

CAL POLY HUMBOLDT  
DEPARTMENT OF NATIVE  
AMERICAN STUDIES

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

**SUMMER  
2022**

Vol. 2: Issue 2



This report was designed and edited by Research Assistants Karley Rojas and Amy Ithurburn.

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INSERT

# Letter from the Co-Directors

What a year it has been for the Native American Studies Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute! You'll see from the latest report in just the past 6 months the lab created and hosted the 1st Annual Indigenous Foods Festival; hosted a Food Sovereignty Film Series; founded the Indigenous garden; launched the NAS 333: Food Sovereignty Lab Course; developed a volunteer training module; and worked to develop co-management of the outdoor space and a plan for outdoor classroom development for future lab work.

We wanted to focus here on our students who are the research assistants, volunteers, workshop hosts, steering committee members, fundraisers and more. The lab began as a student designed project in NAS 331: Indigenous Natural Resource Management Practices just a few years ago. The work of the lab has continued because of the dedication, drive, vision, and energy of our students. When people ask us "how do you do so much?" the answer is clear - our students. We work to empower students to learn how to implement their visionary ideas to collaborate and support tribal communities.

This year our Research Assistants Karley Rojas and Amy Ithurnburn were powerhouse event planners and community outreach specialists. We counted on them and they did not disappoint. The Indigenous Food Festival was a group effort, but Karley and Amy both demonstrated a leadership and drive that helped elevate the IFF far beyond what we could have imagined. They deserve so much credit for their hard work. Thank you Karley and Amy!

Native American Studies believes in this collaborative and cutting-edge work. No other university in California has a Food Sovereignty Lab and we hope our lab will be inspirational to other communities and Tribal Nations. We recognize that this work is ongoing and that we will continue to grow our collaborators and partners. And we hope that if you are excited about this work you donate to support the future of the lab! We need your help to fund and support Phase II of this project which will include: an outdoor lab space, a fully functioning Indigenous garden (with elder's garden and accessible pathways); a greenhouse space; and ongoing events (like the Indigenous Foods Festival). Donations will help us to secure a lasting legacy for the lab, host future events, and continue to support our future generations to build a better future for us all.

**DONATE:** <https://hsu.link/fsl>



-Dr. Cutcha Risling Baldy  
-Dr. Kaitlin Reed



# Rou Dalagurr

## Food Sovereignty Lab and Traditional Ecological Knowledges Institute

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**Read about our name change!**

On February 28th, 2022, our Steering Committee approved a name change from the Rou Dalagurr Food Sovereignty Lab and Cultural Workspace to the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute. This resolution was officially adopted on March 4th, 2022.



The Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute is an interdisciplinary, collaborative effort that is student-designed and community-informed. 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. The lab will build national and international connections that foreground Indigenous voices in rigorous academic research, publications and community-centered programming, connecting youth to higher education, policy development, economic development, and climate resiliency.

The Food Sovereignty Lab is a space to facilitate research by foregrounding Indigenous input that upholds Tribal autonomy and self determination. This lab is about ensuring Indigenous sovereignty is upheld, and that Indigenous communities maintain self- determination over how their knowledges are approached, researched, engaged with, represented, and managed.

**Donate to  
support the  
Lab!**





# ABOUT US: Co-Directors

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**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, University of New Mexico Press, 2021.
- Risling Baldy, Cutcha. "Radical Relationality in the Native Twittersverse: Indigenous Women, Indigenous Feminisms and (re)writing/(re)righting Resistance on #NativeTwitter" in Indigenous Peoples Rise Up: The Global Ascendancy of Social Media Activism. Rutgers University Press, 2021.

Podcasts and other media:

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

# ABOUT US: Co-Directors

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

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

is an Assistant Professor of Native American Studies at Cal Poly Humboldt and the Co-Director of the NAS Food Sovereignty Lab & Cultural Workshop Space. Her research is focused on tribal land and water rights, extractive capitalism, and settler colonial political economies. She is currently finishing her first book titled *From Gold Rush to Green Rush: Settler Colonialism and Natural Resources in Northern California*.

