

CAL POLY HUMBOLDT
DEPARTMENT OF NATIVE
AMERICAN STUDIES



ROU DALAGURR

**FOOD SOVEREIGNTY LAB &
TRADITIONAL ECOLOGICAL
KNOWLEDGES INSTITUTE**

**SUMMER
2023**

Vol. 3: Issue 1

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

TABLE OF CONTENTS

01

Letter from Co-Directors

02

About Us

05

Steering Committee

07

FSL Interior Space

11

Timeline

13

Project Updates: Food for
Indigenous Futures

15

Project Updates: Wiyot
Food Boxes

17

Project Updates: Wiyot Paza

20

Project Updates: Indigenous Garden

22

Project Updates: Volunteer Program

24

Project Updates: Mouralherwaqh

25

Upcoming Programs

28

FSL Internship Program

33

Completed Events

36

Upcoming Events

37

Community Partners

39

Budget Updates

41

Publications

Letter from the Co-Directors

We celebrate this issue honoring our partnerships and the continuing efforts by community and student organizations to build connections with the lab and our programs and projects. When we started the process of imagining the lab students worked to invite community and tribal voices to the table to imagine what an “Indigenized” campus could and should be. The invitation was to radically imagine spaces that could support the ongoing resurgence of Indigenous peoples while also demonstrating the important connection between Indigenous sovereignty and self-determination and decolonized futures that are working for climate, racial, and social justice.

In Fall 2019 the NAS 331: Indigenous Natural Resource Management Practices course completed their semester long project with a report: “Summary of Findings for the Council of American Indian Faculty & Staff to (Re)Indigenize Humboldt State University.” Students worked collaboratively during the semester to conduct interviews, research, and identify potential funding. Out of this process came the vision for the Food Sovereignty Lab.

So much has happened since that time and as co-Directors we have been able to watch as students continue to support, grow, and build the lab. Recently graduated students become new donors, giving what they can to support a project they believe in. Others are now working for the lab, doing the hands-on community work to support food sovereignty not just locally, but throughout the state as well.

Now that the lab is set to officially open in Fall 2023 (WOW!) we look back at the hard work of these students that continues to inspire us. In their report the original class that began this project wrote the following about why the lab was needed at the Cal Poly Humboldt campus:

“When students understand Traditional Ecological Knowledge and become aware of the importance of food sovereignty, they leave academia and go into their prospective careers with this knowledge that can be applied to everything they do. They go into projects taking Native peoples and land into consideration, working towards reversing the damage that has been done over the previous centuries. Having a Food Sovereignty Lab on campus would provide the opportunity to see the connection between food and the land, giving irreplaceable experience for those who want to be involved in food production. It would set a precedent for schools in California and across the nation, to Indigenize their campuses and teach about the people who were here before colonizers and who are still here today. It would make our campus a more welcoming place for Native people and would provide a unique resource that would likely draw in prospective students.”

Looking forward to the next things we can build with students for our just futures.

-Dr. Cutcha Risling Baldy & Dr. Kaitlin Reed
Co-Directors

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



Purchase your copy
of *Settler Cannabis* here!



Co-Director - Dr. Kaitlin Reed

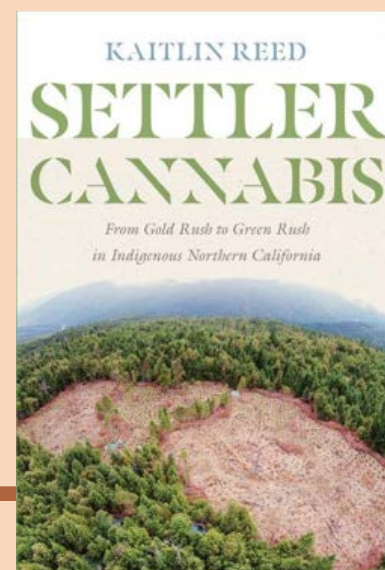
Tribal Affiliation: Yurok Tribe (Hupa, Oneida)

is an Assistant Professor of Native American Studies at Cal Poly Humboldt, the Co-Director of the Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledge Institute, and the Cal Poly Humboldt TEK Faculty Fellow. 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*, was published by the University of Washington Press in May 2023.

- Reed, Kaitlin. **"Settler cannabis: From Gold Rush to green rush in Indigenous Northern California"**. University of Washington Press, 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: STAFF



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

Research Associate: Karley Rojas (them/elle)
Tribal Affiliation: Descendant Taíno



Research Lab Assistant: Cassandra May
Tribal Affiliation: Yurok, Wailaki

Undergraduate Research Assistant: Cory Kragness



Graduate Research Assistant: Clio Gentry
Tribal Affiliation: Seneca, Choctaw

Nya:wëh, Halito. I am a research assistant at the Rou Dalagurr Food Sovereignty Lab and a Social Work Master's student at Cal Poly Humboldt. I graduated from Cal Poly Humboldt last fall, with a degree in Social Work and a minor in Native American Studies. I am also working as an intern for the Yurok Tribe's ICWA department. I'm originally from Santa Cruz, CA, but moved from San Diego to Humboldt back in 2020. I'm very grateful to be working for the Food Sovereignty Lab.

Intertribal Agriculture Council Intern: Delaney Schroeder-Echavarria
Tribal Affiliation: Ojibwe Decendant



Administrative Support Coordinator II: Jasmin Torres
Tribal Affiliation: Tewa Descendent
(Sandia & Isleta Pueblo, NM)

Jasmin was born and raised in Los Angeles San Fernando Valley (Arleta). I used to come to Humboldt to visit family and camp at Sue-meg state park. It is because of Sue-Meg I fell in love with the area and moved to Eureka in 2018. I attended College of the Redwoods and graduated with an AS in Business 2020 and transferred to CPH (HSU at the time). Graduated in 2022 with a BS in Business Administration New Venture Management, and minor in Native American Studies. I am very happy to be working within the NAS department!

STEERING COMMITTEE

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

Adam Canter (Wiyot Tribe) Natural Resource Director

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

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

Carrie Tully (M.A. Social Sciences, Environment and Community Alumna; Director, Dishgamu Humboldt Community Land Trust)

Charley Reed (Save California Salmon)

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

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

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

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

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

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

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

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

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

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

STEERING COMMITTEE

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

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

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

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

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

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

FSL INTERIOR SPACE: FUNDRAISING

DONATE!

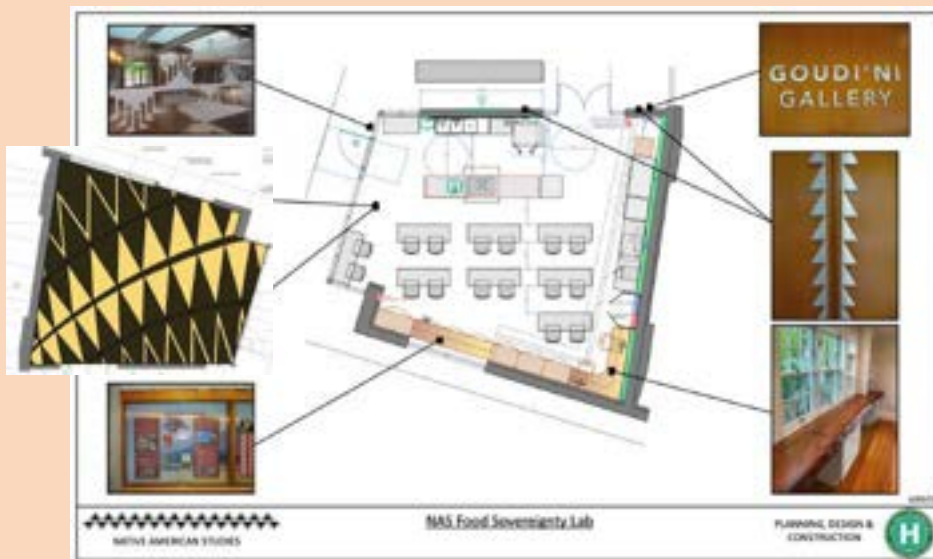


<https://hsu.link/fsl>

To our community of supporters and allies:

The Native American Studies Department Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute (FSL) are humbled and grateful for the continued support as we create spaces and programs dedicated to the learning, research, hands-on practice, and preservation of food sovereignty, traditional ecological knowledges, and Indigenous Science. The purpose of the FSL is to provide an opportunity to work directly with the surrounding communities, tribal nations, and national and international scholars and community leaders to center, learn, and engage with Indigenous science, environmental management, and preservation practices, in a manner that foregrounds tribal autonomy and self-determination.

In October 2021, the FSL held a groundbreaking ceremony, marking the beginning of the construction process following a student-led effort which raised over **\$250,000**. This initial goal was based on initial estimates for building our interior laboratory space. This initial estimate included a 30% margin of error, and was considered a high cost projection for project completion.



