

CAL POLY HUMBOLDT  
DEPARTMENT OF NATIVE  
AMERICAN STUDIES



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ROU DALAGURR  
FOOD SOVEREIGNTY LAB &  
TRADITIONAL ECOLOGICAL  
KNOWLEDGES INSTITUTE

FALL  
2022

Vol. 2: Issue 3



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

Cover Art by Karley Rojas.

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This report was designed and edited by Research Associate Karley Rojas & Research Assistant Cory Kragness

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# Letter from the Co-Directors

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Everyone Dalagurr means "everyone works" or "work together."

For this report we are focused on the rock star team who works so hard as we continue build this lab - together. The past few months have been a whirlwind of growth for the lab: new grants and programs; new lab staff and student projects; new community connections and volunteer opportunities. What started as co-directors and a single research assistant has grown to a:

- Full time Lab Coordinator (Marlene' Dusek)
- Full time Research Associate (Karley Rojas)
- Three Student Research Assistants
- Five Lab Interns

It is such an exciting time to watch as the vision of students and community has developed into programs and projects that answer some of the most pressing questions of our time:



What can we do to build better futures? Together.

New research is finding what Indigenous peoples have always known: centering relationships with each other, the land, and our more than human relatives is how we can (re)make and (re)balance the world. But we must "come correct" to this work. Learning/"using" Indigenous science and TEK methodologies requires a dedication to Indigenous sovereignty, self-determination and #LandBack. For those interested in how TEK can inform future work in climate resilience, environmental justice, restoration practices, forest management, water policy etc. we ask everyone to stop and think "How is my work supporting the sovereign futures of Native nations and our more than human relatives? How am I dedicated to uplifting and centering Native American Studies - a discipline that was fought for by Indigenous peoples, nations, and students. How can I be the first to 'step-back' and center Indigenous voices, peoples, and knowledge holders?"

Indigenous peoples have carried forward knowledge, science, art, political theory, culture, and ceremony despite ongoing attempts to displace and dismiss these knowledges. We have continued the work to care for this world and our more than human relatives. We work, everyone works, for good futures. We work together. Thank you for continued support of the lab, our staff, our students, and our communities. **-Dr. Cutcha Risling Baldy & Dr. Kaitlin Reed**

# 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/>

# ABOUT US: Co-Directors

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## **Co-Director - Dr. Kaitlin Reed**

### **Tribal Affiliation: Yurok Tribe (Hupa, Oneida)**

is an Assistant Professor of Native American Studies at Cal Poly Humboldt and the Co-Director of the Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledge Institute. Her research is focused on tribal land and water rights, extractive capitalism, and settler colonial political economies. Her first book, *Settler Cannabis: From Gold Rush to Green Rush in Indigenous Northern California*, will be published by the University of Washington Press in May 2023.

#### 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.
- **Coordinated Sustainability Speaker Series with...(edit)**
- **Faculty Book Circle (Edit)**

# ABOUT US: Lab Coordinator

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## **Food Sovereignty Lab Coordinator: Marlene' Dusek Tribal Affiliation: Payómkawichum, Kúupangawish, and Kumeyaay**

Marlene' is a Native American Studies Professor at Cal Poly Humboldt. She teaches the NAS 333 Food Sovereignty Lab course. Marlene' is an alumnus of the M.A. in Social Sciences, Environment, and Community, B.S Environmental Management and Protection, with an emphasis in Planning, & Native American Studies with an emphasis in Indigenous Natural Resource Management. She is an Indigenous queer woman and community member who has always been in a

relationship with the land since she was a child and stewarded in various ways using methods of Indigenous management. She has learned from her elders, family members, and community members about traditional foods, cultural ways of management, and the need to reclaim and sustain these practices that are critical to our overall health and the health of the land and all for planning for a good future for the next generations. She doesn't like to box herself into this colonial form of titles because there is a lot that could go under that like resister, gardener, singer, traditional foods and medicines gatherer, harvester, artist, dancer, daughter, plant nerd, cultural burner. Both her partner and she are able to sustain themselves off their traditional foods and incorporate many traditional foods & plant medicines they are in relationship with as a part of their diets and daily life.

Marlene's overall work stays committed to protecting all relatives and Mother Earth from the harms of this colonial world and burning down those systems. She has worked doing mutual aid with various Indigenous communities supplying traditional foods and healing medicines for many years now. Her work focuses on redistributing power back to Indigenous communities, upholding/protecting their immense knowledge systems, and their food systems and that means also power back to the reclamation of Indigenous management practices and the right to land. Her work is also focused on creating spaces for and the reclamation of Indigenous Trans, Queer, and Women being land stewards. Her vision for the future and collective energy is put towards the redistribution of power back to communities, our Elders, education of our Indigenous Youth, teaching/speaking of Indigenous languages, working towards the abolition of oppressive colonial systems and structures, Indigenous Trans, Queer, and Women's rights, sustaining traditional food webs and environmental cycles, taking Land Back, reclaiming/employing cultural burning practices frequently, sustaining Indigenous management by Indigenous peoples and protecting the rights of our natural environments and all our relatives.



# ABOUT US: Research Associate



## **Research Associate: Karley Rojas (them/elle)**

is a Cuban Taíno-descendent queer maorocoti person. Karley began as the Research Assistant for the Rou Dalagurr Food Sovereignty Lab in 2021, and has continued on as a full-time staff Research Associate. Karley is an Indigenous-facing ethnobotanist and multimedia artist. They hold a B.S. in Botany from Cal Poly Humboldt with a minor in Studio Art; they is also an alumnus of the University of Chicago. Their research focuses on the restitution of disseminated ethnobotanical knowledges to their Indigenous communities of origin, supporting the resurgence of Indigenous science and knowledges, Indigenous agroecology and landscape

remediation, and community-based research paradigms at the intersection of Indigenous and Western sciences. They have recently received funding for the 'Place-Based Learning Practices' research project which will be the focus of their upcoming graduate work. The drive for their work is the knowledge that it is only in returning to Indigenous land management and life in reciprocity with the more-than-human world that we can imagine and realize Indigenized futures in a seven-generation modality.

As an artist their work is deeply rooted in magic realism/surrealism with focus at the interconnectivity between humans and more-than-human relatives and the natural world. They is a multimedia artist, with experience in woodworking, carving, ceramics, painting, tattoos, and textiles. In all of their work they are deeply influenced by Indigenous worldviews and traditions of art, and the survivance and resurgence of Indigenous art through time, contextualized in the modern world of global imperialism and colonialism. They view the practice and product of art as *cábula*- listening and connecting to the interconnectivity of all beings.

Responsibilities at the FSL include administration, execution of programming and events, research, data analysis, and materials creation for data dissemination for research projects. They coordinate events, community outreach and community engagement, and assist in presentations and publications. Under the purview of the research associate is the FSL Greenhouse, FSL Exterior Space, volunteer program, and bi-annual reports. They also assist in internship program coordination.



*'UNTITLED' by Karley Rojas.*



# ABOUT US: Student Research Assistants (2022-23)

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## **Undergraduate Research Assistant: Cassandra May**

### **Tribal Affiliation: Yurok, Wailaki**

is a Sociology major and Native American Studies: Culture & Community minor. They joined the lab Fall of 2022 and shares responsibility for promoting the lab's work and mission through social media and event planning. As well as engaging in gathering and processing traditional plants for the community. They assisted with leading the lab's NAS course Fall of 2022 and currently working on the Wiyot Food Boxes project



## **Undergraduate Research Assistant: Cory Kragness**

is an Environmental Science & Management, Ecological Restoration Major and Indigenous Peoples, Natural Resource Use & the Environment Minor from central Minnesota. They joined the lab in Fall 2022 and share responsibility in programming the Fall Film Series and upcoming speaker events. They assisted in creating this issue of our bi-annual report and website update as well as volunteer support for the Indigenous Garden.



## **Graduate Research Assistant: Kalani Ortiz**

is a master's student in the Cuevas-Urbe Aquaculture Lab in under the Fisheries Biology Department where she is researching open-water seaweed farming and cultivating native bull kelp (*Nereocystis luetkeana*) in Wigi (Humboldt Bay). She joined the lab in Fall of 2022 and has been contributing to the lab's mission through outreach events and project planning. She has assisted the lab's development team on the Humboldt Energy Independence Fund (HEIF) report to secure funding opportunities for annual events such as the Indigenous Foods Festival.



