulatluk language, how to be respectful of the space, images, and upcoming projects. Other short term goals include improving safety in and accessibility to the garden space, clearing pathways and trails, and creating new opportunities for folks to connect with the space through regular volunteer days.

Wiyot Plaza Long-Term Goals

With short term goals being a primary focus, Wiyot Plaza also has a variety of future, long-term goals, which aim to deepen community engagement, cultural preservation, and sustain Indigenous land stewardship. Key initiatives include promoting volunteer involvement in Indigenous community gardens across Humboldt and Del Norte Counties. Ensuring connections with other local gardens will strengthen relationships between our Native networks. In addition, enhancing Wiyot Plaza with murals and artwork will reflect cultural identity and creativity. We plan to work with local Indigenous artists who are interested in developing a salmon cycle mural behind the Food Sovereignty Lab building and the Native Forum. A Wiyot plankhouse painting will also be applied to our Indigenous garden tool shed, as well as two basket-design planters for the entryway to the Food Sovereignty Lab building. An Elder garden with ADA compliance is also planned, ensuring inclusivity for all community members. Stewardship practices such as cultural burning within the forest space and increased usage of the salmon pit highlight applications of Traditional Ecological Knowledge. Additionally, Wiyot Plaza will continue to feature specialized planting areas, including beds for Indian potatoes, sunflowers, herbs, and a variety of food and culturally significant plants. To better understand and address community needs, ongoing surveys will be conducted alongside soil and plant testing to support the well-being of the ecosystem and our relatives.

Long term remediation of Wiyot Plaza is being initiated through the 'Place-Based Learning Project: (Hi)Stories of Wiyot Plaza', which is collaborating with the regional Tribal community, particularly knowledge holders and experts, recommending pathways for landscape healing and futurity.



PROJECTS

Specialty Crop Initiative Program

Last fall, the Rou Dalagurr Food Sovereignty Lab and TEK Institute attended the annual Intertribal Agriculture Council Pacific Region conference. At this conference, lab staff Marlene', Cassandra, and Delaney presented on the work being done at the Lab. Following this presentation, staff were approached by a representative of the USDA Specialty Crop Block Grant Program to express their interest in the work being done at the Lab, and to let us know they thought we were a good fit as an applicant for the grant. With just 2 weeks to the deadline, we applied through the USDA Specialty Crop Block Grant to start on a new project. After a year of edits and evaluations, we were notified that we were awarded this grant! The lab will be embarking on an innovative project called the "Food Sovereignty Lab Specialty Crop Initiative" starting November 2024.

This project is aimed at strengthening traditional food practices and enhancing food sovereignty within our local Tribal communities. This initiative is designed to address the significant issues of food insecurity and lack of access to culturally relevant foods for our Tribal communities in Humboldt and Del Norte counties.

Pictured (left): Cassandra May processes plums donated from the Klamath region..



The initiative will be led by lab staff Cassandra May, who will serve as the program manager; she will facilitate hands-on engagement with Tribal partners in the Hoopa Valley and Klamath River communities. FSL will work closely with local specialty crop producers, Tribes, and Tribal organizations to develop and implement a series of educational workshops and training sessions. These sessions will center on culturally significant specialty crops, equipping participants with practical skills and knowledge essential for successful cultivation practices. **This project will run from November 2024 to June 2027.**

A key highlight of the initiative is the support for the continuation of the Indigenous Food Festival (IFF). With the help of this project, reports will be printed following the Indigenous Foods Festival; they will include the information gathered from the event as well as data surrounding the outcome of the workshops. The report will include education provided from: presentations, workshops, food sampling, and information booths from Tribal food producers and Tribal food sovereignty organizations provided at the festival. These reports will be distributed amongst our local Tribal communities from the Lab, through local Tribes themselves, and through local Tribal Food Sovereignty programs.

This initiative will provide ongoing technical assistance to **Hoopa Kin Tah Te Community Demonstration and Botanical Tribal Garden, the Yurok Klamath Food Village, Weitchpec Food Village**, and Tribal specialty crop producers and community members in the region. This will include conducting needs assessments to tailor support effectively, developing educational curricula, and publishing resources that highlight best practices for sustainable agriculture based on Traditional Ecological Knowledges.

PROJECTS

One of the resources planned to be published is specialty crop educational curriculum reports. These reports will include the educational information provided from workshops, training, and curriculum developed for Tribal partners sites such as: specialty crops fit for producing in the local geographical area, information on how these identified specialty crops can be grown, and information on various local resources the producers can connect with to pursue the process of selling the specialty crops. This will ensure the information is able to be utilized and distributed by our Tribal partners both during and beyond the life of the project.

The goal is to empower Tribal farmers, gardeners, producers, and community members to continue to strengthen cultural practices in conjunction with fostering resilience in our food systems.