In 2023, following the bidding process for the project, the cost for the build has more than doubled to **\$612,000.00**. The price rose due to the impact of inflation on construction costs. Thanks to our continuous community support, we were able to meet the bulk of the increased cost with our funds raised since 2019.

**HOWEVER, WE
ARE STILL
\$112,000 SHORT
OF OUR GOAL**

Sponsored Programs Foundation has signed a guarantee for the construction, allowing us to move forward with the project with the contingency that we successfully raise the deficit.

Interior Renovation Fundraising

TOTAL RAISED: \$499,330

FUNDS TO BE RAISED: \$112,000

TOTAL RENOVATION COST: \$612,000.

COST BREAKDOWN (FUNDS TO BE RAISED)

BASELINE BUILD COST: \$612,000. \$112,000 left to be raised.

- **CUSTOM FLOORING, FEATURING INDIGENOUS ARTWORK: \$33,000**
- **TECHNOLOGY: \$18,000**
- **CUSTOM REDWOOD COUNTERTOPS: \$15,000**

We once again ask for community support as we strive to build a Food Sovereignty Lab that serves the regional community, and (re)Indigenizes Cal Poly Humboldt. You can donate directly to hsu.link/FSL, or mail a check to make a direct donation.

FSL INTERIOR SPACE: CROWDFUNDING

WE ARE STILL
\$112,000 SHORT
OF OUR GOAL

DONATE!



<https://hsu.link/fsl>

ROU DALAGURR FOOD SOVEREIGNTY LAB & TRADITIONAL ECOLOGICAL KNOWLEDGES INSTITUTE CROWDFUNDING CAMPAIGN!

As we work to meet our \$112,000 in the interior construction of the FSL, we have initiated a crowdfunding campaign that will run through September and October 2023.

VISIT OUR CROWDFUNDING PAGE!



<https://www.justgiving.com/campaign/foodsovereigntylab>



[VISIT OUR CROWDFUNDING PAGE!](#)



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

In 2021 NAS students hosted the first crowdfunding campaign, culminating in a Zoom-A-Thon.

FIRST LOOK FUNDRAISER

We are hosting a fundraiser on October 20, 2023 at 5:30 pm in Wiyot Plaza (outside of the Behavioral and Social Sciences Building), as a component of our larger crowdfunding campaign, and we invite you to join us! This is an exclusive opportunity to have a first look at the Food Sovereignty Lab before the official opening. Guests will also experience a tasting menu from the products of Indigenous businesses, focused on California, but with a scope encompassing Turtle Island. They will also engage with Indigenous artists, academics, and entertainers, and feature a **Silent Auction**-You could win some incredible items and packages, all while supporting our work to create this Food Sovereignty Lab! The goal of this event is to highlight the importance of Indigenous food sovereignty and enactment within our own region, and thus the need for the Food Sovereignty Lab.

SAVE THE DATE!
October 20th



Featuring a book signing by Dr. Kaitlin Reed of *Settler Cannabis*!



First Look Fundraiser

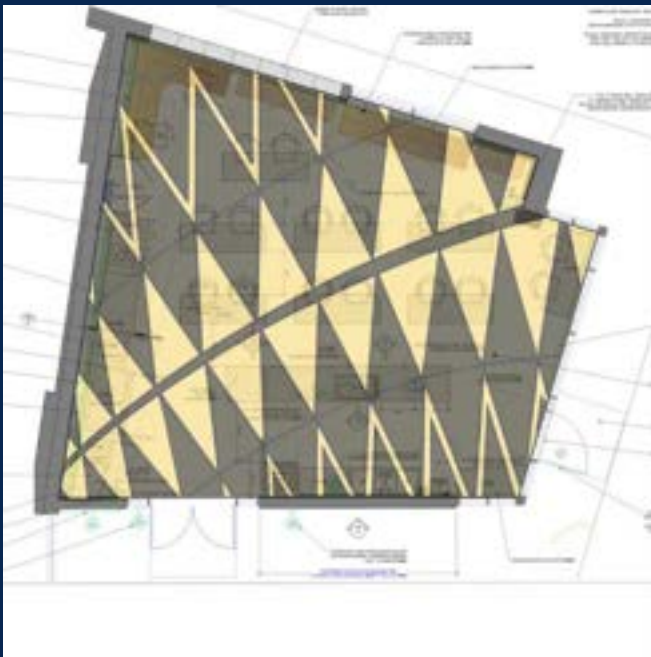


Get your tickets here!
<https://bit.ly/firstlookfund>

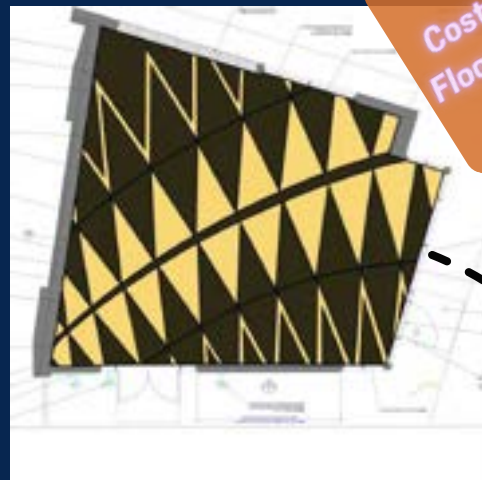
FSL INTERIOR SPACE: INDIGENOUS ART

FLOORING

A critical component of creating an Indigenized space on campus that serves our community is weaving Indigenous artwork throughout the space. This is an uncompromising vision that has been held and driven by our staff, students, Steering Committee, supporters, and accomplices, establishing the lab as a space that resists erasure of Indigenous presence on this campus, and creates a space for generational futures.



Alme Allen's flooring design overlaid with the blueprints for the space.



Alme Allen's flooring design, to be cut from Marmoleum, a durable laminate product.

Cost of Custom
Flooring: \$33,000

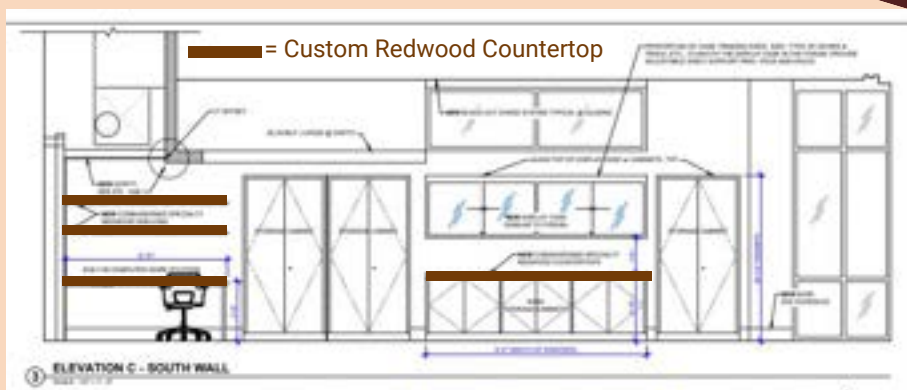
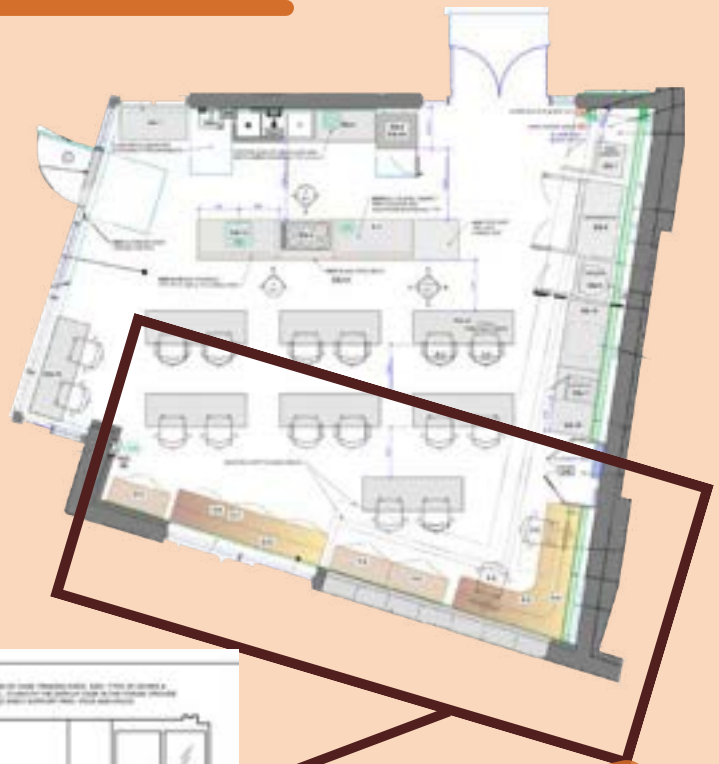
Local Karuk carver and artist **Alme Allen** designed a custom floor for the FSL, and crafted an artist statement about his process and design choices. "After several digital renderings of floor design possibilities I began to settle in on one thing that was consistent, a dark background with a pale yellow basketry pattern. It was at this time that I realized that my work was beginning to take on a reminiscent look and style of the Wiyot weaver, Elizabeth Hickox. She was one of the most notable weavers of her day and her baskets can literally be found all over the world, so I find it only fitting that my design be dedicated to her life's work.