# STEERING COMMITTEE

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

**Adam Canter** (Wiyot Tribe) Natural Resource Specialist

**Bonnie Parker** (Tribal Garden Coordinator for Bear River Band of Rohnerville Rancheria)

**Carrie Tully** (M.A. Social Sciences, Environment and Community Alumna, Save California Salmon)

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

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

**Daniel Holsapple** (Blue Lake Rancheria Tribe Community Garden Manager, Tribal Historic Preservation Officer)

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

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

**Evie Ferreira** (HSU Alum, American Indian Child Resource Center) Ancestral Heritage: Yaqui, Mestiza Mexican American

**Fawn Murphy** (Tribal Chair for Resighini Rancheria) Tribal Affiliation: Resighini Rancheria

**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

**Katie Koscielak** (Sustainability Analyst, Cal Poly Humboldt)

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

# STEERING COMMITTEE

**OliviaRose Williams** (Karuk Department of Natural Resources Pikyav Technician), 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

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

(Left to Right) Amy Ithurburn, Dr. Cutcha Risling Baldy, Carrie Tully, Daniel Holsapple, Cody Henrickson, Evie Ferreira, Karley Rojas, Dr. Kaitlin Reed at Spring 2023 Indigenous Foods Festival



# HISTORICAL TIMELINE

## DECEMBER 2019



**Students** in NAS 331: Indigenous Natural Resource Management Practices propose the Food Sovereignty Lab and hold the first Stakeholder Meeting in the Native Forum

## APRIL 2020



**Students** Cody Henrikson & Carrie Tully present "Imagining an Indigenized Campus" NAS 331 research. Awarded 2nd place in Graduate Behavioral Sciences, CSU Statewide Research Symposium.

## MAY 2020



HSU conditionally approves the former Hilltop Marketplace for the Native American Studies Department to build the Food Sovereignty Lab. The Department must raise all the money.

## NOVEMBER 2020



The Food Sovereignty Lab hosts the online **Food Sovereignty Speaker Series**. The series reached more than 1,000 participants across multiple platforms. Watch the recorded series on Youtube or Facebook

## MARCH 2021



Launch of the spring **Food Sovereignty Film Series**. Feature films centering Indigenous Food Sovereignty: *Good Meat, Return and Gather*. Watch the recordings on Facebook

## SEPTEMBER 2021



The **goal of raising \$250,000 was surpassed** for the FSL remodel. This includes the donations from the crowdfunding campaign and from other organizations.

## OCTOBER 2021



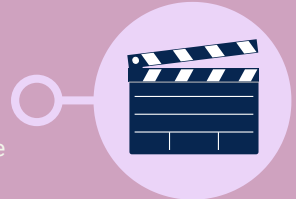
**Groundbreaking Ceremony** is held on October 8th. We hear from community members and students, and the remodel of the Food Sovereignty Lab space officially begins. Watch the recording on Facebook.

## NOVEMBER 2021



The Food Sovereignty Lab hosts the online **Food Sovereignty Speaker Series**. The series engaged more than 400 participants across multiple platforms. Watch the recorded series on Youtube or Facebook

## MARCH 2022



The spring **Food Sovereignty Film Series** continued featuring films centering Indigenous Food Sovereignty and guest speakers. The series engaged more than 140 participants across multiple platforms.

## APRIL 2022



In collaboration with HSU Food Summit 2022, funded by HEIF and NAAF, the Food Sovereignty Lab hosts the soft launch of the **Indigenous Foods Festival**. The festival is estimated to have engaged over 350 participants.

## APRIL 2022



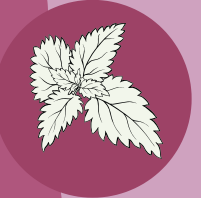
**Indigenous Garden** is established @ CCAT with help from volunteers. Negotiations for **outdoor classroom** space allocation begin, resulting in the first 'Shared Maintenance and Co-Management Agreement' at Cal Poly Humboldt.

## JULY 2022



'**Wiyot Plaza**' exterior space **allocated to FSL. Shared Maintenance & Co-Management Agreement** signed; Subsequently named 'Wiyot Plaza' in November following advocacy and work by FSL and Indigenous community.

## SEPTEMBER 2022



**NAS 333: Food Sovereignty Lab** course begins. **Internship program** begins with our first student interns, who receive funding to carry out community-based projects.

## OCTOBER 2022



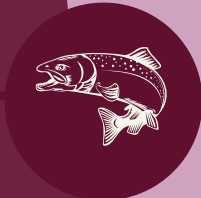
**Land Reconnection Ceremony** is held at Wiyot Plaza, inviting our tribal and community partners to lay medicine and give prayer to the land, celebrating return of Indigenous Stewardship. Draft **maps** of regional aboriginal territories, by Tori McConnel, presented.

## NOVEMBER 2022



The Fall 2022 installment of the **Food Sovereignty Film Series**, featuring outdoor screening of *¿Qué les pasó a las abejas?* and *Rhymes for Young Ghouls*.

## FALL 2022



Grant funding established the '**Food for Indigenous Futures**' program, and the '**Food Boxes for Wiyot Community**' project, as well as staff positions including a Lab Coordinator. Funds raised exceed \$1.75 million



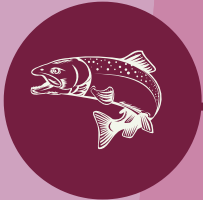
# MOVING FORWARD

## JANUARY 2023



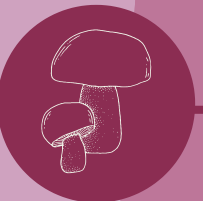
**NAS 333:** Food Sovereignty Lab Lab Course continues every Spring and Fall semester, focusing on projects that serve the local Indigenous community.

## JANUARY 2023



**Food for Indigenous Futures** research project begins, funded by the Elevate Youth Grant (Sierra Health Foundation). Work to establish a **Youth Council** and planning of workshops and curriculum.

## JANUARY 2023



**FSL Internship Program** full, featuring 5 intern projects. Includes FSL Volunteer project, bringing volunteers out to tribal and community gardens.

## FEBRUARY 2023



**'Food Boxes for the Wiyot Community'** project begins, aiming to provide traditional foods to the Wiyot community and engage Indigenous youth. Funded by Native American Food Sovereignty Alliance and Native Cultures Fund.

## FEBRUARY 2023



**'Wiyot Plaza'** phase 1: reconnection underway. Pathways for site testing and environmental assessment (ESA) investigated, with initial estimates upwards of \$50,000.

## FEBRUARY 2023



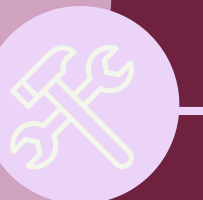
**'Spruce Root Gathering Workshop:** In partnership with the Pikyav Field Institute, Junction Elementary, and Big Lagoon Rancheria, workshop held for youth as part of **Food for Indigenous Futures Programming**.

## MARCH 2023



**FSL Indigenous Garden and Greenhouse** starts a new growing season with raised redwood beds, and soil donation from Royal Gold. Focus is on local native medicinal plants, Indian potatoes, and select veggie propagation. Supported with funding from the **Cowell Foundation**

## MARCH 2023



**FSL Interior Space-Construction begins**, with an estimated 6-8 month window for completion.

## MARCH 2023



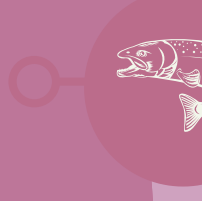
**Land Back Symposium** to be held on **March 24th** on Cal Poly Humboldt's campus, featuring panels, discussions, and trainings around California Land Return.

## MARCH 2023



**FSL Speakers** to include panel of 3 speakers of "New Voices in Indigenous Food Sovereignty. Additional special guest talk from activist-scholar Melissa Nelson.

## SUMMER 2023



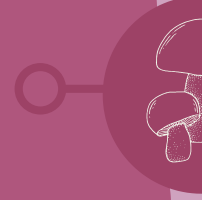
In-person and online **summer camps** begin for Indigenous youth as part of the **Food for Indigenous Futures Program**.

## AUGUST 2023



**NAS 333:** Food Sovereignty Lab Lab Course continues every Spring and Fall semester, focusing on projects that serve the local Indigenous community.

## SEPTEMBER 2023



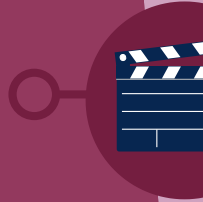
New cohort of **FSL Interns** enter the program. Call for applications in Spring 2023

## NOVEMBER 2023



2nd annual **Indigenous Foods Festival**, funded by Native American Agricultural Fund, hosting Indigenous businesses, producers, and speakers.

## FALL 2023



**FSL Fall Film Series** will continue, featuring films that elevate Indigenous food sovereignty work.

## FALL 2023



**GRAND OPENING!** The FSL Interior space will open, including a commercial kitchen, community space, plant drying racks, dehydrators, a seed bank, and Indigenous art.

