

HUMBOLDT STATE UNIVERSITY  
DEPARTMENT OF  
NATIVE AMERICAN STUDIES

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**ROU DALAGURR**

**FOOD SOVEREIGNTY  
LAB & CULTURAL  
WORKSPACE**

SUMMER

2021



*Rou Dalagurr: Food Sovereignty Lab & Cultural Workspace publishes semi-annual reports each December and June. Reports are archived on the HSU NAS website.  
<https://nasp.humboldt.edu/fsl>*

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# ROU DALAGURR

## NAS Food Sovereignty Lab & Cultural Workspace

Humboldt State University (HSU) sits on the traditional homelands of the Wiyot people in Goudi'ni or Arcata, CA. Humboldt County is home to 12 Tribal Nations, including the three largest Tribal Nations in the state of California - the Yurok, Karuk and Hoopa Valley Tribes. HSU is well known for environmental programs that focus on land management and natural resources. The Native American Studies department (NAS) at HSU is leading the way in food sovereignty research and tribal collaboration for continued resurgence of knowledges around food systems and natural resource management. Rou Dalagurr (NAS LAB) will be the first Food Sovereignty lab in the CSU system and will build a space that supports Tribal communities in ongoing revitalization of food practices and cultural knowledges. The interior of the lab will include a commercial kitchen and space for public workshops. The exterior will feature a salmon cooking pit, a Native plant and food garden including interpretive signage of Native plants, and basketry designs throughout the pathways and gardens.

Our Steering Committee meets bi-monthly and is made up of a majority Native American leadership. Our Steering Committee also has students and youth members. This steering committee connects the lab to ongoing community based work and assures that protocols for research are met to the highest tribal community standards.

In September 2020 the FSL finalized a budget estimate for remodel of the lab space and outdoor classroom space at \$250,000 for Phase 1 of the project which includes the building and remodel of the lab. Between December 2020 and March 2021, we raised \$212,985 from a combination of federal, state, foundation, HSU, and individual donations. We have over 300 individual donors to date. We have also already secured the first year of funding for our internship program (\$25,000 for 2022-23).

**We still need to raise \$38,000 for Phase I of the project! Donate today!**

Rou dalagurr: everyone works/ work together/ everyone work  
Listen to the pronunciation [HERE](#).

The Lab was named via a survey of Native community members primarily of Wiyot ancestry (53%). The survey was sent to various tribal nations who sent the survey to their tribal members. The results of the survey were discussed amongst our Native-led Steering Committee.

# ABOUT US

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

Cutcha Risling Baldy is the Department Chair of Native American Studies at Humboldt State University. Her work focuses on California Indians, decolonization and social & environmental justice. Her book "We Are Dancing For You: Native feminisms and the revitalization of women's coming-of-age ceremonies" received the "Best First Book in Native American and Indigenous Studies" at the

Native American Indigenous Studies Association Conference 2019. Dr. Risling Baldy has designed and implemented several grant evaluations for local area tribal organizations for programs in tobacco cessation, youth advocacy, and culturally appropriate evidence-based practices in mental health services. She has led qualitative and quantitative evaluative research on best practices for culturally competent health interventions and designing curriculum for youth and adolescent based programming. She has also secured millions of dollars in grant funding for tribal nations and nonprofits throughout Northern California. In 2007, Dr. Risling Baldy co-founded the Native Women's Collective, a nonprofit organization that supports the continued revitalization of Native American arts and culture. As the volunteer Executive Director she manages grant funds, designs and implements workshops, trainings, and programs and works closely with youth to engage in their culture, history, advocacy and activism.

# ABOUT US CONT.

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**Co-Director - Dr. Kaitlin Reed**  
**Tribal Affiliation: Yurok Tribe (Hupa, Oneida)**

Kaitlin Reed is an Assistant Professor of Native American Studies at Humboldt State University. Her research is focused on tribal land and water rights, extractive capitalism, and settler colonial political economies. She is currently working on her book entitled *From Gold Rush to Green Rush: Settler Colonial & Natural Resources in Northern California*. Dr. Reed has extensive experience working with tribal

nations to solve environmental problems facing our communities and facilitating innovative collaborations between academic universities and tribal communities. Dr. Reed has worked with the Yurok Tribe in a professional capacity since 2013 -- first as an Environmental Technician with the Yurok Tribe Environmental Program and then as part of a National Institute of Health-funded, multi-year research collaboration between the Yurok Tribe Environmental Program and the University of California, Davis Superfund Research Center. This research aimed to evaluate contamination in the Klamath Watershed to understand potential impacts to human health, implement capacity building for both university and tribal researchers, and document key findings in interdisciplinary, applied university-tribal collaboration research. Dr. Reed prepared curriculum and training materials for UCD scientists regarding California Indian history, Yurok ecological knowledge, and the environmental legacies of settler colonialism.