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.



# ABOUT US: Research Assistants (2021-2022)

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## **Undergraduate Research Assistant- Karley Rojas (they/them/elle)**

They is not a member of nor affiliated with any tribe; they is a white settler with the duality in identity of also being a 'Cuban'-Taíno descendent. Karley began as the Research Assistant for the Food Sovereignty Lab in September 2021. Karley is an ethnobotanist and multimedia artist. They graduated cum laude from HSU in the class of 2021 with a B.S. in Botany with a minor in Studio Art; they is also an alumnus of the University of

Chicago, and Columbia College from which they received an A.S.T. in Biology. As a senior at HSU they were faculty-nominated for the Sterling Sam Botany Award, and they were also the recipient of the Aidan Leaf Mullin Scholarship. They received the Undergraduate ARI-HSI Fellowship through HSU for 'An Ethnobotanical Index and Native Plant "Agroecosystems"', which funds their continuing research focused on the restitution of disseminated ethnobotanical knowledges to their Indigenous communities of origin. Karley says that their fundamental drive for this work is to "support Indigenous self-determination and food sovereignty. It is only in returning to Indigenous land management and life in reciprocity with the more-than-human world that we can imagine and realize Indigenized futures in a seven-generation modality." Karley is currently building their art practice and engagement with exhibition spaces, and works as a Landscape Relationality volunteer at Earthseed Laboratories. They hope to enter the HSU Environment and Community Graduate Program in 2023.



## **Graduate Research Assistant- Amy Ithurnburn (she/her/hers)**

Amy Ithurnburn (she/her/hers) currently lives and works on Wiyot lands. She is a recent graduate of the Environment & Community graduate program at Cal Poly Humboldt. Her research interests include examining the carceral landscapes of homelessness through the lens of abolition ecologies and Black and Indigenous abolitionist feminisms, as well as working towards land, housing, and food justice across communities. She is an advocate for Indigenous food sovereignty and land rematriation. She is excited to continue working towards building systems of care and mutual aid.

# STEERING COMMITTEE

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

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

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

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

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

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

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

**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, Cal Poly  
Humboldt)

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

**Marlene' Dusek** (M.A. Social Sciences,  
Environment and Community Alumnus)  
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

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

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

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



# TIMELINE

## DECEMBER 2019



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

## APRIL 2020



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

## MAY 2020



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

## NOVEMBER 2020



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

## MARCH 2021



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

## SEPTEMBER 2021



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

## OCTOBER 2021



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

## NOVEMBER 2021



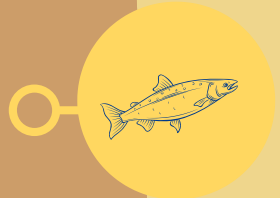
The Food Sovereignty Lab hosts the online **Food Sovereignty Speaker Series**. The series engaged more than 400 participants across multiple platforms. Watch the recorded series on Youtube or Facebook

## MARCH 2022



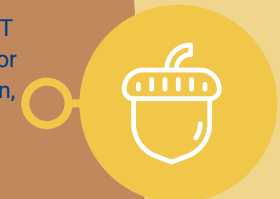
The spring **Food Sovereignty Film Series** continued featuring films centering Indigenous Food Sovereignty and guest speakers. The series engaged more than 140 participants across multiple platforms.

## APRIL 2022



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

## APRIL 2022



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

## SEPTEMBER 2022



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

## OCTOBER 2022



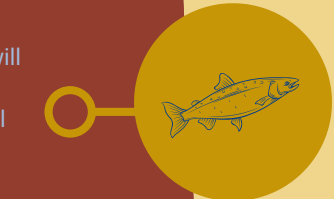
**Grand opening** of the Food Sovereignty Lab & Traditional Ecological Knowledge Institute! The Lab is the first of its kind in California dedicated to the revitalization and empowerment of Indigenous Food Sovereignty.