# WIYOT PLAZA

NATIVE AMERICAN STUDIES

## WIYOT PLAZA GOUDI'NI

ROU DALAGURR FOOD SOVEREIGNTY LAB

***It's official!*** Thanks to the continuous and generational work of Indigenizing campus spaces by Indigenous and accompliced community both on and off-campus, the area surrounding the Behavioral and Social Sciences Building (BSS) at Cal Poly Humboldt is officially named '**Wiyot Plaza**'. This space encompasses many of our Indigenized spaces on campus, including the Native American Forum, the Goudi'ni Gallery, and the Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute (FSL). The space has been gifted the name Wiyot Plaza by the Wiyot Tribe. "Ha wa lou', I would like to say hou' to everyone that made this name change happen," says Wiyot Tribal Chair Ted Hernandez. "I remember the first time I heard the students and faculty call it Wiyot Plaza. It was at the opening of the Food Sovereignty Lab. When I listened to this name, I said, yes, it fits. I am excited to see this change and how everyone here at Cal Poly Humboldt recognizes they are on Wiyot Land. I wish other universities would respect the lands their schools sit on as Cal Poly Humboldt is doing."

Wiyot Plaza is a space that is under the care of the FSL as our exterior space allocation, which is in the process of becoming an experiential learning space and outdoor classroom. The space includes the salmon cooking pit behind the Native American Forum, the Indigenous Garden, and the Native Plant Landscape. The primary goal is the return tribal community access and sovereignty to landscape, while also creating a space that centers land-based learning pedagogies and place-based learning on campus.



Wiyot Plaza- approximate boundaries are demarcated in turquoise. The blue circle marked 'FSL' indicates BSS 168, the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute interior space. The blue circle marked 'Forum' indicates the Native American Forum.

Support Wiyot Plaza! Donate today!

<https://hsu.link/fsl>



Pay the Wiyot Honor Tax!  
<http://www.honortax.org/>

To define the relationships between campus stakeholding entities and the FSL in Wiyot Plaza, our staff, and members of the Steering Committee worked with the Landscape and Tree Subcommittee to USFAC to develop a '**Shared Maintenance and Co-Management Agreement**' ([Read it here!](#)). This agreement inscribes our shared commitments to caring for the space, entering into a relationship with the landscape, it's more-than-human inhabitants, and between partners, to return tribal community access and sovereignty to landscape. Of emphasis in this agreement is collaboration and insight of tribal knowledges and cultural stewardship practices, facilitated primarily through the Steering Committee of the FSL. We also hope that this agreement serves as a forward-looking model for other higher institutions looking to collaborate with Indigenous scholars and communities on similar endeavors, increasing access of Indigenous community to their aboriginal territories and landscapes, and supporting Indigenous self-determination and sovereignty.

# WIYOT PLAZA:

## Experiential Learning Space

Originally, the BSS building was designed to include campus and community-facing spaces for basket weaving, regalia making, cooking using traditional methods, and traditional arts. The FSL chose the location of the BSS 168 in consideration that the BSS building was originally designed to honor Native peoples and create space for Indigenous programs on campus. We envision a continuity of Indigenous space near the Native Forum, Goudi'ni Gallery and NAS Department, creating 'Wiyot Plaza'. This space will integrate educational opportunities outside of the BSS building as part of a Native Plant Landscape that is connected to and cared for by the Food Sovereignty Lab- an extension of the classroom space focused on learning Indigenous sciences through land-based pedagogies. This includes the revitalization of the area originally designated to be a salmon cooking pit, and the design of a Native Plant Landscape that incorporates Native artwork patterns and local Native Languages, and the Indigenous Garden, which will include an ADA compliant 'Elder Garden', greenhouse, and shed constructed to mirror a traditional Wiyot Plankhouse. The Food Sovereignty Lab's exterior space has the core objectives of supporting food sovereignty and community engagement with traditional foods and management practices. As the FSL enters into relationship with this landscape, we are building stewardship and Rou Dalagurr in a generational lens. Read more about our vision for the Outdoor Classroom in the '[Exterior Space Report](#)', and watch our video about the exterior space! This vision will continue to be shaped by community feedback and collaboration as we build and implement our **Phased Plan**.



[Read the  
'Exterior Space  
Report' here!](#)



**Fall 2022**, students of the NAS 333: FSL Lab Course, student interns, volunteers, and community members started to engage with the outdoor classroom!

**Elder Garden Artist's Concept**



We are currently seeking community feedback about our **Phased Plan** for our outdoor classroom space. [Take our community survey](#) to help us shape this space!



# WIYOT PLAZA:

## Experiential Learning Space

The Food Sovereignty Lab is moving through the **Phase 1: Reconnection** of our long-term relationship building and restoration planning within Wiyot Plaza. To build this space, and to approach **Phase 2: Restoration** while ensuring well being of both human and more-than-human relatives in the landscape, we are seeking comprehensive environmental site assessment and suite of testing. The submission of soil, water, and plant samples for testing will inform on the concentration and composition of any pollutants, pathogens, and toxins, and their gradation and patterns in the landscape; this will enable planning for strategic mitigation and landscape restoration. This includes testing of the water and soil in and around the experimental greenhouse space on campus, which is also a facility used by the Food Sovereignty Lab. [See our site testing report](#) for our progress regarding site testing, including estimates for comprehensive baseline soil, water, and plant testing, a site history, and environmental site assessment.

### PHASED PLAN

**PHASE 1:**  
Reconnection

**PHASE 2:**  
Restoration

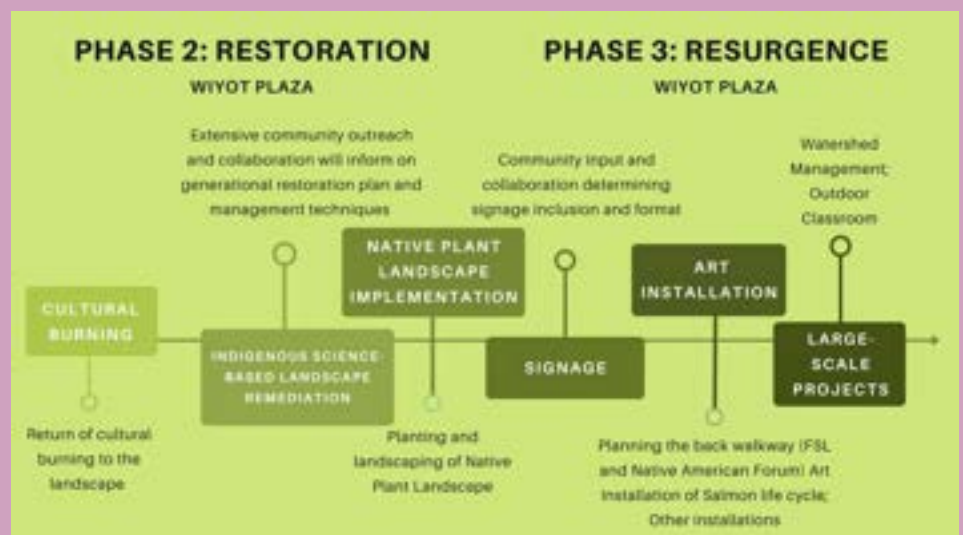
**PHASE 3:**  
Resurgence



**Current Site Testing Estimate:**  
**\$45,965**

As we work to establish [site testing pathways](#) for Wiyot Plaza, we aim to concurrently establish pathways and coalitions to make site testing more accessible to our community.

With successful site testing, FSL orientation to Wiyot Plaza can move to planning for **Phase 2: Restoration**, which includes bringing fire back to the landscape through cultural burning, and engaging in Indigenous science-based restoration planning and landscape remediation. We also look to begin installations throughout Wiyot Plaza, including signage, Indigenous artwork, and larger infrastructure.





# WIYOT PLAZA:

## Reconnection Ceremony

**October 11, 2022:** The Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute held a **Land Reconnection Ceremony**. Cal Poly Humboldt occupies Wiyot lands and our Land Reconnection Ceremony was a time where tribal communities were invited in to offer prayers, songs, and tobacco offerings. The Land Reconnection Ceremony was the first event to be held and organized in the newly allocated FSL exterior space, celebrating the momentous time of returning Indigenous stewardship to Wiyot Plaza. We were honored to have Alme Allen (Karuk carver and artist), Jason Ramos Blue Lake Rancheria Tribal Council), and Dr. Cheryl Seidner (Wiyot Tribe) offer supportive words and blessings.



### Land Reconnection Ceremony

IN-PERSON at Wiyot Plaza

#### Program:

- Welcome: FSL Co-Directors Drs. Cutcha Risling Baldy and Kaitlin Reed
- Opening Statements: Jason Ramos (Blue Lake Rancheria Tribal Council Member)
- Blessing and song for the land: Dr. Cheryl Seidner (Wiyot Tribe)
- Cal Poly Humboldt: Adrienne Colegrove-Raymond (Special Assistant to the President, Tribal Relations & Community Engagement)
- BSS Building History: Alme Allen (Karuk carver and artist)
- Recent Site History & FSL Orientation: Marlene' Dusek (FSL Lab Coordinator) & Karley Rojas (FSL Research Associate)
- Wiyot Plaza, Wiyot Territory, & Indigenous Homelands Maps: Tori J. McConnell (Artist, Yurok Tribe, Káruk Language Apprentice)

Followed by tobacco offerings to the land. Bubba Riggins prepared and carried out the traditional salmon cook for attendees.