# RESEARCH ASSISTANT (2020-2021)

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## **Research Assistant - Amanda McDonald**

Amanda has been the Research Assistant for the Food Sovereignty Lab since January 2020 and secured our first grant award from the Humboldt Energy Independence Fund. Amanda graduated cum laude in the class of 2021 with a B.S in Environmental Science and Management with an emphasis in Environmental Education and Interpretation. She has a minor in Native American Studies and Outdoor Recreation and is a Certified Interpretive Guide. She strives to be a

positive role model for her peers and youth in the community. As a senior at HSU, she was the student award winner for the Sustainability Champion award and received an Outstanding Student Award for contribution to an Associated Student program. Previously, she was the Program Manager of the Waste Reduction Resource Awareness Program and taught swim lessons at the Arcata Community Pool. She has a passion for natural farming and helping others understand and reclaim their own food sovereignty. After taking NAS 200: Indigenous Peoples in US History and NAS 331: Indigenous Natural Resource Management Practices Amanda says, "It was clear to me I wanted to pursue a minor with Native American Studies. The most meaningful part of my college experience has been learning and working with the Native American Studies Department. After graduation I want use my skills in natural resource management, farming, and grant writing to uplift tribal sovereignty on the North Coast."



# STEERING COMMITTEE

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

**Carrie Tully** (Graduate Student,  
Environment and Community, HSU)

**Cody Henrikson**  
(Undergraduate Student, HSU)  
Tribal Affiliation: Ninilchik Village  
Tribe (Dena'ina and Sugpiaq)

**Elena Sisneros**  
(Tolowa Dee-ni' Nation)  
Tribal Resource Specialist

**Evie Ferreira** (HSU Alum, The Cultural  
Conservancy, Native Foodways  
Manager)  
Ancestral Heritage: Yoeme, Mestiza  
Mexican American

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

**Jason Ramos** (Blue Lake Rancheria  
Tribal Council)  
Tribal Affiliation: Blue Lake Rancheria

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

**Katie Koscielak**  
(Sustainability Analyst, HSU)

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

**Marlene' Dusek** (Graduate Student,  
Environment and Community, HSU)  
Tribal Affiliation: Payómkawichum,  
Kúupangawish, and Kumeyaay

**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

**Dr. Sarah Ray** (Department Chair,  
Environmental Studies, Humboldt  
State University)

**Taylor Thompson** (Food Sovereignty  
Division Manager Yurok Tribe)  
Tribal Affiliation: Cherokee Nation

# FUNDRAISING

## Student Led - Student Success

The first 3 years of fundraising for the lab has been driven in large part by students. To assist with the fundraising efforts students created mixed-media resources including short videos, social media posts, fundraising reports, speakers and film series, and in March 2021 students launched a fundraising month which included an online “zoom-a-thon” designed as a 3 hour online fundraising event. **The student-led crowdfunding campaign met 115% of its goal (\$28,000). The total raised during the March month-long-campaign is just over \$31,000.**

We are humbled by the overwhelming community support for this project, which demonstrates the need for meaningful collaboration with Tribal Nations that supports food sovereignty.

### **\$250,000 needed for the Remodel** *(Phase 1)*

### **\$212,000 raised To-Date**

**Humboldt Energy Independence Fund** \$80,000

**Humboldt Area Foundation** \$25,000

**Humboldt Health Foundation** \$5,000

**CARES Act Funding** \$70,000

**Individual Donors:** \$32,000

**Only \$38,000  
to reach our goal  
for Phase 1**



Our students Amanda McDonald (left) Cody Henrikson (right) and Evie Ferreira (center), hosting the "Zoom-a-thon" that raised \$1,900 in one night.