## NOVEMBER 2022



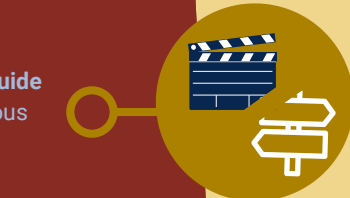
The 2022 installment of the **Food Sovereignty Speaker Series**, which will feature discussions with individuals doing work in Indigenous Food Sovereignty initiatives.

## APRIL 2023



The annual **Indigenous Foods Festival** will continue with funding from the Native American Agricultural Fund. This festival will focus on uplifting Indigenous food sovereignty across many regions.

## SPRING 2023



The **Food Sovereignty Film Series** will continue. The first **Indigenous Foods Guide** will also be released, featuring Indigenous businesses and food producers from across California.

**Rou Dalagurr**  
Food Sovereignty Lab and  
Traditional Ecological Knowledges Institute

**SPECIAL  
INSERT:**

*1st Annual*  
**Indigenous  
Foods  
Festival**  
2022

Planned & prepared by  
Amy Ithurburn, M.A.S.S.  
Graduate Research  
Assistant

IFF - 1







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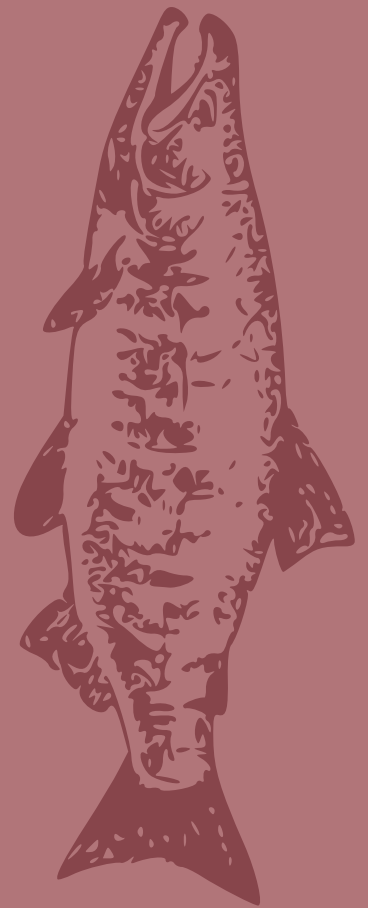


# About

On Saturday, April 16th 2022, the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute held the Indigenous Foods Festival, as part of the Cal Poly Humboldt's campus-wide Food Summit. This event was the first of an annual festival that we plan to hold each year, focusing on uplifting Indigenous food sovereignty across many regions. This inspiring event centered around the important work that folks across communities are doing to elevate Indigenous knowledges and foodways. This first festival was attended by over 350 people!

The event took place from 11 a.m. to 4 p.m. and featured an outdoor tabling area with 14 tribal and non-profit organizations and businesses from both our local and wider regions, offering demonstrations, informational materials, food, merch, and art. These organizations included: Blue Lake Rancheria, UIHS Potawot Community Food Garden, Tolowa Dee-ni' Nation, The California Indian Museum and Cultural Center, Save California Salmon, Centro Del Pueblo, Heyday Books: News from Native California, Native Women's Collective, The Food Sovereignty Lab, The Cultural Conservancy, Cooperation Humboldt, Foragers Gold LLC, SuWorhorm David Baldy, and Oceanside Jams.

We also held speaker panels in the Native American Forum, including students from the Food Sovereignty Lab and Food Summit, The California Indian Museum and Cultural Center, and Save California Salmon. Our Tending Nature screening area was also a beautiful space, where guests heard from local Indigenous community members, Loren Me'-lash-ne Bommelyn of the Tolowa Dee-ni' Nation and Jude Marshall from United Indian Health Service.