(Please note that sites 10 and 2 are inverted in the map above) **Above:** An Indigenous map representation of Wiyot Plaza, created by Yurok artist **Tori J. McConnell**.

Tori has also worked to create a map 'Hinarr Lughurruk "Our Land": Wiyot Lands and Place', and an 'Indigenous Homelands, Rivers, and Colonial Names & Routes within the Borders of Humboldt & Del Norte Counties' Maps. These maps were introduced to tribal community at the reconnection ceremony, and are now in the process of introduction to the appropriate tribal councils and communities. The maps will be modified with tribal community feedback. The finalized version of all three maps will be featured on our 'Welcome to Wiyot Plaza' sign, to be installed in the 'Welcome Area (1)'.





# GREENHOUSE

The Botany Department at Cal Poly Humboldt has generously allocated space for Food Sovereignty Lab use! The space consists of two rooms in the experimental greenhouse located on the science quad on campus- a shaded room (Room A) and a full sun room (Room B). Room A is most applicable for the propagation and work with understory plants native to the region. Room B receives full sun and is most applicable for vegetable propagation and work with full-sun plants. Both rooms have temperature-controlled automated window ventilation. This greenhouse serves as the FSL Greenhouse while we work to construct our own residentially-scaled greenhouse in our exterior space allocation.

The greenhouse space offers the opportunity for propagation and research. The propagules from this space will populate both the Native Plant Landscape and the Indigenous Garden; these propagules will also be gifted to community to increase access to native plants of cultural concern, as well as garden plants. This is a space in which experiments and research can be conducted, following the goals of the Food Sovereignty Lab and our community stakeholders.

## Room A: 103 sq. ft growing space



## Room B: 184 sq. ft growing space



In the Fall Semester, the NAS 333 class and volunteers engaged in infrastructure construction in the greenhouse, including the installation of free-standing pvc frames that carry shade cloth and irrigation. Contextualized with the age of the greenhouse, known heavy metals in the water supply, and our recent testing results indicating the presence of *Pythium* spp. in the soil, we are implementing an in-line water filtration system and water holding tank, in addition to distilled water for our young propagules. The greenhouse space propagation program is the subject of a year-long internship project (see **Internship Project**).

Funding from:





# WIYOT PLAZA: Indigenous Garden



HERB BED



INDIAN POTATO  
BED



VEGGIE BED

## UPCOMING VOLUNTEER DAYS

Follow our social media to get updates on our monthly Indigenous Garden volunteer days!

 : <https://www.facebook.com/FoodSovereigntyLab/>



@hsu\_nas

Funding from:



**COWELL  
FOUNDATION**

CCAT donated the uphill part of their exterior space to the Food Sovereignty Lab, which has become the FSL Indigenous Garden. The soil pH of the beds is averaged at 6.3, is dominantly clay, and is rich in organic matter. The garden partially shaded during most of the day. Planting in the beds (has and will continue to be) decided by tribal community stakeholders and the FSL Steering Committee.

Following a community survey, the information was analyzed and collated with previous input from community members, which generated an initial plan for implementation of the Indigenous Garden. The feedback from the surveys suggested that the Garden will have a primary focus on Native plants, with additional plantings of non-native (to the North California Coast bioregion) plants. Some of these non-natives can be food producers/crops, while others can be massed with native plants that share traditional uses and niche.

Planting plans continue to be formed based on community feedback, including our Spring '23 planting plan. In consideration of the unknown site history and the possible presence of pollutants, toxins, and pathogens in the space that could impact the safety of our plant relatives for human consumption and interaction, in the Spring '23 growing season we are focusing our planting in **three** raised beds. These beds will be built using reclaimed redwood from the recently deconstructed CCAT yurt, raised off of the soil surface, and filled with soil donated by Royal Gold. The planting plan for the Spring '23 growing season includes the dedication of one raised bed to vine tea, one to massed Indian potatoes, and a dedication to medicinal, herb, and grain plants in the third bed. We will continue to care for the in-ground Indian potatoes and herb spirals, looking forward to the day we can safely work with those relatives as food and medicine. These in-ground beds also serve in augmenting our growing seed bank.

Looking forward, we will be constructing an ADA compliant path which will allow the top two beds of the Indigenous garden to be accessible, which will be constructed into raised beds, creating an 'Elder Garden' corner of the indigenous Garden. We will also be constructing a residential greenhouse, and shed mirroring a traditional Wiyot plankhouse.

**Take our Indigenous  
Garden community survey!**



HELP US  
Design our garden!

## Sign up to Volunteer!

### STUDENT REGISTRATION:

<https://hsu.link/volunteerfoodsovgarden>



### COMMUNITY MEMBER REGISTRATION:

<https://hsu.link/communityvolunteerfoodsovgarden>



# PROGRAM UPDATES

## INTERNSHIPS

An opportunity for Cal Poly Humboldt graduate and undergraduate students to plan, implement and assist tribal nations with food sovereignty, TEK, Indigenous Science and interdisciplinary community based projects! We will select up to 5 interns per year, who will receive funding to carry out their projects of up to \$5,000/ internship, as well as a \$1000 award/ semester. Call for applications occurs each Spring. See our website, [nasp.humboldt.edu](http://nasp.humboldt.edu) for more details.

### REQUIREMENTS

- Complete Application
- Priorities for consideration include:
  - Native American Studies majors
  - Native American Studies minors, Student members of ITEPP, INRSEP+
  - Students who have completed NAS 331: Indigenous Natural Resource Management Practices AND OR NAS 325: Native Tribes of California
  - People who have taken multiple (at least two) NAS courses AND/OR submit (2) letters of support from tribal community member
- Each intern **must enroll** in the Food Sovereignty Lab course (NAS 333, 1 unit) for each semester they are an intern
- Each must complete the [Online Training Module](#) if they have not successfully completed an NAS course in the semester prior to acceptance.



Fill out the [proposal form](#)



<https://bit.ly/FSLinternship>

## FSL COURSE

### NAS 333: Food Sovereignty Lab Course (1 unit)

FALL

Students must have successfully completed or be concurrently enrolled in NAS 331/NAS 325 to take the lab course. Other co/pre-requisites include: NAS 304, or NAS 332. Once the prerequisite is complete, the Lab course can be repeated or taken at any time.

Supplementary interdisciplinary lab course. Offers an opportunity for engaged hands-on learning and research in the NAS Food Sovereignty Lab and Traditional Ecological Knowledge Institute. Students will be asked to engage in collaborative research projects to support workshops and community activities in the lab and participate in ongoing research projects for faculty, graduate students, and community members. Supports the development of students as researchers, community organizers and community-facing professionals. Students who would like to apply for the NAS Food Sovereignty Lab Internship Fellowship Program are required to have taken this course to support the development of their Internship program proposal.





# PROGRAM UPDATES

## NAS COURSES

### **NAS 309: Traditional Ecological Knowledges and Indigenous Natural Resource Management (3 units)**

FALL (UD GE Area B; DCG-D)

Emphasis on the critical importance of natural resource management in indigenous communities.

Comparison of the cultural traditions and beliefs of Indigenous people, with those of western science based management.

### **NAS 304: Native Tribes of California (3 units)**

FALL (GE Area F)

Traditional cultures of native peoples: archeology, material culture, social organization, historical interrelationships.

**NEW!**

### **NAS 101: Traditional Ecological Knowledge and Place-Based Learning (3 units)**

FALL (LD Area A Critical Thinking)

Introduction to traditional ecological knowledge (TEK) and ethical engagement of place-based learning.

Apply critical thinking skills to responsible incorporation of Indigenous knowledges and explore how critical and creative thinking occurs within Indigenous contexts. Engage with informed present-day issues and explore how TEK can inform critical and creative thinking and problem-solving skills across disciplines.

Traditional Ecological  
Knowledges &  
Indigenous Science

### **NAS 308: Indigenous Ethnobotany (3 units)**

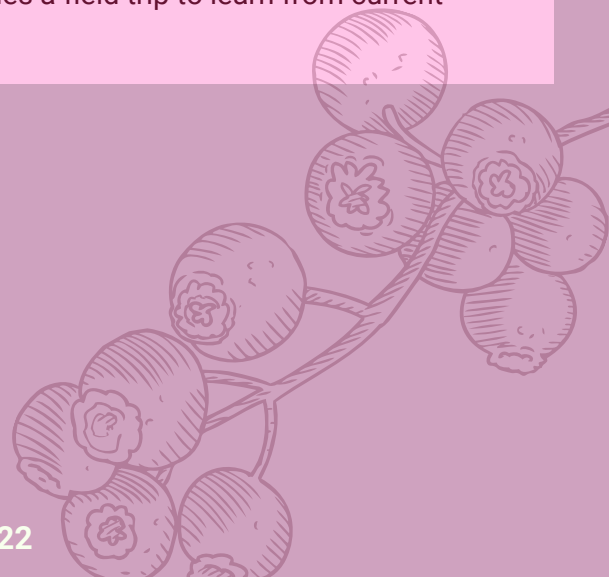
FALL (UD Area B Math & Science)

Rooted in Indigenous research paradigms and land-based pedagogies, students will be introduced to Indigenous ethnobotany through critical literature engagement, work with the regional tribal community, and research and experimentation. While focused on ethnobotany and ethnoecology, this course will also reorient scientists to decolonized methodologies, while offering the relational building blocks for further work with interconnected human and more-than-human communities.