Entering the Food Sovereignty lab from the main north doors, a sweeping obsidian design pattern begins on the east wall and moves along a gentle arch to the west side of the room. As the design moves across the space it grows in size and fills the center of the room and is beneath all of the classroom desks. What this means - as students we come to learn and grow, their knowledge expands until they are ready to go out into the world. Also there are ten obsidian blades in the work to represent our World Renewal practices and our commitment to the environment."

FSL INTERIOR SPACE: INDIGENOUS ART

COUNTERTOPS

Logan Ferris (Hupa, Yurok, Karuk) is a woodworker who has agreed to take on the project of building custom redwood countertops and shelving for the FSL, to be featured as artwork that ties the Lab to Indigenous communities of this place. The countertops will create a computer workstation in the back of the Lab, along with display shelving above the workstation. There will also be a countertop along the back wall, a feature of a display area.



Cost of Custom
Countertops:
\$15,000

About The Artist

"Logan Ferris was raised along the Trinity River on the Hoopa Valley Indian Reservation in Northern California. The name Knu'u Customz was established to honor his middle name, Knu'u, which means Hawk in the Yurok language. The goal of Knu'u Customz is to create traditional and contemporary wood working items that incorporate traditional basket designs along with elements inspired by the river and his Hupa, Yurok and Karuk cultures. Logan grew up surrounded by talented artists and cultural practitioners, and his early exposure to traditional arts has shaped him and influenced every aspect of his own art. In addition to being an artist, Logan is a hunter, a fisherman, a gatherer, and an active participant in ceremonial dances." - knuucustomz.com



@knuucustomz 

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.**

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.

FALL 2021 & SPRING 2022



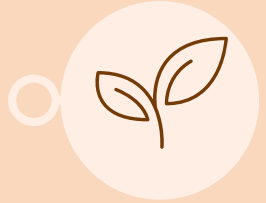
The Food Sovereignty Lab hosts the online **Fall Food Sovereignty Speaker Series** and **Spring Film Series**, centering Indigenous Food Sovereignty. Watch some of the recorded series on Youtube or Facebook.

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



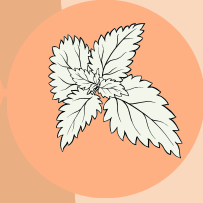
Indigenous Garden is established @ CCAT with help from volunteers. Negotiations for **outdoor classroom** space allocation begin, resulting in the first 'Shared Maintenance and Co-Management Agreement' at Cal Poly Humboldt.

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



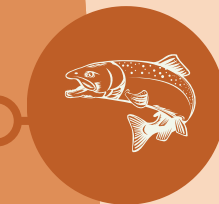
Land Reconnection Ceremony is held at Wiyot Plaza, inviting our tribal and community partners to lay medicine and give prayer to the land, celebrating return of Indigenous Stewardship. Draft **maps** of regional aboriginal territories, by Tori McConnel, presented.

NOVEMBER 2022



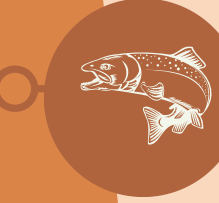
The Fall 2022 installment of the **Food Sovereignty Film Series**, featuring outdoor screening of *¿Qué les pasó a las abejas?* and *Rhymes for Young Ghouls*.

FALL 2022



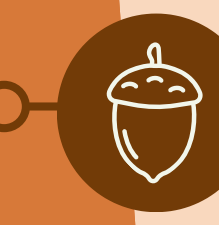
Grant funding established the '**Food for Indigenous Futures**' program, and the '**Food Boxes for Wiyot Community**' project, as well as staff positions including a Lab Coordinator. **Funds raised exceed \$1.75 million**

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. .

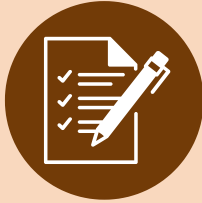
FEBRUARY 2023



'**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.

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.

SPRING 2023

Food for Indigenous Futures hosts Indigenous Youth Events, including Spruce Root Gathering, and hosting youth at Wiyot Plaza for educational activities.



MARCH 2023

WIYOT PLAZA
GOUDI'NI

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

MAY 2023

FSL participates in Mouralherwaq Community Day with Indigenous tea blends and activities.



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**

MAY 2023

First **Wiyot Food Boxes** are distributed to the community, containing Indigenous foods, recipes, and language materials.



MARCH 2023



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

SUMMER 2023

FSL Volunteer Program continues the work of Spring intern in weekly attendance at regional Indigenous Gardens, including Bear River Community Garden, Potawot Community Garden, Daluviwi' Community Garden, and El Jardin Santuario



MARCH 2023



Land Back Symposium was held on **March 24th** on Cal Poly Humboldt's campus, featuring panels, discussions, and trainings around California Land Return, partnered with Save California Salmon

SEPTEMBER 2023

New cohort of **FSL Interns** enter the program. Call for applications in Spring 2023. **NAS 333** continues in the Fall Semester.



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.

NOVEMBER 2023

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



APRIL 2023



FSL Staff attend the **Hualapai Native Food Symposium**, hosted by the Hualapai Tribe in Arizona. **FSL Staff** also attend **Intertribal Agriculture Council Training** in Shingle Springs, CA around Indigenous Greenhouse and restoration work.

FALL 2023

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



Spring 2023

FSL host classes, including **NAS 331: Indigenous Natural Resource Management Practices**, **NAS 332: Environmental Justice**, & **NAS 333: Food Sovereignty Lab** in the Indigenous Garden and Wiyot Plaza

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.



PROJECT UPDATES: FOOD FOR INDIGENOUS FUTURES

The **Food for Indigenous Futures** project seeks to build a community and youth-informed curriculum to connect with cultural practices in health, wellness, traditional ecological knowledge, and food sovereignty. The program includes youth summer camps (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.

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

Food for Indigenous Futures has put together a Youth Council which is an opportunity for both youth and facilitators of the lab to collaborate. This is a space in which youth can develop leadership skills, have a platform for their voices to be heard, and advocate for positive change. Our first event is set to take place on September 23rd, 2023.



SCAN TO SEE
FIF PROGRAM
HANDBOOK



<https://www.canva.com/design/DAFmat7toHg/asJhN2qmxJMIZQh5aHqyGw/edit>



PROJECT UPDATES: FOOD FOR INDIGENOUS FUTURES



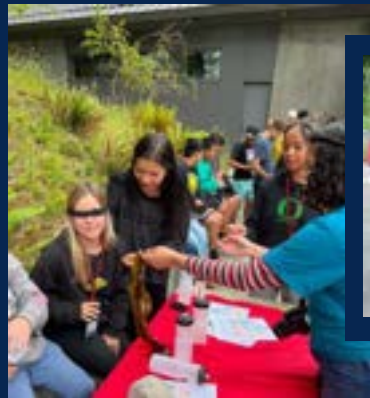
Karuk Youth Visit



California Big Time



Graton Rancheria Youth Visit



Klamath Trinity
8th Grade Visit



Mouralherwaq Community Day



Mouralherwaq NAS 333 Class Visit



PROJECT UPDATES:

WIYOT FOOD BOXES

The Native Women's Collective in partnership with the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledge Institute, the Wiyot tribes, Indigenous youth, and the McKinleyville Center, is starting a small pilot project of supplying traditional foods and medicines to the Wiyot Community free of charge. The project collaborates with Indigenous youth, the Wiyot community, and the Rou Dalagurr Food Sovereignty Lab partners, including Blue Lake Rancheria, the Wiyot Tribe, and Bear River Rancheria. The project focuses on distributing healthy and traditional food and medicines to the Wiyot community. The project supports local Indigenous Youth in gathering, processing, and preparing traditional foods into meal boxes to give to the Wiyot community. Boxes will also contain fresh produce from community producers. The project is funded by the Seventh Generation Fund, Native Cultures Fund, and the Native American Food Sovereignty Alliance.

Since February 2023, the Wiyot Food Boxes Team has created and distributed 25 boxes to Wiyot Community and has worked over 700 hours!