# OUR DONORS

## GRANTS

Humboldt Energy Independence Fund  
Humboldt Area Foundation  
Humboldt Health Foundation  
Sponsored Programs Foundation Humboldt State University

## DONORS

### Our \$500 or more donors!

David Koltun  
Christine Cass  
Jack McGurk  
Jason Ramos  
Daniel Holsapple

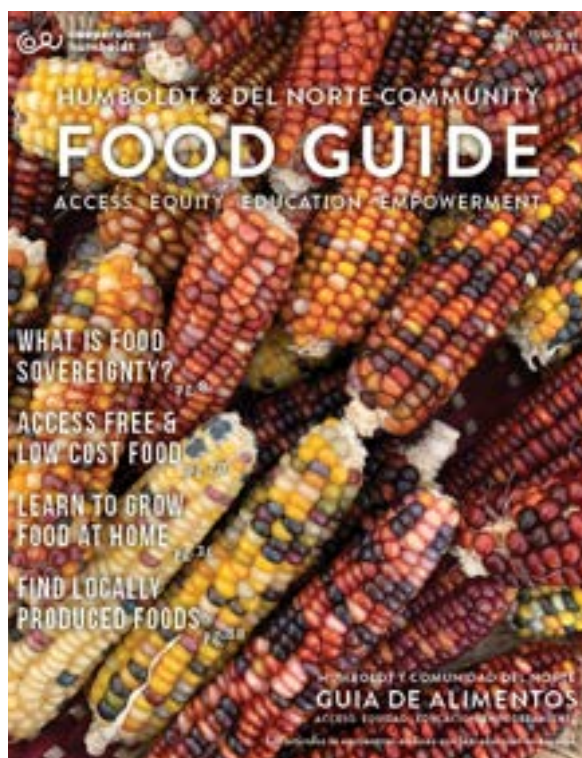
#### Donors!

Jett Stebbins  
Corrina Wells  
L. Rovai  
Tom Cantarine  
Therese Quinn Wilson  
Max Hoberg  
Lonny  
Dara Adams  
Stella & Sameer Advani  
Linda Arviso Hunt  
Rebecca Kellawan  
Virginia Oliveira  
Peggy McGurk  
Dean Tully  
Jessa Rego  
Danielle Jones  
Cynthia Rachie Barrientos  
Phoebe Hawkins; Michael  
Fitzgerald; Sean Fitzgerald;  
Frances Fitzgerald  
Casey  
Victoria Banales  
Zach Weber (class of 96)  
Leslie Bernardino  
Nancy Perez  
Kim Megois  
JoAnna Ly  
Emily Edgington  
Christopher Mettier  
Ali Vakili  
Melody Li  
Emma  
Kae  
Shiloh Green Soto  
Heidi Moore-Guynup  
Molly German  
Megan Yost  
Rachel Sundberg  
Stephanie Lane  
Evie Ferreira  
Kaitlin Reed

Darren Ward  
Mikayla Kia  
Stephanie Nudelman  
Winnie Carpenter  
Deja Malone-Persha  
Meshay Long  
Lauren Enriquez  
Taylor Zenobia  
Charlotte Terry  
Andrea Delgado  
M. N. Attallah  
Gordon Ulmer  
Gina Caison  
Yvonne Doble  
Jennifer Burgess  
Iran Ortiz  
Pua Faleofa  
Omar Garcia  
Desiree Olson  
Emily Cooper  
James Mayerl  
Elizabeth Barrett  
Zachariah Baum  
Alice Bieszczat  
J.B. Hawkins  
Nievita Bueno Watts  
INRSEP staff  
Colin Miller  
Ana Bernal  
Holly Christiansen  
Ellen Farmer  
Marc Dadigan  
Joseph Kleitman  
Abigail Rosales  
Josefina Barrantes  
amanda mcdonald  
Steve Baldy  
Michael Sanfelice  
Natalie Rynne  
Terria Smith  
Jacob Pounds  
Allison lafrate  
Bob Madden  
Anne Howard  
Tanaya Winder  
Craig Tucker  
Quetzalmiquiztli Tamara Arellano  
Christina Hsu Accomando  
Joely Proudfit  
Faith Kearns