### **NAS 480: Special Topics Cultural Fire and Indigenous Fire Management**

FALL (8 week online course with field trip)

This course will provide an introduction to Indigenous fire management practices and learning from cultural fire for best practices in building climate resiliency. The course is an opportunity to engage with ongoing resurgence of Indigenous fire management with specific focus on California Indian tribal communities and the reintroduction of cultural fire. The course includes a field trip to learn from current Indigenous cultural fire practitioners.



# NAS 333: Food Sovereignty Lab Course

In Fall 2022, the first semester of NAS 333: Food Sovereignty Lab Course commenced with an inaugural class of 20 students. One student, Georgina Quinn said "***I am about to graduate here in the NAS department. It has been like 5 years and this has been the most engaging and educating class that I have taken in my whole career.***"

The class is oriented to place-based, land-based learning pedagogies and service to the regional Indigenous community. In addition to activities and material that grounds students in regional food sovereignty initiatives, the class also has regular open lab days where students engage in the project group of their choice. The course was (and continues to be) taught by our Lab Coordinator, Marlene' Dusek.

## Fall '22 Project Groups:

### Indigenous Garden

In Fall 2022, students from NAS 333 focused on landscape care of Wiyot Plaza, as well as establishing plans and partnerships geared toward the respectful harvest and removal of bamboo from the garden space.

### Social Media

Students worked to build and maintain our online presence, including building awareness of events and programming in the NAS Department. This included alphabetized posts throughout November, Native American Heritage Month, elevating key concepts and initiatives around Indigenous food sovereignty.

### Outdoor Space /

### Community Outreach

Students planned outreach and community engagement pathways for feedback regarding the planned experiential learning space within Wiyot Plaza. This included drafting letters to regional tribal councils.

### Greenhouse

The Fall semester saw the initiation of infrastructure construction in the FSL Greenhouse, including free-standing PVC frames, weed barrier, and irrigation. Students worked diligently in the installation throughout the semester.

# NAS 333: Food Sovereignty Lab Course





# Student Art & Poetry Highlight

Students a part of the NAS 333 Food Sov. Lab Course are able to engage with the material however they want to creatively. This section highlights and honors the work, creativity and activism of students in the lab class.

## Untitled By: **Justin Valenzuela**

Don't trip,  
they said.  
Just take a sip,  
they said.  
Of this tainted water,  
tainted casualties, tainted fantasies,  
tainted fallacies.

What happened to our families?  
This language is slipping away,  
like when sun hits fog on an afternoon  
day.

What happened to our sanity? Did we  
really give in to the man?  
The white man who said he had a plan,  
yet he ran away and fell into quicksand,  
gripping stolen fortunes in hand.

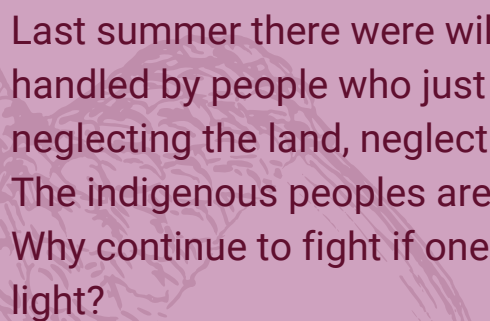
Promises were unkept,  
Communities wept,  
Colonizers ruined their culture,  
Scavenged sacred lands like hungry  
vultures,  
They said they could help,  
but the survivors only felt,  
fear and sadness, confusion and  
madness.

The westerners said stay in your lane,  
the roads we paved are filled with riches,  
but they gave way to potholes and ditches,  
broken wishes,  
like a bad relationship,  
that ended up with broken dishes.

They say don't listen to their TEK,  
Just listen to what I say,  
Cause those people are savages,  
Let's put them in bandages,  
Convert what they believe in,  
Into our false holy beacon

These folks are just too spiritual to  
understand,  
our holy industrialized land.  
Let's make that bread everyday,  
Monocropping is the way,  
to set stone for the slaves,  
making sure we get paid,  
And let them fade,  
away





Last summer there were wildfires,  
handled by people who just want to retire,  
neglecting the land, neglecting the love of fire.  
The indigenous peoples are tired.  
Why continue to fight if one cannot see the  
light?

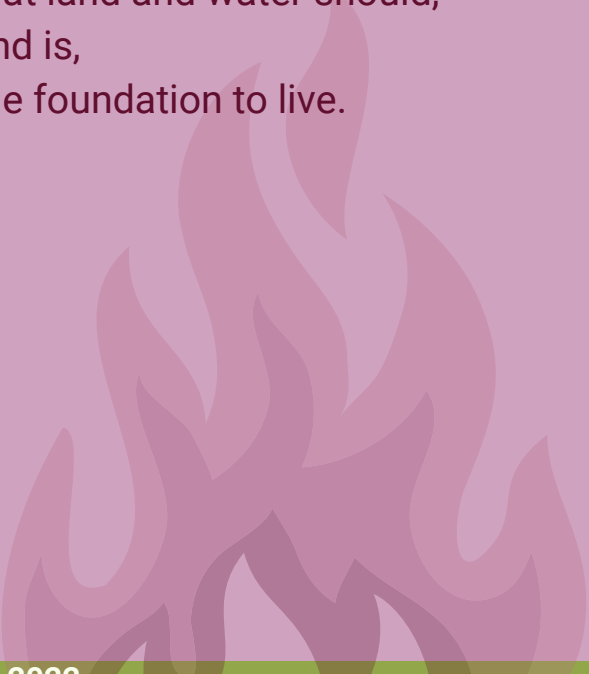
Yet many of them still live here,  
they don't see fear,  
and they will not hear the words of the  
oppressors.  
They will remember the lessons from their  
ancestors,  
and keep moving forward.  
Moving towards,  
the times of peace and harmony,  
that these lands were a part of me,  
yet now they are apart from me.  
I'm trying to connect to the land,  
and learn from the people who understand,  
that we aren't separate from what is around us.  
The sun and moon surrounds us,  
blessing us with eternal knowledge.  
Water and fire brings us growth,  
a sign of new hope.

Sometimes I can't see the good in myself,  
but the plants see it,  
the stars see it,  
the ocean sees it,  
the animals see it.  
They see what I want to see in myself,  
more love, more health,  
more gifts to bring under my belt.

I ain't selling my love anymore,  
profiting from this,  
cap-it-tali-stic,  
fucking sick shit.  
Pardon my language but are y'all with this?

Can we collaborate, strain out the  
hate and bring action to the plate?  
There's deaths upon death,  
Contamination seeping into every  
breath,  
of our soul.  
And for what?  
For pride? For fame? For gold?  
To forget that Indigenous peoples'  
lack basic rights,  
and yet,  
and of course,  
our government's help is not in  
sight.

Oh what a fight,  
what a way to live,  
let's link up to give,  
to sacrifice our content,  
and replace it with momentum that  
will make a dent,  
obliterate the system that placed us  
in a rugged tent.  
Foul scent, foul communities, foul  
culture, foul attempts,  
to erase the people that  
understood,  
that land and water should,  
and is,  
the foundation to live.



# Student Project Highlight

**Gena Vasquez (Eastern Band of Cherokee Nation), a part of Social Work 442: Advanced Social Work Methods class reached out to engage with the Rou Dalagurr Food Sovereignty Lab for her Fall Semester "Three Sisters" legacy project.**

The 'Three Sisters Project' created various forms of educational materials, now housed in the Rou Dalagurr Food Sovereignty Lab, to have available for the community. These materials focused on food sovereignty and the Three Sisters- corn, beans, and squash, a traditional food relationship of Gena's.