Pictured (left): Cassandra May processes calendula. Pictured (Right): Cassandra May processes Huckleberries

The Food Sovereignty Lab Specialty Crop Initiative represents a comprehensive effort to support our Tribal communities in the continuance of traditional food practices, promote environmental sustainability, and empower the next generation of Tribal farmers, gardeners, producers, and community members. At it's core, this project aims to create a lasting impact on food security and cultural preservation within the region.

Funding for the Food Sovereignty Lab Specialty Crop Initiative was made possible by a grant/cooperative agreement from the U.S. Department of Agriculture (USDA) Agricultural Marketing 2024 Specialty Crop Block Grant Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA

BUDGET & FUNDRAISING

We strive to be transparent to our community donors and investors with our ongoing budget planning and expenditures. When you donate to the lab you help to support our ongoing projects; student internships; student employment; and community partnerships.

Funds Raised/Secured (2024)

Specialty Crop Block Grant Initiative:
\$249,000

Cowell Grant Round 3: \$90,000

Donations: \$3,000

Save the Redwoods League Starter Grant
(Round 2): \$15,000

Sea Grant Subaward: \$400,000
*Subawardee to the Tolowa Dee-ni' Nation

Capital Expenditures: Lab Remodel

Original Estimate for Lab Remodel:
\$246,566.87

Updated Estimate in 2022: \$547,599.24

TOTAL Spent on Remodel: \$520,606.68

TOTAL Raised: \$501,606.68
From Grants, Fundraisers, and Donors

TOTAL REMAINING: \$19,000
to fundraise to pay for the remodel

DONATE!



<https://hsu.link/fsl>

Expenditures (2024)

Food for Indigenous Futures: \$260,941
*Funded by Elevate Youth Grant

Decolonizing Sustainability Speaker Series:
\$8,000

Indigenous Foods Festival: \$25,000
*Funded by Elevate Youth Grant; Cowell Foundation; SHIFT Funding; NAS Department

Indigenous Garden Supplies: \$9,000

Kelp Guardians: \$50,228
*Funded by SeaGrant

Lab Supplies: \$6,200
*Funded by Cowell Foundation

NAS 333: \$300
*with support from AB1460 Ethnic Studies Funds & NAS Department

Chef-In-Residence: \$2,500

FSL Film Series: \$5,500
*with support from AB1460 Ethnic Studies Funds & NAS Department

Rou Dalagurr Food Futures Magazine: \$7,000

Place-Based Learning Practices Project:
\$7,000
*Funded by Save the Redwoods League

BO-MATUM
TO OUR DONORS
Who have made this lab possible!

ROU DALAGURR IN THE NEWS

Delaney Schroeder-Echavarria interviewed Dr. Cutcha Risling Baldy, published an interview through *Science, Education, and Civic Engagement* 16:2, Fall 2024.

This special forum is a collection of interviews, research articles, project reports, and policy papers from members of the 'IKE Alliance', a group of Indigenous and non-Indigenous educators and leaders from Hawai'i to the East Coast of Turtle Island (the continental United States) who support and facilitate increasing participation of Native American, Alaska Native, Native Hawaiian, and Pacific Islander (NAAN-NHPI) students in science, technology, engineering, and/or mathematics (STEM)



https://secej.net/wp-content/uploads/2024/12/4Interview_Schroeder-Baldy.pdf



Dr. Cutcha Risling Baldy, Cassandra May, and Delaney Schroeder-Echavarria interviewed by News from Native California, "Re-Indigenizing the Future: Centering Community and Decolonizing Academia" (July 30, 2024)



https://newsfromnativecalifornia.com/re-indigenizing-the-future-centering-community-and-decolonizing-academia/?fbclid=IwY2xjawH3gaFleHRuA2FlbQlXMQABHUIITZT_wNbZThnp4gWqZ_VfRG1Zusz3U38YZuOnUHqDjNzmwShX7ujYvQ_aem_RU9uC7vWDGcHV3cezbuz4w



Chef In Residence, Sarah Calvosa Olson, featured in the North Coast Journal

<https://www.northcoastjournal.com/eat-drink/sara-calvosa-olsons-indigenous-abundance-31163408>