Kacie Flynn  
Annon George  
Connie Stewart  
Karley Rojas  
stephanie lumsden  
Lauren Barnum  
Zoe Todd  
Doug and Doreen Lane  
William Baker  
Richard Sayre  
James Baskin  
Nalani Ludington  
William Bauer  
Aila Hosses  
Joel Denney  
Kyle Whyte  
Jasmin T  
Erika Andrews  
David Carter  
Francesca Robello (Karuk)  
Joel Correia  
Peach & Louie  
Barbara Tully  
Brian Taylor  
Stephanie Burkhalter  
Janet Winston  
Dannylou  
Gabriel Kelly  
Jennifer Cole  
Michael Fisher  
Alison O'Dowd  
Amy I  
Maxwell Schnurer  
Tayshu Bommelyn  
J Eichstedt  
Michelle Miles  
Chih-Wei  
Aleena Church  
Brenna Bell  
Janelle  
Cameron DeWitt  
Samantha Sweeney  
Cooperation Humboldt  
Monica E Wilson  
Megan OBrien  
Tasha Johnson  
Hillarie Beyer  
Aristea Saulsbury  
Michelle Call  
Eileen Cashman

Alison Robbins  
Cob  
Jeff Ostler  
Patricia Heinicke Jr  
Orenda  
Sacha Marini  
Blaine Dzwonczyk  
Susan Olson  
Mia Blaine  
Dawn  
Mike Dronkers  
Jen  
Liz  
Bubba & Lene'  
Sam P  
Angel Hinz  
Karen Kiemnec-Tyburczy  
Heather  
April  
Libby Sommer  
Ann Alter  
Molly  
Steve and Tracy Smith  
Roland Moore  
Libby Maynard  
Barbara Miller  
Michelle Fuller  
Vicki Carr  
Anne Braak Katz  
Katie Koscielak  
Matt Simmons  
Sarita Ray Chaudhury  
John Meyer  
Rachel J Ostrander  
Lex  
Dale Oliver  
Pamela Brown  
Jessica Lusty  
Mary Keehn  
Lorraine Miller-Wolf  
Tom Tellez  
Mora  
Tlazocamati  
Berube Family  
Megan Prout



## **BUILDING WIYOT PLAZA: FROM DREAM TO REALITY NATIVE AMERICAN STUDIES STUDENTS & FACULTY CREATING FOOD SOVEREIGNTY LAB AND CULTURAL WORKSPACE AT HSU.**

by Cody Henrikson, Evie Ferreira, Carrie Tully, Amanda McDonald, and Cutcha Risling Baldy, Ph.D.

*Re-Published from the Humboldt & Del Norte Food Guide*

Read the [2021 Humboldt & Del Norte Community Food Guide](#)

On a clear night in December 2019, our class left the Native American Forum at Humboldt State University (HSU) after closing the community stakeholder meeting with copious notes and full imaginations. We were ready to launch our Food Sovereignty Lab (FSL) project. To center Indigenous voices, the first hour of that meeting was set aside for Indigenous peoples, with the second bringing together diverse community voices, organizations, and researchers to help inform the direction of this lab. Thus, the story of the FSL is one of respect for Native leadership, student creativity, ambition, and perseverance.

In the Fall of 2019, the students of Native American Studies (NAS) 331: Indigenous Natural Resource Management Practices, taught by Dr. Cutcha Risling Baldy, designed this project to have lasting intergenerational impacts for our community. This course centers Indigenous knowledges and provides opportunities to learn from Native communities and leaders while helping students (re)learn the history of this land. Our history is difficult for some to internalize; facing the truth is necessary and unsettling. Yet this is what our education should lead us to: to be honest, forthright, compassionate, and to make positive social change.

We would like to call attention to how this informs us of survivance, and refer to Eve Tuck's work on desire research – "[s]urvivance is a key component to a framework of desire...Gerald Vizenor's...concept of survivance is distinct from survival: it is 'moving beyond our basic survival in the face of overwhelming cultural genocide to create spaces of synthesis and renewal.'"

One of the focal points of our class was to address the issues affecting our student body and community. We agreed that Indigenous students experience a lack of representation at HSU. This is problematic because it leads to inaccessibility for Native American students to continue their cultural practices.

Therefore, we feel the obligation to address the critical need for a unified Indigenous campus, appropriate representation, and cultural spaces. We selected the following research questions to guide us:

- What does Indigenous representation look like on a college campus, and what representations do we currently have here at HSU?
- What does Indigenous representation look like on a college campus, and what representations do we currently have here at HSU?
- What relationships does the community and HSU have with our Indigenous communities?
- How can we uplift and support these representations and relationships?