*"The Three Sisters provide for each other, all giving in their own ways. Being able to have a small Three sisters garden can provide nourishment to help through the hard times. A complete, complementary food group that can be dried and stored. Through the last three years of COVID food insecurities have become more profound than they already have been, especially in Indigenous households. During the holiday food becomes another stress on the plates of many families. The Three sisters recipes will give community ideas for cooking the sisters. Our educational materials will provide the traditional methods of growing a Three Sisters garden even in the smallest of spaces. Some history and the passing down of the Three Sisters story in many Indigenous communities. Also providing a list of Indigenous businesses that will support many community members."*

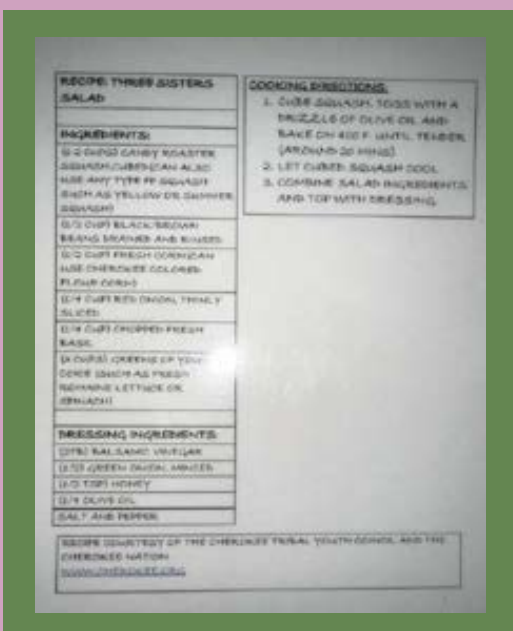
# Gena Vasquez

The project also involved sourcing money from donors for supplies. Products included:

- Including 3-recipe cards (Corn, Beans, Squash): (Artwork, laminated cards)
- Indigenous business reference list (laminated reference cards)
- Educational materials regarding the three sisters. (Powerpoint)

Outcomes of the project also included a presentation at the Native Club at Ukiah High School, and a presentation at the Pinoleville Garden. The sourced funding paid for all printing costs, also providing \$200 for Pinoleville students for their own planting projects in spring 2023 (corn, beans & squash).

**Funding:** Justin Lincoln (Round Valley Reservation)  
Bryce Blankenship & José Vasquez (Federated  
Indians of Graton Rancheria)  
James Keller



# INTERNSHIP PROJECT



## **Delaney Schroeder-Echavarria**

As an FSL intern, I am spearheading the Experimental Greenhouse Propagation Program which works to propagate native, edible, and medicinal plants for community use and the Native Plant Landscape. This semester I plan to start creating a Native Plant Handbook, which will highlight the propagation of plant relatives with cultural significance to Northern California Indigenous Tribes.

For the Fall 2022 semester, I worked to establish contact with local and non-local water, soil, and vegetative testing facilities. Cal Poly Humboldt does not keep record of what pesticides and herbicides have been sprayed or of what possible containments could be present in the land. The Food Sovereignty Lab's goals of growing native and edible plants for community and cultural use cannot be met without caring for and learning about the land that we are on. Over the course of the semester, I reached out to dozens of people, organizations, and companies who we could possibly work with to establish site testing and proper management practices we could utilize. At the end of the semester, I worked on the Site Testing History document which keeps track of all the outreach and testing that has currently been initiated.

Currently, I am developing a Greenhouse Procedures Handbook with FSL Staff which will provide students, staff, and volunteers the necessary information to work inside the Food Sovereignty Lab Experimental Greenhouse. The procedures include important information around Integrated Pest Management, proper tool and supply use, hygiene, and the importance of protecting plants against pathogens like *Phytophthora ramorum* and *Pythium*.

As of this moment, the Handbook has been corrected and reviewed by the Food Sovereignty Lab Steering Committee and artwork is currently being created by NAS 333 students Evelyn Bañuelos and Isabella 'Bug' Carvajal. I look forward to continuing this work and establishing the best procedures for our relatives. Miigwech!

Funding from:  
**Batt Ingram Foundation**



# FSL EVENTS

Throughout the Fall Semester, the Rou Dalagurr Food Sovereignty Lab participated in numerous community and Cal Poly Humboldt events!

## Tabling & Events

- Indigenous Girls, Young Women, and Femmes Volleyball and Empowerment Camp (Aug. 4-6) (incl. salmon cook, acorn demonstration)
- Student Resource Fair (Aug. 16, 18)
- Cal Poly Humboldt Transfer Student Orientation
- Hoopa Valley High School Upperclassmen Visit (Wiyot Plaza Tours)- (Sept. 13th)
- Indigenous People's Day (Sept. 23)
- Ethnic Studies Celebration (Sept. 30)
- Trinidad Rancheria, Native Women's Collective, FSL x. PBLC: Rising Tides and Stars to Rocks (incl. salmon cook, acorn demonstration) (Oct. 1)
- Cal Poly Humboldt Fall Preview (Nov. 5)
- Ecotopia (Dec. 2)

## Hosting Funders

- Humboldt Area Foundation (Sept. 9th)
- Sponsored Programs Foundation Board (Oct. 26)
- Prevention Institute (Oct. 28)



Pictured above is a salmon cook held at Wiyot Plaza, led by fisher and expert cook Bubba Riggins. PC: Dr. Risling Baldy

## FSL Guest Presentations

### K. Rojas:

- NAS 332: Environmental Justice (Sept. 15)
- Our Indigenous Knowledge and Futures on Campus (Sept. 17)
- NAS 104: Introduction to Native American Studies (Nov. 3)
- 'Fresh Banana Leaves' Faculty Book Circle (Nov.)

## Community Events

- Mouralherwaqh Return Ceremony (Aug.)
- Wiyot Goutsuwe'n (Wiyot Day) (Aug. 27)
- DISHGAMU HUMBOLDT KMUD SHOW (Jan. 12)

(Left) Dr. Cutcha Risling Baldy's presentation 'Protectors, Healers, Ancestors, and Medicine Women: Decolonial discussion on healing colonial land and gender violence through cultural revitalization' at the Oct. Prevention Institute Visit. PC: Marlene' Dusek



# FALL FILM SERIES



In Fall 2022, we brought our film screenings outdoors, and featured films highlighting the work of Indigenous artists and communities outside of the so-called United States.

On November 14th we featured *¿Qué les pasó a las abejas?/ What happened to the bees?*, produced by ABEJAS CINE, featuring Indigenous activists Gustavo and Leydi in their organization against the planting of transgenic soybeans in their territory following the death of millions of bees. The film screening occurred under the stars in Wiyot Plaza, with an outdoor cinema setup and sponsored by **Arcata Outdoor Events**.

On December 1st, due to inclement weather, *Rhymes for Young Ghouls* from filmmaker Jeff Barnaby was screened in the Native American Forum. This horror film follows a Mi'gmaq teenager that plots revenge against the sadistic Indian agent who imprisoned her in a residential school.

**Rou Dalagurr**  
**Food Sovereignty Lab**  
**Fall 2022 Film Series**  
**FEATURE FILM**  
**Wiyot Plaza - Outside of the FSL**  
Rain Location: Native American Forum

November 14th @ 6pm  
December 1st @ 6pm

**¿QUÉ LES PASÓ A LAS ABEJAS?**

AFTER MILLIONS OF BEES DIED, GUSTAVO AND LEYDI DECIDE TO ORGANIZE TO TRY TO STOP THE PLANTING OF TRANSGENIC SOYBEANS IN THEIR TERRITORY

A MI'GMAQ TEENAGER PLOTS REVENGE AGAINST THE SADISTIC INDIAN AGENT WHO IMPRISONED HER IN A RESIDENTIAL SCHOOL WHERE VIOLENCE IS COMMON

Bring camping chairs and blankets!

Drinks and Snacks  
Raffle for Prizes

Sponsored by: Arcata Outdoor Events

Follow 'What Happened to the Bees?':  
www.abejas.cine.com  
Facebook: Abejasdocumental  
Twitter: Abejas\_Doc  
Instagram: Abejas\_documental



This series featured door prizes of stickers, Passamaquoddy Maple Hard Candy from [Sweetgrass Trading Co.](#), and Indigenous Bars from [Wahpepah's Kitchen](#)! At each screening 5 folks won Indigenous Bars in custom tote bags!

Purchase Passamaquoddy Maple Hard Candies from [Sweetgrass Trading Co.](#) [here](#)!



Purchase Indigenous Bars from [Wahpepah's Kitchen](#) [here](#)!



# VOLUNTEER DAYS

## Indigenous Garden

Throughout the Fall semester, the FSL held numerous volunteer days in the Indigenous garden. We worked towards respectfully removing non-native species such as Himalayan Blackberries, English Ivy, and Scotch broom as these relatives lead to ecosystem imbalance. Volunteers also tended the Veggie Bed, Herb Bed and Indian Potato Bed with weeding, plantings, and installation of an irrigation system.

**Special thanks to Dr. Frank Lake  
for donation of river rock!**

## Greenhouse Construction

Volunteers and students from NAS 333 helped build shade structures and irrigation installation for the upcoming propagation program.

## Bear River Band of Rohnerville Rancheria

The beginning of regular volunteering started Fall 2022, with preparing the Tribal Community Garden for winter, and planting a variety of onions and garlic.