- **Indigenous Foods Festival** Featured as an Upcoming Event in the Times Standard, the Redheaded Blackbelt (April 2024): <https://www.times-standard.com/2024/04/21/Indigenous-foods-festival-at-cal-poly-humboldt/>; <https://kymkemp.com/2024/04/25/rou-dalagurr-food-sovereignty-lab-and-traditional-ecological-knowledges-institute-to-host-second-Indigenous-foods-festival-at-cal-poly-humboldt/>
- Northcoast Environmental Center writes about the **Lab's upcoming Opening** (February, 2024): <https://www.yournec.org/after-some-setbacks-rou-dalagurr-food-sovereignty-lab-set-to-open-in-spring/>
- **Chef Sarah Calvosa Olson Book Talk** featured as upcoming event: (October, 2024): <https://kymkemp.com/2024/10/06/book-talk-with-chef-sara-calvosa-olson-on-october-16th/>
- **Rou Dalagurr Family Film Night** featured as upcoming event, News from Native California (November, 2024): <https://newsfromnativecalifornia.com/event/rou-dalagurr-family-film-night/>
- **Dr. Cutcha Risling Baldy** invited as plenary speaker at 2024 Annual Program Meeting of the CSWE Compass to speak on 'Food Sovereignty and the Resurgence of Indigenous Science and Knowledge' (October, 2024): <https://www.multibriefs.com/briefs/CSWE/CSWE082924.php>

UPCOMING EVENTS!

ITEPP Presents Cal Poly Humboldt.

15th Annual CALIFORNIA INDIAN Big Time & Social Gathering

SATURDAY, APRIL 5TH, 2025
11:00AM TO 6:00PM
 CAL POLY HUMBOLDT
 FORBES COMPLEX
 WEST GYM
 ARCATA, CA



Building Community by honoring and celebrating California Native Traditions through songs, games, resources and arts & crafts.

For more information or accommodations please contact ITEPP: (707)826-5197 or email sir19@humboldt.edu

Network by Linda Goodwin
 Graphic by Linda Goodwin
 Photo by Linda Goodwin

II. Social Week




Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledge Institute

Maiz Workshop

February 28th • 11 am - 2 pm • Rou Dalagurr Food Sovereignty Lab

The Rou Dalagurr Food Sovereignty Lab will host a community workshop processing and preparing maize on the 28th of February from 11 am - 12 pm, in collaboration with Centro del Pueblo and Blue Lake Rancheria.

The workshop will be free for the community, and hosted in a bilingual format (spanish and english). Activities may include nixtamalization, grinding the nixtamal to make masa, and preparation of tortillas, directed by community experts.

This is the first in a two-part series, the second of which is an agro-processing workshop with the Native Women's Collective on March 14th!

This event is funded by a Urban Agriculture and Innovative Production Grant (USDA) awarded to Blue Lake Rancheria.

Look forward to the agro-processing workshop on 3/14!

Register here! <https://forms.gle/FKzptGKXGQoGwJlMw5>



1st Annual Indigenous Foods Festival (Cal Poly Humboldt)



Watch on YouTube



Learn about the 2022 IFF Here!

You can learn more about the 2022 & 2024 IFF on our website:
nasp.humboldt.edu/Indigenous-foods-festival



Rou Dalagurr
Food Sovereignty Lab & Traditional Ecological Knowledge Institute

Indigenous Foods Festival

OCTOBER, 2025

COMING SOON

DONATE
 to support this event and others!



<https://hsu.link/fsi>

IN-PERSON at Wiyot Plaza

The Native American Forum and BSS Courtyard
 @ Cal Poly Humboldt, Union/E 16th Street

Community Partners

JOIN OUR VILLAGE TODAY

VOLUNTEERS NEEDED

Join us at the Potawot Community Food Garden for harvesting, planting, and more. Gardening experience is preferred but not necessary - we offer onsite learning and help along the way.

CALL OR TEXT
(707)601-6282

OPEN MONDAY THRU FRIDAY FROM 8:00 AM TO 3:00 PM
visit linktr.ee/potawotgarden for more information
or email ellen.sanders-raigosa@uihs.org



 **VOLUNTEER VIDEO**  **1600 WEEOT WAY
ARCATA, CA 95521**  **VOLUNTEER INFO AND
DISCORD SERVER**

Friends of the Eel River Wailaki's 2nd Annual Big Time! - May 31st, 2025



Come experience Traditional Native Dance Groups, Workshops & Demonstrations, Vendor Booths, Food & Drinks.

Opening Prayer @ 10:00am

Workshops, Demos, & Dances 11:00am-7:00pm

Location: Southern Humboldt Community Park, 1144 Sprowl Creek Rd, Garberville, CA 95542

THIS IS AN ALCOHOL & DRUG FREE EVENT!


For more information and updates find us on Facebook: Friends of the Eel River Wailaki or email us at: events@eelriverwailaki.com


ROU DALAGURR

FOOD SOVEREIGNTY LAB & TRADITIONAL ECOLOGICAL KNOWLEDGES INSTITUTE



<https://nasp.humboldt.edu/fsl>

 [@humboldtnas](https://www.instagram.com/humboldtnas)

 [facebook.com/FoodSovereigntyLab/](https://www.facebook.com/FoodSovereigntyLab/)



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Cover Art by Karley Rojas.