The first part of our research was to canvass the campus for existing Indigenous representations. Students also conducted interviews with Indigenous faculty, staff, and students to learn what they imagine an Indigenized campus to look like. As a result of our participatory research, data collection and analysis, we proposed the Food Sovereignty Lab.

The FSL will serve to support the resurgence of Indigenous food systems informed by traditional, ecological, and cultural knowledges. As a community-facing project, this lab is being designed for the community as a whole to achieve food sovereignty in Humboldt County and for our local tribes and tribal peoples. Our work is aimed at building best practices for Food Sovereignty in our region that respect tribal protocols, center Indigenous knowledge, and empower Native community resilience and resurgence.

In the Spring of 2019 students took our research to the CSU Student Research Competition and were recognized with a 2nd place award in the Graduate-Level Behavioral Sciences category, gaining statewide recognition for our work.

Despite the hard work of students, the initial request for space on campus to develop the lab was denied, effectively blocking the project from moving forward. But students mobilized to secure over one hundred letters of support and organized an appeal to the University Senate where we were finally granted the space needed to pursue our goal. The Food Sovereignty Lab Steering Committee is led by a majority of Native faculty, staff, community leaders, and students. The Steering Committee navigates fundraising, design, implementation, and eventually curriculum development for the lab.

This project requires us to center and amplify Indigenous leadership, knowledge, and land stewardship. In doing so, the FSL can serve as a call to action and regenerate “moral ecology” (Risling Baldy, 2013) and respectful patterns. This is in line with our goal of increasing visibility for Indigenous students, community members, and cultures in the public sphere with an emphasis on higher-learning institutions such as this Indigenous Food Sovereignty Lab.

## VISION OF THE LAB

*For Everyone Who Wants to be Here in a Good Way.*



Indigenous practitioners, activists, scholars, and community leaders have shaped the vision of the FSL. We acknowledge the traditional roles of dreamers in many Indigenous cultures. As Indigenous peoples we often dream of better futures for ourselves and our communities, and the FSL is the physical manifestation of our collective dreams. This space will provide a cultural center for Indigenous studies and will strengthen current programs at HSU. The interior of the lab will include a commercial kitchen and space for basketry, art, regalia, and cultural practices. The exterior will feature a salmon cooking pit, a Native plant and food garden including interpretive signage of Native plants, and basketry designs throughout the pathways and gardens.

Our vision for the FSL is to unify our students, faculty, local tribes, and communities; to center and support Tribal sovereignty, natural resource management and preservation practices; and to provide students with culturally appropriate education in Indigenous natural resource management that respects Indigenous sovereignty and self-determination and serves our community.

We understand that when plants and ecosystems are tended to, culturally appropriate foods become that much more available for the next generation. Indigenous and non-Indigenous social change agents continue to push back at those socio-ecological impacts which altered Indigenous food systems. Our lab will uplift the education and practice, and make clear the desired action needed to replicate healthy ecocultural relations.

The Native American Studies Food Sovereignty Lab will:

- Develop curriculum, internships, research opportunities, workshops, and programs.
- Provide space that supports Tribal communities in ongoing revitalization of basket weaving and regalia making.
- Strengthen the bonds between our local community, Indigenous Nations, and students at HSU.
- Integrate 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.



## PROGRAMING AND COMMUNITY PARTNERS

As we move forward developing the FSL, we are envisioning the activities this space will support.

In light of COVID-19 we have sought alternative ways to engage with food sovereignty through a virtual format. In November of 2020 we launched our 'Food Sovereignty Speaker Series' to engage and excite the community on the development of the FSL. The five-session series explores issues related to Indigenous food sovereignty, Traditional Ecological Knowledge, community health, and Indigenous cultural practices, and can be viewed on Youtube at @hsunas.

This spring we are hosting a film series highlighting Indigenous Food Sovereignty to promote awareness about access to traditional foods and the impacts colonization has had on Indigenous food systems.

We would like to give a special thank you to our partners – without them this project would not be possible; together our dream is stronger.