See page two for our full report

PROJECT PARTNERS

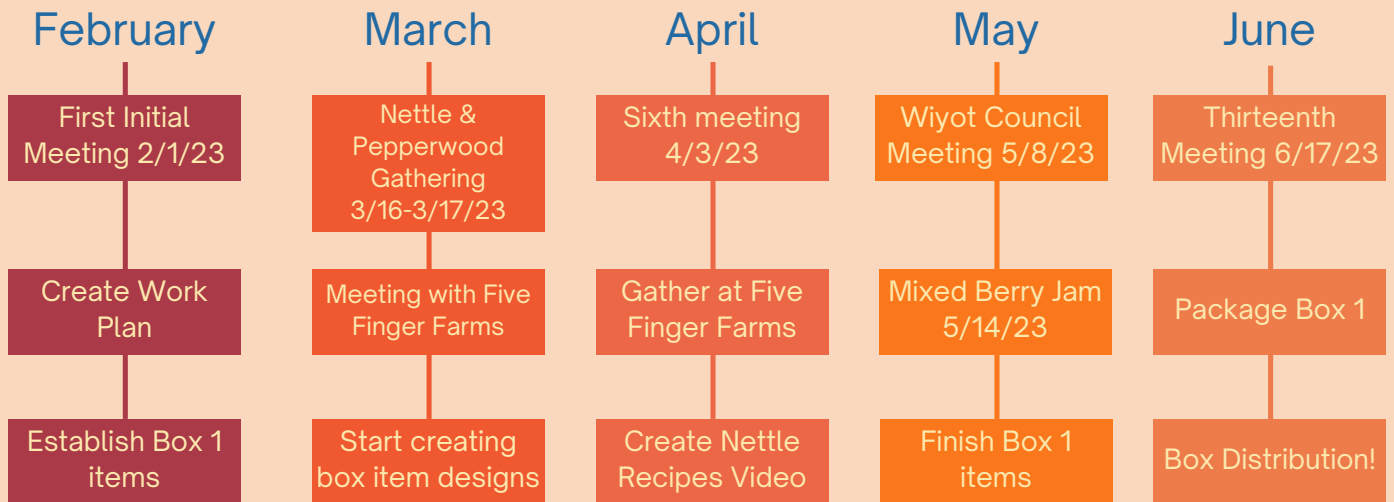


PROJECT FUNDERS



PROJECT UPDATES: WIYOT FOOD BOXES

PROJECT TIMELINE



BOX 1 INCLUDED:

PEPPERWOOD STEAM
SALMON JARS
TRADITIONAL FOODS POPCORN SEASONING
INGREDIENTS
HERBAL TEAS & COASTAL MUGWORT
SEEDS
MIXED BERRY JAM
NATIVE CHILI POWDER
STICKERS, RECIPE CARDS, INFOGRAPHIC
MAGNET, NETTLE RECIPE VIDEO, PRODUCT
INSTRUCTIONS AND MORE!



SCAN TO SEE
OUR FIRST
REPORT

[HTTPS://TINYURL.C
OM/WFBREPORT1](https://tinyurl.com/WFBReport1)



PROJECT UPDATES:

WIYOT PLAZA

Originally, the Behavioral and Social Sciences (BSS) building on Cal Poly Humboldt's campus 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 development of the area behind the Native American Forum 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', plant propagation area, 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!](#)



Elder Garden Artist's Concept



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



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!

PROJECT UPDATES:

WIYOT PLAZA

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

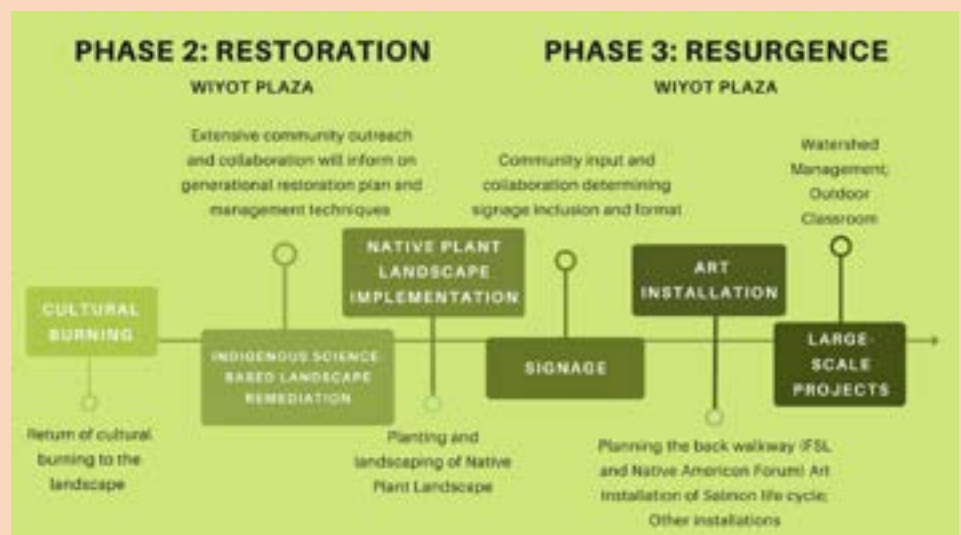
PHASE 3:
Resurgence



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.



PROJECT UPDATES:

WIYOT PLAZA

Spring '23



Students and staff engaged in the **Wiyot Plaza Experiential Learning Space** in landscape connection and care, supporting the future educational programs in the space and the generational health of the landscape- including the resurgence of the landscape to be able to support regional food sovereignty and access to traditional foods. This included hosting classes and visitors. Dr. Daniel Lipe's NAS 332: Environmental Justice Class engaged in discussions in this space, grounded in land-based learning pedagogies, around the return of cultural fire to the land, as well as the preparative steps to reach this objective. Students in NAS 332, under the guidance of the FSL Research Associate, engaged in fuel load aggregation on the landscape, actively increasing the accessibility and engagement capacity of the Experiential Learning Space. This culminated in the rental of a trailer, and the removal of over 1.5 tons of accumulated fuels from the landscape in May by FSL Staff and volunteers. The trailer also enabled the pick-up of 4 yards of redwood chips, to be applied to the pathways of the Indigenous Garden. This actively increases the safety and functionality of the space, supporting access and engagement with the laboratory space by students, volunteers, and community members.



Follow us on TikTok!
[@nas_fsl](https://www.tiktok.com/@nas_fsl)



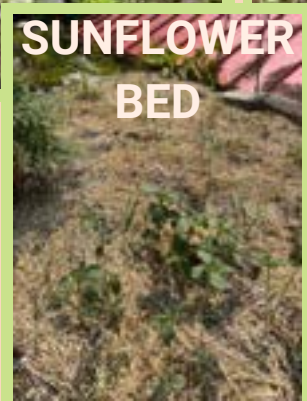
PROJECT UPDATES: INDIGENOUS GARDEN



HERB BED



INDIAN POTATO
BED



SUNFLOWER
BED

UPCOMING VOLUNTEER DAYS

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

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

 @hsu_nas

Funding from:



CCAT donated the uphill part of their exterior space to the Food Sovereignty Lab, which has become the FSL Indigenous Garden in 2022. 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 while 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 focused our planting in **three** raised beds. These beds were built using reclaimed redwood from the recently deconstructed CCAT yurt, raised off of the soil surface, and filled with soil donated by Royal Gold.

Looking to Fall '23, we hope to plant the largest bed with massed Indian potatoes, and continue caring for the medicinal herb and vine tea beds. We 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 propagation area, 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>



PROJECT UPDATES: INDIGENOUS GARDEN

Within the Indigenous Garden, there was a yurt built in the 1980s with a redwood plank roof and flooring. CCAT dismantled the Yurt in 2022 at the FSL's request, and donated the redwood planks to the FSL. With class engagement from NAS 333: Food Sovereignty Lab Course, NAS 332: Environmental Justice, and our student and community volunteer program, the planks were sorted, measured, refinished, and indexed for the intended construction into raised beds. FSL Research Associate Karley Rojas directed the refinishing work and designed custom raised beds that incorporated the reclaimed redwood. The Steering Committee expressed the importance of using a construction material which is consistent with traditional building methods of the region. Freshly milled redwood was also purchased to support the construction. The aforementioned classes and volunteer program then worked to assemble the pieces, which included dovetail joinery pre-cut by Rojas, on site. This process took the bulk of the Spring semester. **Three raised beds are completed**, holding 12, 27, 57 cubic feet of soil respectively. The beds were filled with soil, donated from Royal Gold, the delivery of which was funded by the Cowell Foundation. They have been planted with Tarweed, Native medicinal herbs, and vine tea.



The CCAT Yurt which was dismantled in Spring 2022



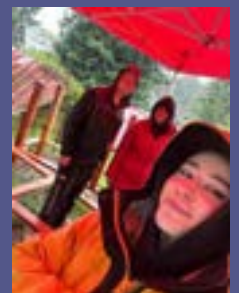
Soil delivery onto the landscape, ft. FSL volunteers and staff



Students from NAS 332: Environmental Justice engaged in redwood plank refinishing



Construction of dovetail joinery by Research Associate for garden boxes



A very rainy construction day ft. FSL Staff



Raised beds built using reclaimed redwood



FSL student helping in the construction of the raised beds



Finishing the Beds!



Completed Beds and new redwood mulch

PROJECT UPDATES: VOLUNTEER PROGRAM

In Spring '23, Amelya Rose as an FSL Intern expanded our volunteer program to serve our regional tribal community gardens every week. The FSL Volunteer Program continued this work over the summer semester, with weekly attendance to Bear River Community Garden, Potawot Community Garden, Daluviwi' Community Garden, and El Jardín Santuario. We also work to travel to Tolowa Dee-ni' Nation's Tr'aa-may-dvn Xwee-nish once per month.