# UPCOMING VOLUNTEER DAYS



## Potawot Community Food Garden

Potawot Volunteer Days:  
Wednesdays, 9 am - 12 pm  
Starting February 15th



@potawotgarden



Facebook.com/PotawotCommunityFoodGarden



## Daluviwi' Community Garden

Daluviwi' Garden Work:  
Fridays, 9 am - 1 pm

Fresh Food Box Prep:  
1 pm- 4 pm  
2/21, 3/28,  
4/25, 5/23, 6/27



<https://www.facebook.com/bluelakerancheria>



## Bear River Band of Rohnerville Rancheria Community Garden

Thursdays  
11:00 am - 1 pm

<https://www.facebook.com/BearRiverCommunityGardenandFarmersMarket>



## FSL INDIGENOUS GARDEN

Announced Monthly



<https://www.facebook.com/FoodSovereigntyLab/>



@hsu\_nas

**\*You must register as a volunteer to participate\***

**STUDENT REGISTRATION:**

<https://hsu.link/volunteerfoodsovgarden>



**COMMUNITY MEMBER REGISTRATION:**



<https://hsu.link/communityvolunteerfoodsovgarden>

# How to: VOLUNTEER

## VOLUNTEER

Help with events and ongoing projects, such as the Indigenous Garden, Native Plant Landscape, and Greenhouse.

**STUDENT REGISTRATION:** <https://bit.ly/FSLstudentvolunteer>



**COMMUNITY MEMBER REGISTRATION:**



<https://bit.ly/FSLcommunityvolunteer>

## ONLINE TRAINING MODULE

**Volunteers who have not completed an NAS course, are not currently enrolled in an NAS course, and do not have a professional/ cultural background primarily working with Native peoples and communities are asked to complete our training module.**

This module was developed by Karley Rojas and Dr. Cutcha Risling Baldy for preparing people to work with the NAS Food Sovereignty Lab, orient folx to place-based learning and Indigenous lands and provide an introduction for best practices in working with the tribal communities.

This module includes the history of the Food Sovereignty Lab and the Indigenous history and land of the region. We highlight Cal Poly Humboldt's location in Goudi'ni, within the ancestral territory of the Wiyot, and encourage participants to follow this land acknowledgement with action including both donation and educational pathways. This module also highlights the importance of Indigenous place names, and evaluates the participant's engagement with Wiyot place names, and the history of the Lab.

**PAY THE WIYOT HONOR TAX HERE!**

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



The learning module also highlights the history of Native California, featuring multimedia engagement with the topic through Humboldt PBLC's video 'History of Native California', and assessment of participant's learning of Native people's relationship to land, and the ongoing process of colonization.

Considering the Food Sovereignty Lab's work with Traditional Ecological Knowledges and Indigenous sovereignty, we also introduce the participant to Indigenous ways of knowing and the importance of respect and humility when engaging with these knowledges, caretakers of these knowledges, and the Native communities of origin. We again highlight a PBLC video 'Traditional Ecological Knowledge and Place-Based Learning Communities', followed by assessment of the participants engagement with the material.

We hope that the development of accessible learning materials in orienting volunteers to the Food Sovereignty Lab and Native American Studies as a discipline can be expanded beyond Cal Poly Humboldt. The learning module opens an opportunity for other people and institutions to think about how to help participants work with Indigenous communities.

**Look at our online training module here!**

<https://forms.gle/yc12YKngvS1xcQIL6>



# COMMUNITY PARTNERS



## Bear River Band of Rohnerville Rancheria Community Garden



Sign up to be a vendor!



<https://www.facebook.com/BearRiverCommunityGardenandFarmersMarket>



Above: Bear River Community Garden

"We are so happy and excited to announce that we will be having a **Farmers Market** this year! We are now accepting vendor applications. Participation is free for Tribal Members. We are looking for vendors that wish to sell arts and crafts as well as fresh fruits and vegetables and processed foods".



Volunteer to help provide fresh, organically grown, and affordable produce to the  
**United Indian Health Services community**

We are seeking dedicated volunteers to help us in our garden to provide healthy food access for our UIHS clients. If you are interested, please contact Ed Mata or Tee Griffin at (707) 825-5085 to set up your volunteer times.

**Volunteer Hours are Monday - Friday from 9:00AM - 3:00PM**  
**Closed for Lunch from 12:00PM-1:00PM**  
**1600 Weeot Way, Arcata, CA 95521**



Weekends are available to accommodate volunteer groups of 5 or more. To schedule a day for your group please contact Ed or Tee, or email Jude Marshall at [jude.marshall@uihs.org](mailto:jude.marshall@uihs.org). Please keep in mind it will take 1 to 2 weeks to plan these activities.



**Potawatow Community Garden**  
Special Fall volunteer days  
(upcoming):

**Day of Caring, 10/7/2023 from**  
9:30am-12:30pm

**Harvest Party, 10/28/2023 (time TBD)**



@potawatogarden



Facebook.com/PotawatowCommunityFoodGarden

## YES VOLUNTEER EVENT: CESAR CHAVEZ DAY



### SERVE-A-THON

at the Potawatow Community Food Garden  
**FRIDAY, MARCH 31ST (9:30AM-12:30PM)**

Help with gardening projects that support healthy food access for clients from United Indian Health Services

Learn more and register: <https://yes.humboldt.edu/yes-serve-a-thon>

Register: <https://yes.humboldt.edu/yes-serve-a-thon>



# UPCOMING: PROJECTS

## FOOD FOR INDIGENOUS FUTURES

This project builds 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 (online and in-person) 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.



## FOOD BOXES FOR THE WIYOT COMMUNITY

This project, partnered with the **Native Women's Collective**, supports local Indigenous Youth in gathering traditional foods, processing, and preparing them into meal boxes for the Wiyot community. Boxes will contain fresh produce from community producers, as well as recipe cards and other educational materials developed in partnership with the Wiyot community. This project has the fundamental goal of feeding community, while reconnecting youth to their own traditional foods and to their elders. Funded by the Native American Food Sovereignty Alliance and the Native Cultures Fund; supported by the Center at McKinleyville.



## MOURALHERWAQH

Mouralherwaqh ("wolf's house") is land that has recently been returned to the Wiyot Tribe, near the southern part of Wigi ('Humboldt Bay'). The Wiyot Tribe is partnering with Friends of the Dunes, Humboldt Baykeeper, and Cal Poly Humboldt, including the Rou Dalagurr Food Sovereignty Lab, in the return and restoration of the land. Current restoration planning will result in multi-benefit projects to improve water quality, ecosystem health, and climate resilience. The monitoring and ecocultural restoration and management plan will draw from traditional ecological knowledge (TEK) and Western science to support water quality, coastal habitat, and cultural sustainability on the site and in the connected region. Funded by Ocean Protection Council Proposition 1 Grant Program.

## PLANNED PROGRAMS

### Good Fire Healing Coalition

This project supports educational, tribal community, and statewide practices for re-introducing Indigenous fire management in land restoration and building climate resilience. This includes hands-on site restoration of partnered sites, trainings of Indigenous women, femme, and queer folx as cultural burners and leaders, a statewide Indigenous Fire Summit, and the creation and implementation of higher education courses and training certificates for building future investment in regional fire management.

### Partners:



Karuk Women's TREX



## TANOAK: Tribal Agricultural Native Opportunities and Knowledges Project

**TANOAK** builds opportunities for applied, developmental research, education, and training activities that foreground Indigenous Traditional Ecological Knowledge and food sovereignty. This includes hands-on opportunities that integrate interdisciplinary approaches to rural and Tribal community development around food systems, and create and implement student-centered workshops, programs, and training.

### Partners:



Upcoming:

# INDIGENOUS FOODS GUIDE

The Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute is in the beginning stages of planning an *Indigenous Foods Guide for CA* website and publication. This guide will showcase Indigenous Food Sovereignty and tribal organizations, non-profit organizations, food programs, actions, garden projects, businesses, and other various initiatives across California. Our goal is to feature businesses/organizations/programs that are designed by, managed by, and affiliated with Native American communities and/or tribes. The Indigenous Foods Guide will consist of a living website space featuring a StoryMap documenting Indigenous foodways, highlighting information, photos, events, and links for each featured organization across California. It will include ways for folks to support and get involved with the many Indigenous Food Sovereignty focused spaces across communities. There is also a goal of creating a physical publication in the upcoming year!

**Funded by: Native American Agricultural Fund Grant**

**The planning process  
for this guide will  
consist of  
3 phases:**

## PHASE 1

Gathering information about all of the various organizations and programs

- This phase includes sending out a Google Form to the ESL Steering Committee for recommendations around planning and organizations to feature within the guide
- This phase also includes sending out Google Forms with information about the guide and a place for folks to submit their organization or business for the website

## PHASE 3

Working to build this hub of Indigenous food resources across regions

This phase includes promotion and outreach to highlight the guide far and wide

## PHASE 2

Working to create the Website and StoryMap

Please fill out **this form** if you would like to be part of the Indigenous Foods Guide website and StoryMap!