- Blue Lake Rancheria Food Sovereignty Garden
- UIHS Potawot Health Village Garden
- Wiyot Tribe Cultural & Natural Resources
- Trinidad Rancheria Cultural Department
- Native Women's Collective
- Yurok Tribe Environmental Program
- Save California Salmon

## WHERE WE ARE GOING

*Remodeling 2021; Opening 2022*

As we prepare for the implementation of this cutting edge lab at HSU, we are moving forward with the guidance and support of community members, scholars and organizations that can help us to develop informed, decolonized, leading approaches to food sovereignty. With support from HSU Sponsored Programs Foundation and University Advancement we will break ground on this project and begin the remodel in Fall 2021 with an anticipated opening date of Fall 2022.

From the beginning this student envisioned and designed project has been a labor of love and dedication and we look forward to our work supporting the next seven generations and beyond. The FSL will serve as more than just a space for student education; it will give our entire community an opportunity to experience the vibrancy and modern existence of Indigenous Peoples and cultures in our area. This permanent collaborative space will nurture proactive conversations regarding food sovereignty and security, and inspire active participation in writing policy to reform our food systems.

# EVENTS (2020-21)

Follow our  
Department on  
YouTube to watch  
recorded events!  
[@HSUNAS](https://www.youtube.com/@HSUNAS)





# TIMELINE

DECEMBER  
2019



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

APRIL  
2020



**Students** Cody Henrikson and Carrie Tully present "Imagining an Indigenized Campus" NAS 331 class research. Awarded 2nd place in Graduate Behavioral Sciences, CSU Statewide Research Symposium. Students donated their earnings to the Food Sovereignty Lab.

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.

SEPTEMBER  
2020

\$110,000



**\$80,000** from the Humboldt Energy Independence Fund (HEIF)  
**\$25,000** from the Humboldt Area Foundation (HAF).  
**\$5,000** from the Humboldt Health Foundation (HHF).

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.

MARCH  
2021



Crowdfunding campaign is launched. Students host a live Zoom Telethon. The NAS Facebook page hosts a silent auction. In 31 days the campaign raised **\$31,982** from 287 supports.

MARCH  
2021

\$211,982



**\$70,000** from CARES: Higher Education Emergency Relief Fund (HEERF).

MAY  
2021



We received a generous donation from the **Intertribal Agriculture Council of 25 Native Food Connection boxes**. We were able to provide donors Native produced food items to coincide with the concluding **Food Sovereignty Film Series**.

MAY  
2021

ONLY \$37,000  
LEFT TO RAISE!

Student and Co-Director publication in the **Community Food Guide** published by Cooperation Humboldt.

OCTOBER  
2021

GOAL: \$250,000



The remodel start date is set to begin October 8th, 2021. **Save the date.** Construction continues through the spring.

FALL  
2022



**Grand opening** of the Food Sovereignty Lab and Cultural Workspace. The Lab is the first of its kind in California dedicated to the revitalization and empowerment of Indigenous Food Sovereignty.

# OUR PARTNERS

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## Blue Lake Rancheria

### Food Sovereignty Garden

The Blue Lake Rancheria Food Sovereignty Garden is a community garden which produces foods used in the Tribe's meals programs and restaurants.



## Wiyot Tribe Cultural & Natural Resources

The Wiyot Natural Resources Department has developed many programs designed to address the various and complex environmental issues facing tribes today. Programming includes youth leadership, ethnobotany and language revitalization.



## Trinidad Rancheria Cultural Department

The Trinidad Rancheria cultural department provides opportunities for tribal members to engage in traditional ecological knowledge including plant and botanical knowledges.



## Yurok Tribe Environmental Program

The Yurok Tribal Food Sovereignty Program is leading the way in designing local food sovereignty projects for rural tribal communities.



## Tolowa Dee-ni' Nation Nvn-nvst-'aa~-ta

### (Natural Resources Department)

Nvn-nvst-'aa~-ta preserves and protects the natural and cultural resources of both the Tolowa Dee-ni' Nation and Tolowa aboriginal territory through the promotion of culturally appropriate stewardship of tribal lands, water, air and resources.



# OUR PARTNERS

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## Resighini Rancheria

### Natural Resource Department

Resighini Rancheria's Natural Resource Department strives to improve the ecology of our homelands through the integration of Indigenous Traditional Knowledge (ITK) and quantitative scientific methodologies, including programs focused on habitat restoration for culturally important species.