Rou Dalagurr
Food Sovereignty Lab & Traditional Ecological Knowledges Institute

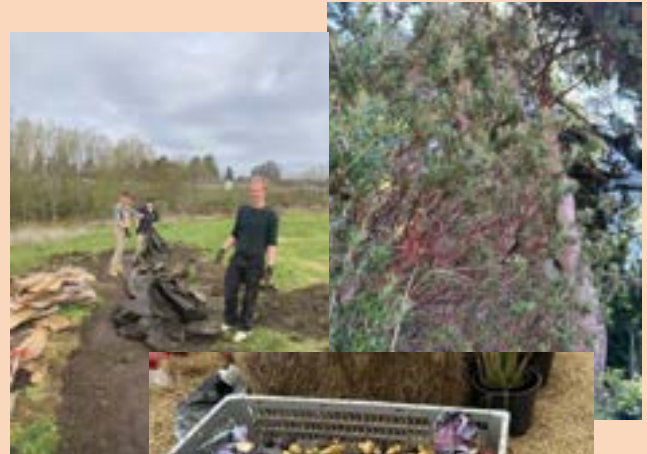
FSL VOLUNTEER DAYS
PARTNERED COMMUNITY GARDENS

- Potawot Community Food Garden
- Bear River Band of Rehnerville Rancheria Community Garden
- El Jardín Santuario Sanctuary Garden
- Daluviwi' Community Garden
- FSL INDIGENOUS GARDEN
- Tolowa Dee-ni' Tr'aa-may-dvn Xwee-nish

You must register as a volunteer to participate

STUDENT REGISTRATION:
<https://www.link/volunteerfoodsovereignty.com>

COMMUNITY MEMBER REGISTRATION:
<https://www.link/communityvolunteerfoodsovereignty.com>



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 folks 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 Gwidi'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/)

<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)

<https://forms.gle/yc12YKngvS1xcQIL6>



PROJECT UPDATES:

MOURALHERWAQH



Mouralherwaqh 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. This work is funded by Ocean Protection Council Proposition 1 Grant Program. The FSL has engaged in multiple aspects of this restoration planning, from site history to plant relative work. The Wiyot Tribe has hosted NAS 333: Food Sovereignty Lab students on the land to learn from elders and cultural practitioners, and to engage in hands-on care of the land. The FSL has also assisted in the Indigenous Youth Internship Program, which spent time learning and engaging with Mouralherwaqh.

Mouralherwaqh Community Day (5/06/23):

Mouralherwaqh Community Day was an event for the Wiyot Tribal community, put together by the Wiyot Tribe and the working group composed of partnered organizations working to restore Mouralherwaqh. This includes the Rou Dalagurr Food Sovereignty Lab. To continue the efforts in returning Wiyot stewardship to Mouralherwaqh as part of the project's community engagement efforts funded by the Ocean Protection Council (OPC) Prop 1 Environmental Justice grant, which provided funds for the Tribe to purchase the 46-acre cultural property, a Wiyot citizen and descendants day on the land was hosted on May 6th. The event included tours of the property's forest and wetlands. There was food provided, which included a traditional salmon cook, and visions for the future of Mouralherwaqh were discussed with Tribal folx. The FSL worked to coordinate and fund the event, where representatives also tabled and provided hands-on activities for community members. This included recruitment for the FSL Youth Council, tea blends of Indigenous plant relatives and educational materials about the tea, vine tea planting on the landscape, and fresh tea for community members to drink.



FSL TABLE @ Mouralherwaqh Community Day, featuring VILH tea, handouts, and educational materials for community



Traditional Salmon Cook at Mouralherwaqh Community Day



FSL TEAM @ Mouralherwaqh Community Day

UPCOMING PROGRAMS

Food for Indigenous Futures: Youth Council

The Food for Indigenous Futures project builds a community and youth-informed curriculum to connect with cultural practices in health, wellness, traditional ecological knowledge, and food sovereignty. Looking forward, the Youth Council will meet to envision and develop curricula connecting to their own peer needs surrounding the reconnection and engagement with Indigenous conceptions of health and well-being. The program will see both in-person and online summer camps developed, as well as workshops for regional Indigenous youth. A high school health curriculum will be developed and implemented for regional schools by Dr. Cutcha Risling Baldy and Dr. Kaitlin Reed.



Native American Studies: Bachelors of Science in Indigenous Science & the Environment

In 2021 the Board of Trustees of the CSU approved the NAS proposal to develop a Bachelor's of Science in Indigenous Science & the Environment which is planned to begin in 2025-2026. This program is currently under development by the Native American Studies Department, with leadership by Dr. Cutcha Risling Baldy.

Native American Studies 480: Indigenous Fire Management

2 Units; NAS 43705

Monday and Wednesday, 3- 4:20 pm, 9/10-11/04.

Offered in Fall 2023, this course will provide an introduction to Indigenous fire management practices and learning from Indigenous experts 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. This course includes a field trip to observe and support current Indigenous cultural fire practitioners.

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 FESTIVAL 2023**

The Rou Dalagurr 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
Humboldt Energy Independence Fund**



Click here to view the 2022 IFF highlight video created by Valentina Dimas!



POSTPONED

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>

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



FSL INTERNSHIP PROGRAM: COMPLETED INTERNSHIPS



Amelya Rose Madrigal - Her goal was to make new healthy relationships with the local tribal nations. Through making community and good relations with our surrounding tribal nations, through gardening and helping in any way we can. Amelya connected ITEPP members, Native youth, and community members to engage with their Tribal gardens. In expanding the FSL's volunteer program, they helped plant strawberries, propagated asparagus, pulled weeds, pulled himalayan blackberries, planted willow trees, helped clean, and helped in any other ways in the regional Tribal gardens. "The ITEPP members that joined the project learned a lot about food sovereignty, and what it means to respect the land and the things surrounding you in a good way".

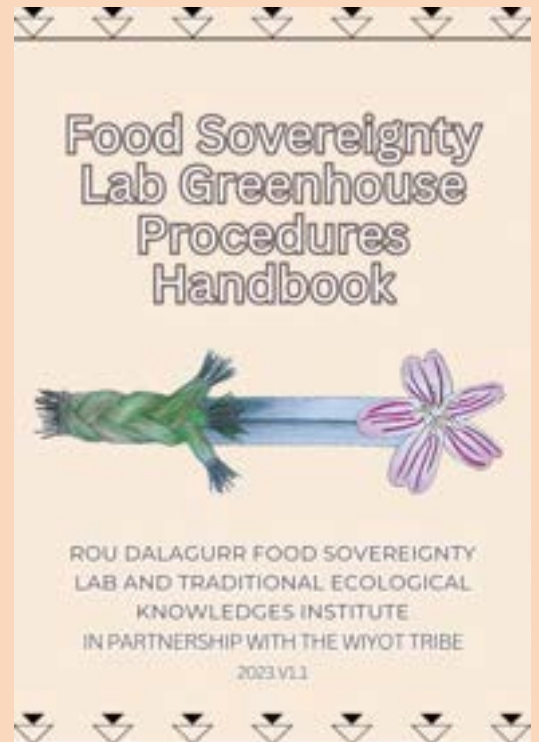
Zeen Vincent - Their project consisted of a relationship between a local non-profit, Friends of the Dunes (FOD), and the Da gou rou louwi' Cultural Center. The goal of this project is to integrate more Native Wiyot education into the field trip program, Bay to Dunes, run by FOD. This project not only serves as a means of incorporating Native education into this specific program, but also creates a better understanding of how Native curriculum can be used in outdoor education. Outcomes of their project include new language materials, educational fun activities, and educational stickers for kids to take home.



FSL INTERNSHIP PROGRAM: COMPLETED INTERNSHIPS

For 2022-2023, **Delaney Schroeder-Echavarria** served as an undergraduate intern and assisted on multiple projects. Their main project consisted of working in the Experimental Greenhouse space to propagate edible, medicinal, and culturally significant plants for community and the Indigenous Garden; this original project was unable to come to fruition due to insufficient facilities.

In lieu of this, Delaney hired two student artists from NAS 333: Food Sovereignty Lab course, Evelyn Bañuelos and Isabella 'Bug' Carvajal to assist in creating the Food Sovereignty Lab Greenhouse Procedures Handbook. This handbook is a living document that will be used to train students and staff on proper greenhouse protocols, specifically related to Native and culturally significant plants. In April 2023, Delaney was invited with other lab staff members to attend the Intertribal Agriculture Council Pacific Nursery Training at Shingle Springs Rancheria. While there, Delaney and Marlene' Dusek met with many Native agriculture practitioners from across California. Delaney and Marlene' gave a presentation on the lab and current Sudden Oak Death procedures and were able to establish connections with IAC and many other Tribes and Native organizations. Delaney is currently a Summer intern with IAC and plans to continue working with the lab throughout her Masters program.