[bit.ly/3NPk2t5](https://bit.ly/3NPk2t5)





Upcoming:

# INDIGENOUS FOODS FESTIVAL

The Rou Dalagur Food Sovereignty Lab and Traditional Ecological Knowledges Institute will be bringing back our annual *Indigenous Foods Festival* in 2023.

The soft launch of the IFF in 2022 was the culminating public-facing event of the aligned campus-wide Food Summit, which included partners from El Centro, Oh SNAP, La Comida Nos Une, WRRAP, CCAT, and HEIF. The Indigenous Foods Festival of 2022 had over 350 attendees! The Indigenous Foods Festival is focused on uplifting Indigenous Food Sovereignty across many regions. This inspiring event centers around the important work that folks across communities are doing to elevate Indigenous knowledges and foodways. The IFF provides a space for organizations to hold demonstrations, distribute informational materials, and sell foods and goods that directly benefit tribal communities. The FSL and our partners in both tribal and campus communities wish to grow the seed that was planted in 2022, increasing participants of both attendees and tablers/ presenters in 2023, including cooking demonstrations by Indigenous chefs in the to-be-open FSL interior space.

**Funded by: Native American Agricultural Fund Grant**  
**2022 IFF Funded by Humboldt Energy Independence Fund**

## Indigenous Foods Festival

Click here to view the IFF  
highlight video created by  
Valentina Dimas!



## SAVE THE DATE!

November 2023

### WANT TO BE INVOLVED?

Want to be a volunteer, or have a table at the food festival? We are looking for speakers, discussion panel participants, and Indigenous programs, projects, groups, food producers, and food vendors to table, provide workshops, hands-on activities, and music. Fill out this form to be contacted about the festival!



<https://forms.gle/mecCycMaYgYDNbuW7>



# HOW FAR WE HAVE COME

Students in NAS 331 propose the FSL and hold first stakeholder meeting in **December 2019**

University conditionally approves allocation of former Hilltop Marketplace for Food Sovereignty Lab and leaves NAS department responsible for raising the money in **May 2020**

**2022** Initial Demolition Completed

Scope of work Finalized  
(Cal Poly Humboldt Facilities Management)

COST: \$44,828

Bidding Process Begins

Based on original remodel estimate of **\$246,566.87**

FSL breaks ground **Fall 2021** following student-led efforts that raised over **\$250K**

Updated construction bid for remodel set at **\$547,599.29**

**March 2023**

**Contractor under contract! Renovation Begins!\***

\*With guarantee from SPF that FSL will raise remaining funds

Inflation-Cost of Construction and Materials 2020->2023

**NEW FUNDRAISING GOAL**  
for interior space remodel: **\$50,000**

**DONATE!**



<https://hsu.link/fsl>

# BUDGET UPDATES

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)
Humboldt Energy Independence Fund: \$80,000
NAS Donation Drive/ Go Fund Me (2021): \$31,982.50
Humboldt Area Foundation: \$25,000
Wild Rivers Foundation: \$25,000
Humboldt Health Foundation: \$5,000
CARES: Higher Education Emergency Relief Fund (HEERF): \$70,000
Leah Thibault- Batt Ingram Memorial: \$60,000
Graton Rancheria: \$100,000
Native American Agricultural Fund Grant: \$118,945.04
HEIF: \$14,400 (Indigenous Foods Festival & Food Summit Activities)
Cowell Foundation: \$50,000
Sierra Health Foundation, Elevate Youth Grant: \$1,000,000
Native American Food Sovereignty Alliance (Food Boxes for the Wiyot Community): \$5,000
Native Cultures Fund (Food Boxes for the Wiyot Community): \$10,000
HEIF (Place-Based Learning Practices Project): \$19,560
Sustainability Grant (Place-Based Learning Practices Project): \$5,000

Expenditures (August 2022- December 2022)
Research Assistant (Graduate): \$3,500 <small>*Funded by NAAF Grant</small>
Research Assistants (Two Undergraduate): \$6,000 <small>*Funded by NAS Department</small>
Research Associate (Full Time): \$10,000 <small>*Funded by NAS Department</small>
Food Sovereignty Film Series: \$800 <small>*Funded by NAS Department</small>
Marketing/Hospitality: \$2,000 <small>*Funded by FSL Fund</small>
Internship: \$1,000 <small>*Funded by Batt Ingram Memorial Fund</small>
Indigenous Garden & Greenhouse: \$2,000.00 <small>*funded by NAS Department, NAAF Grant, NAS Lab Fund, Humboldt Loyalty Foundation</small>

Capital Expenditures (August 2022-November 2023)
Lab Remodel Cost: \$588,269.21
Previous Estimate: \$325,342.21 <b>FUNDS TO BE RAISED: \$50,000</b>
<i>Remodel Begins- April 2023!</i> <i>Lab Expected Opening- November 2023!</i>

## DONATE!

To give to the NAS Food Sovereignty Lab and Traditional Ecological Knowledge Institute, visit:

<https://hsu.link/fsl>



# BUDGET UPDATES

## Planned Expenditures (January 2023-July 2023)

Lab Coordinator (2023): \$68,000

\*Funded by the Elevate Youth Grant

Research Associate (2023): \$36,400

\*Funded by the Elevate Youth Grant

Research Assistants (Undergraduate & Graduate):  
\$12,500

\*Funded by NAAF Grant, Elevate Youth Grant, NAS Department

Food Sovereignty Speaker Series: \$2,700

\*Funded by NAS Department

NAS 333: \$3,936

\*Funded by NAS Department, Cowell Foundation

FSL Indigenous Garden, Wiyot Plaza, & Greenhouse:  
\$6,000

\*Funded by the Cowell Foundation

FSL Interns (5): \$ 35,000

\*Funded by Batt Ingram Memorial Foundation

Food for Indigenous Futures Project (2023):  
\$362,957

\*Funded by the Elevate Youth Grant

Food Boxes for the Wiyot Community: \$15,000

\*Funded by the NAFSA, NCF

Place-Based Learning Practices Project (2023):  
\$29,560

\*Funded by the HEIF, Sustainability Grant, Save the Redwoods League

## Planned Future Expenditures & Positions

Wiyot Plaza Phase 1: \$50,000

Two FSL Fellowships: \$25,000/ year

Good Fire Healing Coalition: \$1,000,000/ year

Wiyot Plaza Phase 2 & 3: \$300,000+

Includes: Event Planning, Community Engagement and Consultation, infrastructure estimates (ADA pathway, Greenhouse, Shed), Planting & Maintenance

TANOAK: \$1,000,000/ year

## Donors Aug. -Dec. 2022

**\$30,000**

Philip Anton

**\$500**

Prevention Institute  
Margot McGurk

Anna E. Thaler  
Belinda Sifford  
Casey McCullough  
Elizabeth Uemura  
Erik A. Peterson  
India Eichelbaugh-Goss  
Jeff Crane  
Joanna Nelson  
Kaileigh G. Vincent-Welling  
Margot McGurk  
Mary Jager  
Natalia Estrada  
Shalea Walker  
Sheila E. Rocker Heppe  
Traci Goff

BO-MATUM  
OVER  
550  
DONORS

Have made this lab possible!



# FSL IN THE NEWS!

"Work at the lab and in the Native Futures Program is the continuation of the ongoing resistance of Native people and an example for other communities of not only about how to care for each other and preserve foodways, but the environment as well."

- **North Coast Journal**

<https://www.northcoastjournal.com/humboldt/everybody-works-together/Content?oid=25754287>

"a forward-looking model for other higher institutions looking to collaborate with Indigenous scholars and communities on similar endeavors" - **Indian Country Today**

<https://ictnews.org/the-press-pool/rou-dalagurr-food-sovereignty-lab-and-traditional-ecological-knowledges-institute-receives-exterior-space-allocation-at-cal-poly-humboldt>

"It will give Native and non-Native students, faculty, staff and community members the opportunity to participate in conversations and hands-on learning activities about sustainable agriculture, Traditional Ecological Knowledge and food sovereignty."

- **El Leñador**

<https://www.ellenadornews.com/2022/04/08/the-rou-dalagurr-food-sovereignty-lab-opens-this-fall/>

"The FSL aims to...preserv(e) native traditions for future generations to partake in." -

**North Coast Conversations**

<https://www.khsu.org/show/north-coast-conversations/2022-04-19/north-coast-conversations-food-sovereignty-lab>

**SIGN UP for our**  
**NEWSLETTER**



[tinyurl.com/newsletterFSL](https://tinyurl.com/newsletterFSL)

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# ROU DALAGURR

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## FOOD SOVEREIGNTY LAB & TRADITIONAL ECOLOGICAL KNOWLEDGES INSTITUTE



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