## UIHS Potawot Health Village Garden

Potawot Community Food Garden is a certified Farmers Market and works with the UIHS clients who are participants in the CalFresh Supplemental Nutrition Assistance Program.



## Save California Salmon

Save California Salmon is dedicated to restoring rivers through restoring flows and salmon habitat, removing dams, and improving water quality throughout Northern California.



## Native Women's Collective

The Native Women's Collective provides public education, workshops, exhibits, research, cultural preservation projects, programs and technical assistance.



# PROPOSED PROJECTS

**Building Resiliency  
Inspiring Youth Innovation**

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**DONATE TODAY**  
to support our  
projects

## **1 — Internship program**

College-age youth design and implement projects that partner with local tribes to develop community-facing programs. We will employ (5) interns per year who will be guided by our project team to propose, develop, and implement their own micro-programs and projects.

## **2 — Alternative Spring Break**

Place-based, hands-on experiences where students learn through field work about food sovereignty issues facing communities, help with food sovereignty data collection and reports, work closely with maintaining gardens, or even help to put on community based programs.

## **3 — Food Sovereignty Youth Camps**

We are piloting online food sovereignty youth camps for high school and middle school aged youth (2021) to engage in five-days of learning about food sovereignty for Native futures. In addition, we will begin development of a 5-day in-person youth camp for high school, middle school, and elementary school youth.

## **4 — Indigenous Food Sovereignty Guide of Northern California**

Our Northern California Indigenous Food Guide will support and promote Indigenous food businesses and gardens and opportunities for visiting, supporting, and partnering with these businesses. This will include a robust website and printed version.

## **5 — Food Sovereignty Lab Documentary**

In the first year of our programming we will develop a Food Sovereignty Lab Documentary Film Project made by a professional film company, "The Range".

## **6 — Indigenous Foods Festival**

We are working to establish an annual springtime Humboldt Native Foods Festival celebrating Indigenous food producers. This is a culinary and cultural community facing event to expand market opportunities for native farmers and food producers in our region.

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# STUDENT VOICE: BUILDING FOOD FUTURES

**BY: Amanda McDonald (Research Assistant 2020-21)**

**Major: Environmental Science & Management  
Class of 2021**

I got involved with this project because I want people to understand the important role food contributes to nurturing, rebuilding, and reviving our spirit. I also want people to understand how settler colonialism and capitalism has deeply severed relationships with food, especially for Native people. When people can understand this, they will become empowered to help build a future that invests in local food systems and economies. The Food Sovereignty Lab and Cultural Workspace will be a learning center that empowers these understandings, and so much more. Our relationship with food will be at the center of our decolonial future. When everything else in this



world is throwing our spirit out of balance- food is a powerful tool to restoring balance in our individual lives that has a ripple effect into our families and communities. And when I say food, I do not mean the pop tarts I ate for breakfast as a child or brown bag lunches that settler society delivers. What Indigenous people across North America and across the world have understood for time immemorial, is that food is medicine. In the Wiyot language, (where I am privilege to be a guest on the ancestral territory of the Wiyot peoples) there is a beautiful word that means plant, grass, leaves, & medicine: huwighurruk. It is not by coincidence but by design that the word for plant, and medicine is the same. Being a part of this project has helped me to develop skills in: fundraising; grant writing, community outreach, and also allowed me to be a part of something that I can leave behind for future students at HSU. I look forward to visiting for many years to come and seeing all the great work this lab will do.

# DONATE TODAY

Invest in Food Futures and Educational Opportunities

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To give to the NAS Food Sovereignty Lab and Cultural Workspace, visit:

[hsu.link/foodsovlab](https://hsu.link/foodsovlab)

## Send in a check:

You may send a check made out to the HSU Advancement Foundation:

Include "NAS Trust A6608 "in the memo line. Mailing address:

Gift Processing Center SBS 285

Humboldt State University

1 Harpst Street

Arcata, CA 95521

REMODEL COMING FALL 2021



Outside the former Hilltop Marketplace, which will become the NAS Food Sovereignty Lab.



Street View of the Native American Forum and BSS building, the Lab is located between the buildings.

**Only \$38,000  
to reach our goal  
for Phase 1**



ROU DALAGURR: FOOD SOVEREIGNTY  
LAB & CULTURAL WORKSPACE

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2021