SCAN THIS
QR CODE TO
SEE THE
HANDBOOK



FSL INTERNSHIP PROGRAM: INTERNSHIPS

Natalee Lopez - Their internship has been focused on creating both an outdoor or semi-outdoor space to cultivate edible mushrooms. The overarching goal was to provide the FSL and other tribal communities with a reliable source of fungi relatives to utilize as needed. The results of their project has included ~30 lbs of fresh mushrooms over the course of the project distributed to Elders of the Blue Lake Rancheria (Elder Nutrition Program and direct distribution).



Covin Sigala - (ongoing) Their internship is an annotated literature and media collection and creation of educational resources for other reconnecting Rarámuri people. Their project focuses on the Rarámuri culture, traditional ecological knowledge, and food systems that have developed over thousands of years in relationship with the land and continue to be practiced today.

FSL INTERNSHIP PROGRAM: SPRING '24 CALL



Rou Dalagurr

**Food Sovereignty Lab & Traditional
Ecological Knowledge Institute**

2023-24 Internship Program

Fill out the
proposal form



<https://bit.ly/FSLinternship>

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. Students can propose a semester long, or year long project (2 semesters).

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 members
- 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.




https://bit.ly/CEIA_trainingmodule

FINANCES

- The budget for each project can be up to \$5000, though semester-long projects will likely be funded at a maximum of \$2500. Students would be eligible to continue the project in future years with recommendation from Co-Directors, requiring the submission of an updated budget and work plan.
- Students selected will receive a \$1000 award/semester.

Our most recent Food Sovereignty Lab Report
Find us online at <https://nasp.humboldt.edu/>

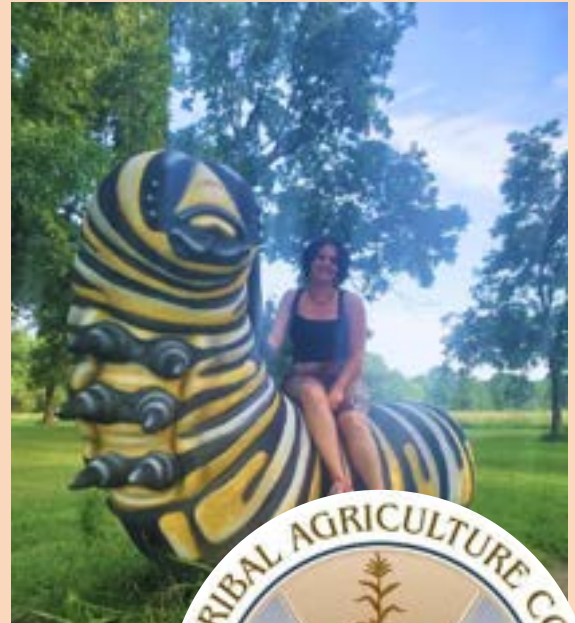
 @hsunasp, <https://www.facebook.com/hsunasp>

 @hsu_nas

FSL INTERNSHIP PROGRAM: IAC & NRCS INTERNSHIP

Former undergraduate intern **Delaney Schroeder-Echavarria** met with the Intertribal Agriculture Council in April 2023 at their Pacific Nursery Tour at Shingle Springs Rancheria, it was here that Delaney met IAC Pacific Region Technical Assistance Specialist Natalie Solares who encourage her to apply for the Native Youth Summer Internship. **Throughout Summer 2023**, Delaney worked with IAC Youth Program Director Elaini Vargas, IAC Youth Programs Administrative Specialist Sunshine Tso, NRCS Tribal Conservation Planner Erin Taylor, and Food Sovereignty Lab Coordinator Marlene' Dusek on a multi-collaborative internship that encompassed many different aspects to Tribal Food Sovereignty. This included engaging with Wiyot Community Members through the Wiyot Food Boxes Program, becoming a project member for the Food for Indigenous Futures: Food Sovereignty Youth Council, attending multiple site visits with our local NRCS Team to Klamath and Blue Lake, connecting with Native youth from across Turtle Island at the Indigenous Food and Agriculture Initiatives: Native Youth in Food and Agriculture Summit in Fayetteville, Arkansas, and attending the IAC Pacific Region Summit in September at Pechanga Resort and the IAC Conference in Las Vegas this December.

Delaney is grateful for the many opportunities these various people, Tribes and organizations have given her throughout this past year. She hopes to continue working with the Lab throughout graduate school and plans to focus her graduate work on Tribal food sovereignty, Indigenous science, and Justice-oriented food systems.



COMPLETED EVENTS

Seed and Plant Exchange/ Indigenous Food Sovereignty Panel

At the March 11, 2023, 22nd Annual Seed and Plant Exchange hosted by the Humboldt Permaculture Guild. The FSL hosted a table for the event.

Research Associate Karley Rojas participated in an **Indigenous Food Sovereignty Panel** with comrades from partnered community organizations, including Brenda Perez, the Executive Director of Centro Del Pueblo/Jardín Santuario, and Bonnie Parker, the Bear River Community Garden Director.



Melissa Nelson Book Talk

As a culmination of the Spring 2023 Faculty Book Circle, highlighting Melissa K. Nelson and Dan Shilling's *Traditional Ecological Knowledges: Learning from Indigenous Practices for Environmental Sustainability*, Melissa Nelson visited the Native American Forum in Wiyot Plaza to give a book talk on March 22nd. The FSL tabled, providing Indigenous tea and popcorn to the in-person attendees.

NorCal LandBack Symposium

On March 24, 2023, the Native American Studies Department and Save California Salmon hosted the first Northern California Landback Symposium, with over 300 attendees. The symposium included a Welcome from the Wiyot Tribe, #LandBack: Land Histories and Decolonial Land Futures, Panel 1: Public and Private Land Return, Panel 2: Land Grab Universities- the California Context, Panel 3: Indigenous Land Trusts, Panel 4: LandBack Legal Considerations and Policy Recommendations, and Funding Landback. The symposium featured field leaders and experts in expansive and dynamic discussion. You can watch YouTube Recordings and find out more on [Save California Salmon's Website](https://www.californiasalmon.org/landback): <https://www.californiasalmon.org/landback>



Hualapai Tribe Bi-Annual Native Food Symposium

On March 30-31, 2023, Research Associate Karley Rojas as a representative of the FSL was invited to the Hualapai Tribe Bi-Annual Native Food Symposium in Peach Springs, AZ. They were honored to share space and enter into conversation with Hualapai Tribal members, elders, and other presenters, including Linda Black Elk (Korean, Mongolian, Catawba), an Indigenous ethnobotanist and food sovereignty activist, Robert 'Bobby' Stone (Akimel O'otham'), a spiritual leader, traditional singer, farmer, artist and Indigenous seeds and foods advocate, Luke Black Elk (Itazipco Lakota), a food sovereignty activist and teacher, Twila Cassadore (Apache), working to bring information back to her tribal community in the revitalization of traditional Apache food ways, and Arnold Clifford (Navajo Nation), a field botanist for the 4 Corners Flora Project. You can find the [full program here](#). The recorded presentation on the FSL can be found [here](#), on the [Hualapai Cultural Resource Department's Facebook](#).



Lunch Included 30sisters stew, which had been grown in the Hualapai Cultural Resource Department's Garden, topped with sunflower seeds and pine nuts, harvested locally. This included beef raised from their youth program, and two-corn bread. Agua de Jamaica was also served



COMPLETED EVENTS

Decolonizing Sustainability Speaker Series

From April 7th-26th 2023, the NAS Department hosted the second 'Decolonizing Sustainability Series' through the TEK Fellowship Program. Dr. Kaitlin Reed, the current TEK Faculty Fellow, hosted conversations around Carceral Conservation. This included conversations with Laurel Mei-Singh around 'Carceral Conservationism: Unpacking Geographies of Environmentalism, Criminalization, and Confinement', Stephanie Lumsden in 'Beyond Conservation: Indigenous Ethics and the Decolonized Environment', Dr. Renée M. Byrd in 'Notes from Earthseed: Gathering, Land and Solidarity', and Traci Brynne Voyles in 'Carceral Conservation: Environmental Management in Chains at California's Salton Sea'.



California Indigen BIG TIME & Social Gathering

Hosted by ITEPP, the Native American Center for Academic Excellence, 2023 saw another Big Time on April 8th, a yearly social gathering held celebrating California Native Traditions through songs, games, resources, arts & crafts, and building community. The FSL hosted an informational table at the event.



Shingle Springs IAC Training

April 11th-12th, 2023, the FSL Lab Coordinator Marlene' Dusek and Intern Delaney Schroeder-Echavarria were invited to give a presentation on the Lab and current Sudden Oak Death procedures and were able to establish connections with IAC and many other Tribes and Native organizations.