# About

The Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute's table featured informational materials and booklets, FSL reports, *Indigenize Knowledge* shirts, and FSL tumblers! We are so very grateful to Marlene' Dusek, who made Indigenous Teas available for attendees! These teas were made with Ti'ma (elderberry), Dukdu'rouwilh (rose), and Vine Tea (yerba buena). We are also grateful to Alanna Nulph and the Native Women's Collective for offering an Acorn processing and cooking demonstration for guests. It was a beautiful event!



**Rou Dalagurr:**  
Food Sovereignty Lab &  
Traditional Ecological Knowledges Institute  
Indigenous Foods Festival | April 16th, 2022

Ti'ma (elderberry)	Hawighurnuk (herb), Vine Tea	Dukdu'rouwilh (rose), Rosehips
<b>Facts/Uses</b>	<b>Facts/Uses</b>	<b>Facts/Uses</b>
<ul style="list-style-type: none"> <li>• Packed with antioxidants &amp; vitamins</li> <li>• Supports a healthy immune system</li> <li>• Use to prevent &amp; treat cold, flu, &amp; COVID</li> <li>• Use in tea or syrup</li> <li>• Use dried for trail mix</li> <li>• Not recommended to eat raw</li> </ul>	<ul style="list-style-type: none"> <li>• Excellent source of antioxidants</li> <li>• Does have caffeine</li> <li>• Use to prevent &amp; treat cold, flu, COVID, fever relief, &amp; help lungs</li> <li>• Aids in digestion &amp; in respiratory function</li> <li>• Use fresh or dried in a tea or syrup</li> <li>• Use in soups, stews, &amp; salads</li> </ul>	<ul style="list-style-type: none"> <li>• Rosehips are high in vitamin C &amp; antioxidants</li> <li>• Good support for a healthy immune system</li> <li>• Reduces joint pain</li> <li>• Protects against heart disease &amp; Type 2 Diabetes</li> <li>• Use fresh for insect stings &amp; bites</li> <li>• Use to fight cold, flu, &amp; COVID</li> <li>• Use for tea, natural jam, or eat raw (just be sure to pull the hairs and seeds out before you do so)</li> </ul>

Information by  
Marlene' Dusek  
(Payúmkawichun, Cups, Kameyay)

**Rou Dalagurr:**  
Food Sovereignty Lab &  
Traditional Ecological Knowledges Institute  
Indigenous Foods Festival | April 16th, 2022

Ti'ma (elderberry) & Dukdu'rouwilh (rose) Tea (Just & loose)	Hawighurnuk (herb), Vine Tea (Just & loose)
<ul style="list-style-type: none"> <li>• Blue Elderberry (Sambucus nigra sp. canadensis)</li> <li>• Rosehips (Rosa carolina)</li> </ul>	<ul style="list-style-type: none"> <li>• Vine Tea (yerba buena) (Clinopodium douglasii)</li> </ul>

Tea created by  
Marlene' Dusek  
(Payúmkawichun, Cups, Kameyay)

**DONATE**

Int. Ind. W.





**Rou Dalagurr**  
**Food Sovereignty Lab & Traditional  
Ecological Knowledges Institute**

**SAVE THE DATE!**

**SATURDAY, APRIL 16th**

# Indigenous Foods Festival

**11 am-4 pm PST**

**IN-PERSON at Wiyot Plaza**

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

**\*OUR EVENT REQUIRES PROOF OF VACCINATION FOR ENTRY  
& HIGHLY ENCOURAGES MASK USE\***

## FEATURING

Indigenous organizations, food  
producers, food vendors,  
hands-on activities, music,  
speakers, discussion panels,  
and more!



**Gal Poly  
Humboldt**

PRESENTED  
WITH

## DONATE

to support this event and others!



<https://hsu.link/fsl>

Funded by HEIF, Native American Agricultural Fund and Donors Like You!





This event was in collaboration with the Cal Poly Humboldt Food Summit, funded by Humboldt Energy Independence Fund (HEIF) and led by El Centro. The Lab also received funding from the Native American Agricultural Fund, and individual donors!