Decolonizing Economics Summit: Food and Seed Sovereignty

April 20th-22nd, 2023 was the 4th annual Decolonizing Economics Summit. The FSL's Karley Rojas participated in the **Food and Seed Sovereignty Panel**. The panel introduced an esteemed panel of practitioners and scholars that engage with the politics and practices of food and seed sovereignty, unearthing new understandings and approaches to this fertile field of debate. You can watch the panel: <https://www.youtube.com/watch?v=qjohOGmXZus&t=9s>



Mouralherwaqh Wiyot Community Day

Please see '**Project Updates: Mouralherwaqh**'. Mouralherwaqh Community Day on March 6th, 2023 was an event for the Wiyot Tribal community, put together by the Wiyot Tribe and the working group composed of partnered organizations working to restore Mouralherwaqh. The FSL hosted a table with Indigenous tea blends and activities for the community.



COMPLETED EVENTS

CIBA Basket Weaver's Gathering

3-day event from June 30-July 2nd, 2023 with over 500 attendees each day. The FSL had a table set up daily with informational materials about the Lab, including stickers, and a tea blend to hand out.



Da'luk Stick Camp

July 11th, 2023- FSL Staff engaged youth from the NCIDC Stick Camp in 5 different activities, including a traditional fish cook, an acorn processing demonstration, a seaweed demonstration, and a weaving demonstration. Many community organizations and the FSL were able to facilitate cultural teachings and lessons for youth through many different parts of the camp. The camp was focused on traditional sticks and lacrosse while also taking care of our bodies and minds as native peoples. There were many local mentors and players and members who came all the way from the Haudenosaunee nation to teach youth. In partnership with the **Northern California Indian Development Council**.

Mouralherwaqh Indigenous Youth Plant Relative Day

Over the summer of 2023, the Wiyot Tribe and Cal Poly Humboldt worked to establish the Mouralherwaqh Summer Student Program, led by Dr. Daniel (Bubba) Lipe and the Tribe's Forest Resources Specialist, Zack Erickson. The team hired five Native students from Cal Poly Humboldt and College of the Redwoods. The program related to holistic concepts in forest and land stewardship. The FSL participated in a day (July 11th, 2023) at Mouralherwaqh, providing guidance for students in native plant mapping and identification.



From Wounded Knee to Standing Rock: Premier Screening

On July 14th, the Native American Studies Department hosted a premier screening of Willard Carlson's *From Wounded Knee to Standing Rock*, a nationally-released documentary on the history of salmon and salmon wars at the Van Duzer Theater. This included an FSL informational table.

California Truth & Healing Council

On July 21st, 2023, the Native American Studies hosted the California Truth and Healing Council at the Native American Forum in Wiyot Plaza. This included a welcome and talk given by Dr. Cutcha Risling Baldy.



Eureka Friday Night Markets

Throughout the month of August, the FSL participated in tabling at Eureka Friday Night Markets, to raise funds and awareness around our new fundraising campaign, as we work to complete construction on our interior space.

UPCOMING EVENTS

Cal Poly Humboldt
Fall 2023

DECOLONIZING SUSTAINABILITY SPEAKER SERIES

All talks will be held **IN PERSON** at the Native American Forum (BSS 162) from 5 - 6:30 PM

 **September 14th: Dr. Brittani Orona**
Hoopa Valley Tribe, UC Santa Cruz
whik'ixoniwhe' (my awareness of things): "Dam Speculation" and Native Resistance on the Klamath River Basin

 **October 12th: Dr. Kaitlin Reed**
Yurok Tribe, Cal Poly Humboldt
Settler Cannabis: From Gold Rush to Green Rush in Indigenous Northern California

 **November 16th: Dr. Dana Lloyd**
Villanova University
Land is Kin: Religious Freedom and Indigenous Sovereignty in the High Country

 Join this event on Zoom at tinyurl.com/DSSSfall23, or by scanning this QR code: 

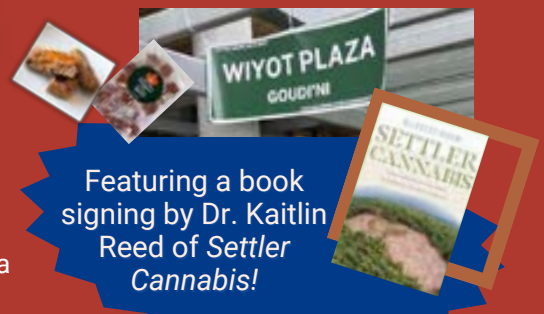
Please join us for the Fall 2023 Decolonizing Sustainability Speaker Series!

This speaker series aims to highlight and unpack intersections of settler colonialism, white supremacy, and systems of power/privilege/oppression within the discourse and rhetoric of contemporary sustainability, environmental, and climate change movements. This series is intended to serve as a deep dive into problematic and harmful discourse(s) of sustainability with the goal of moving toward a decolonial sustainability movement that amplifies Indigenous sovereignty and traditional ecological knowledge.

FIRST LOOK FUNDRAISER

We are hosting a fundraiser on October 20, 2023 at 5:30 pm in Wiyot Plaza (outside of the Behavioral and Social Sciences Building), as a component of our larger crowdfunding campaign, and we invite you to join us! This is an exclusive opportunity to have a first look at the Food Sovereignty Lab before the official opening. Guests will also experience a tasting menu from the products of Indigenous businesses, focused on California, but with a scope encompassing Turtle Island. They will also engage with Indigenous artists, academics, and entertainers, and feature a **Silent Auction**-You could win some incredible items and packages, all while supporting our work to create this Food Sovereignty Lab! The goal of this event is to highlight the importance of Indigenous food sovereignty and enactment within our own region, and thus the need for the Food Sovereignty Lab.

SAVE THE DATE!
October 20th



Featuring a book signing by Dr. Kaitlin Reed of *Settler Cannabis*!



Indigenous
Foods
Festival

IFF 2023!
POSTPONED

COMMUNITY PARTNERS



Potawot 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)



@potawotgarden

Facebook.com/PotawotCommunity
FoodGarden

**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. Please keep in mind it will take 1 to 2 weeks to plan these activities.



@potawotgarden Facebook.com/PotawotCommunityFoodGarden

COMMUNITY PARTNERS

CENTRO DEL PUEBLO

Program: El Jardín Santuario

Arcata

Volunteer hours

Wednesdays 3-5pm

Saturdays 10-12pm 11th and F St



Register to volunteer

<https://docs.google.com/forms/d/e/1FAIpQLSe2ut4Q1vRkj3KHkAlc7ZrcTjwulbUMrKZzMrDAHVPyCKWclw/viewform>

Eureka

Event: Volunteer Appreciation Day: Free Food and activities for the community

Saturday Sept 30th (11-3pm)

1403 E St Eureka, Cesar Chavez / Hammond Park

La Semilla Radio

Third Monday of the Month at KMUD/ Radio Bilingual LIVE

Event: Fundraiser in support of Centro del Pueblo

Friday September 15th, 2023 (5-7pm)

Friday Night Market, Gazebo, Old Town Eureka

Dances, music, food and more!

DONATE



@jardin_santuario_arcata



@centrodelpueblo

www.cdpueblo.com/donate

Program: Ñe Cuviyu Ita/ Hermana Flor / Sister Flower

What: Workshops in Spanish, Nahuatl and Mixteco

Where: HealthSport Eureka. 3441 Pennsylvania Ave. Eureka

Project: Xochipitzahuatl / Flor Menudita

When: Jueves/Thursdays 7-8PM Hasta el 30 de Noviembre/ until November 30th, 2023

Project: BaileTerapia con Ritmos del Sur

When: Viernes/Fridays 7-8PM until November 24th, 2023

SEPTEMBER 15TH
VIVA EL CENTRO!

FUNDRAISER FOR CENTRO AT THE FRIDAY NIGHT MARKET

DONATING HAS NEVER BEEN SO FUN!

GAZEBO, OLD TOWN EUREKA
5:00-7:00PM

THERE WILL BE FOOD, CRAFTS, DANCING AND SURPRISES



 @CENTRODELPUEBLO  707 298-5069

Por primera vez Centro del Pueblo en HealthSPORT

Cultura en Movimiento
BaileTerapia y Danza

Clases para la Comunidad Latinx en ESPAÑOL.
Agosto, Noviembre, únete en cualquier momento

Les esperamos en HealthSport
3441 Pennsylvania Ave. Eureka CA
Salón Mind and Body Studio

Regístrate

 (707) 683-5293
 (707) 298-5069



 Con apoyo de CALIFORNIA ARTS COUNCIL, Proyecto Artesanos Sanjose, Uptake California Creative Corps Grants  @centrodelpueblo  cdpumboldt@gmail.com

Por primera vez Centro del Pueblo en HealthSPORT

Cultura en Movimiento
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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.

DONATE!

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

<https://hsu.link/fsl>



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

Seventh Generation Fund (Food Boxes for the Wiyot Community): \$40,000

HEIF (Indigenous Foods Festival 2023): \$20,000

Expenditures (January 2023- July 2023)

Research Assistant (Graduate): \$3,500

*Funded by NAAF Grant

Research Assistant (Graduate): \$5,750

*Funded by Elevate Youth Grant

Research Assistants (Two Undergraduate): \$5,000

*Funded by NAS Department

Research Associates (Two Full Time): \$30,380

*Funded by NAS Department, Cowell Foundation, Elevate Youth Grant

Lab Coordinator (2023): \$68,000

*Funded by the Elevate Youth Grant

Melissa Nelson Book Talk: \$229.95

*Funded by NAS Department

Marketing/Hospitality: \$9,048

*Funded by FSL Fund, Cowell Foundation, Sierra Health Fund

Internship: \$8,000.00

*Funded by Batt Ingram Memorial Fund

Indigenous Garden & Greenhouse: \$3,217

*Funded by Cowell Foundation

Food for Indigenous Futures: \$8,182.44

*Funded by Elevate Youth Grant

Food Boxes for the Wiyot Community: \$17,247.19

*Funded by NAFSA, NCF, SGF

NAS 333: \$3,936

*Funded by NAS Department, Cowell Foundation

Capital Expenditures (January- November 2023)

Lab Remodel Cost: \$612,000

Previous Estimate: \$325,342.21

FUNDS TO BE RAISED: \$112,000

Remodel Began- April 2023!

Lab Expected Opening- November 2023!

BUDGET UPDATES

Planned Expenditures (July 2023-January 2024)

Lab Coordinator (2023): \$68,000

*Funded by the Elevate Youth Grant

Research Associates (Two, One Full-Time): \$23,950

*Funded by the Elevate Youth Grant, HEIF, Stateside

Research Assistants (Undergraduate & Graduate):
\$8,750

*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: \$6,000

*Funded by the Cowell Foundation

FSL Interns (1): \$ 3,500

*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 (2023):
\$15,000

*Funded by the NAFSA, NCF, SGF

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 Jan. -July 2023

\$150,000

Humboldt Area Foundation

\$30,000

Phillip Anton

Kathleen Ave
Gillian Black
Beth Braunstein
Amy K. Conley
Michelle Davis
Natalia Estrada
Nayre Herrera
Alyson A. Hunter
Joanna Nelson
Sheila E. Rocker Heppe
Anna E. Thaler

BO-MATÚM
OVER
550
DONORS
Have made this lab possible!

VISIT OUR CROWDFUNDING PAGE!



<https://www.justgiving.com/campaign/foodsovereigntylab>

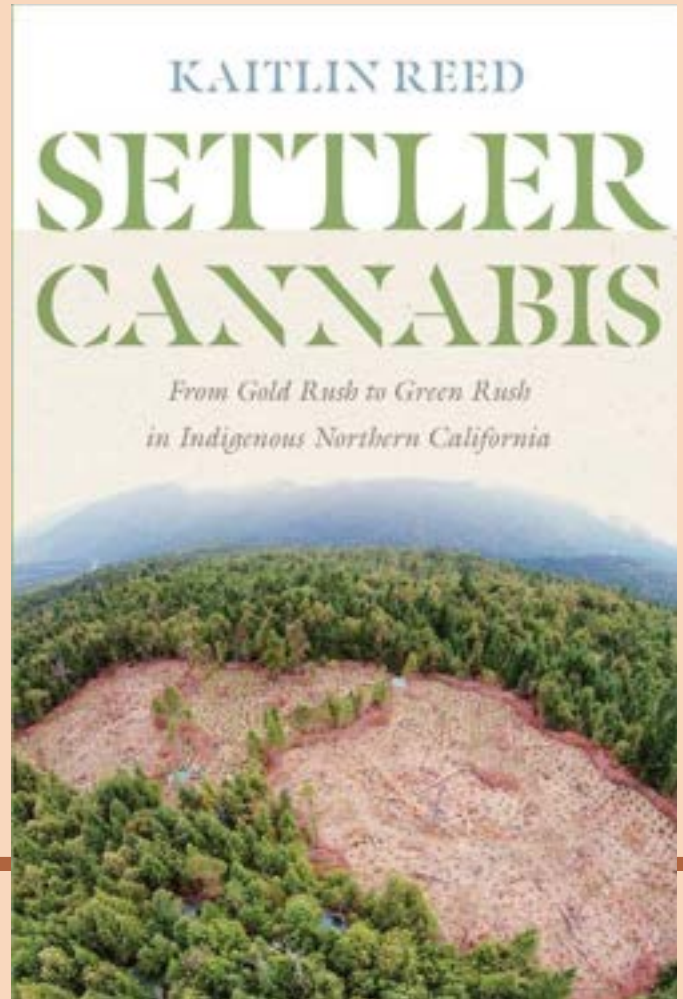
PUBLICATIONS

Purchase your copy
of **Settler Cannabis** here!

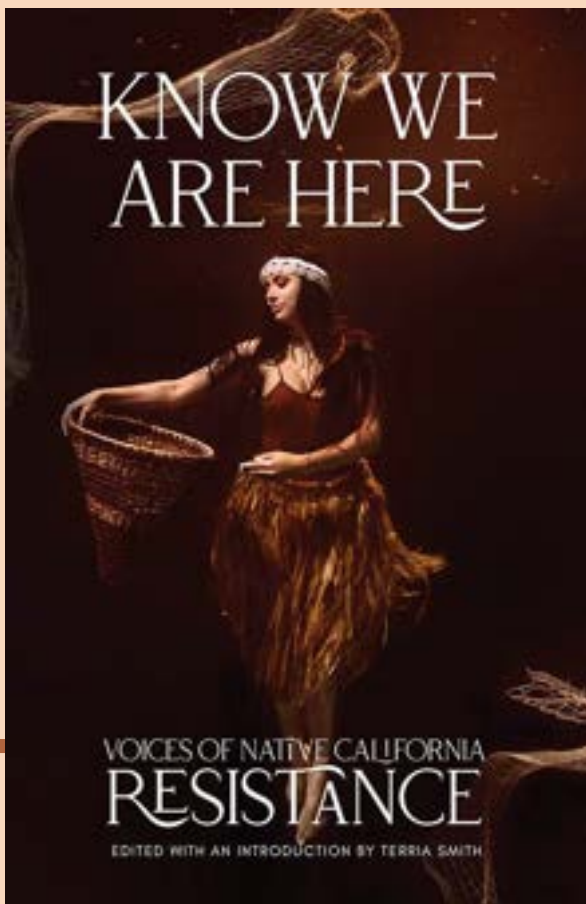


Dr. Kaitlin Reed published their new book, **Settler Cannabis: From Gold Rush to Green Rush in Indigenous Northern California**, this summer. Dr. Reed "connects the historical and ecological dots between the California Gold Rush of the 1850s and the contemporary Green Rush by tracing patterns of settler colonial resource rushing: first gold, then timber, then fish, and now cannabis" Check out a copy from the Cal Poly Humboldt Library or purchase at the link above!

Release of new book "**Know We Are Here: Voices of Native California Resistance**" by Tierra Smith on June 27, 2023. This collection of essays examines dynamics of resistance among California Native people and includes two writings from Dr. Cutcha Risling Baldy: "The G-O Road: Thirty Years Later" & "Water Is Life: The Flower Dance Ceremony".



"Polytech to PolyTEK: Traditional Ecological Knowledge, Indigenous Science, and the Future Forward Polytechnic University" article by Dr. Kaitlin Reed, Dr. Cutch Risling Baldy, and Dr. Kayla Begay published this year. This article discusses "the role of Native American Studies in building decolonial frameworks for a new polytechnic—polytech to PolyTEK" and explores "the history of cultural knowledge exploitation, Humboldt Native programs and initiatives; the resurgence of Indigenous science and knowledges, and new interdisciplinary initiatives at Humboldt that value NAS as a partner to building polytechnic programming."



Read the article here!



FSL IN THE MEDIA/SOCIAL MEDIA



La presentadora Brenda Pérez habla con Karley Rojas, asistente de investigación del Programa de Soberanía Alimentaria de Cal Poly Humboldt.



<https://www.youtube.com/watch?v=D089fFLyrlE>

<https://now.humboldt.edu/news/harvesting-cal-poly-humboldts-seaweed-farm-video>



Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledge Institute harvested, processed, and distributed bull kelp out to local community members and to the Wiyot Food Boxes Project



The Indigenous Food and Agriculture Initiative held their ninth annual Native Youth in Food and Agriculture Leadership Summit. Connecting Indigenous youth interested in food and agriculture, as well as presentations from inspirational and educational speakers from the National FFA, federal officials, and industry experts.



<https://www.youtube.com/watch?v=zqczvDJikvk&t=6s>

ROU DALAGURR

**FOOD SOVEREIGNTY LAB &
TRADITIONAL ECOLOGICAL
KNOWLEDGES INSTITUTE**