# Event Schedule



Cal Poly  
Humboldt



Rou Dalagurr:

Food Sovereignty Lab and Traditional Ecological  
Knowledges Institute's Indigenous Foods Festival

## EVENT SCHEDULE

Wiyot Plaza

Food Sovereignty Tabling Fair

11 a.m. - 4 p.m.

- Rou Dalagurr: Food Sovereignty Lab and Traditional Ecological Knowledges Institute
- The California Indian Museum and Cultural Center
- Save California Salmon
- Earthseed Laboratories
- Tolowa Dee-ni' Nation
- Blue Lake Rancheria
- Native Women's Collective: Acorn Demonstration
- The Cultural Conservancy
- UIHS Potawatomi Community Food Garden
- Cooperation Humboldt
- Heyday Books: News from Native California
- Centro del Pueblo
- Pathmakers
- Arcata Playhouse & Yurok Wellness Coalition
- Foragers Gold LLC
- Local Native artists!
- And more!

## Welcome

11:30 a.m.

Dr. Cutcha Risling Baldy & Dr. Kaitlin Reed  
Co-directors: Rou Dalagurr  
Department of Native American Studies

Native American  
Forum

Food Sovereignty  
Discussion Panels

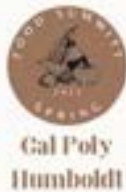
12 p.m. - 4 p.m.

BSS 166  
Lecture Hall

*Tending Nature*  
Film Screenings

1 p.m. - 4 p.m.

# ***Native American Forum Schedule***



**Rou Dalagurr:**  
Food Sovereignty Lab and Traditional Ecological  
Knowledges Institute  
**Indigenous Foods Festival**

## **Native American Forum Schedule**

12 p.m.

### **Food Sovereignty - Food Futures Student Panel**

Join the panels  
live via Zoom!



<https://bit.ly/3DseJMo>

- History of the Food Sovereignty Lab
  - Carrie Tully, MA Environment & Community '21
  - Cody Henrikson, BA Marine Biology & Native American Studies
- Future of the Food Sovereignty Lab
  - Karley Rojas, BS Botany & Studio Art '21
- Why Food Justice on Campus?
  - Liszet Burqueño, BS Environmental Resources Engineering '22
- Q&A

1:30 p.m.

### **California Indian Museum and Cultural Center: Cultivating Original Food Leaders**

3 p.m.

### **Save California Salmon: Advocating for Indigenous Futures: Traditional Ecological Knowledge & Water Protection in the Classroom**



# Tending Nature Schedule



Cal Poly  
Humboldt



**Rou Dalagurr:**  
Food Sovereignty Lab and Traditional Ecological  
Knowledges Institute  
Indigenous Foods Festival

## TENDING NATURE

Screenings in BSS 166 Lecture Hall  
30 minute short films followed by discussions

Join the screenings  
live via Zoom!



<https://bit.ly/35suTch>

1 p.m.

Healing the Body with United  
Indian Health Service

1:30 p.m.

Short Discussion:  
Jude Marshall

Community Nutrition Manager, UIHS

2 p.m.

Protecting the Coast with the  
Tolowa Dee-ni'

2:30 p.m.

Short Discussion:

Loren Me'-lash-ne Bommelyn

Tolowa Dee-ni' Nation

3 p.m.

Cultivating Native Foodways with  
the Cultural Conservancy

3:30 p.m.

Short Discussion:

Evie Ferreira

Native Foodways Manager, The Cultural  
Conservancy

Tending Nature is a free series  
produced by KCET. To see all of  
the episodes, visit their website:





# ***Read what guests said about the Indigenous Foods Festival:***

"It was a great event with a wide variety of organizations, artists and community members. I really like the food demonstrations; it was amazing to taste acorns and the traditional teas. I think having booths with items to purchase to support local Native people, Tribes and organizations is wonderful."

"Loved it! It was so much fun. The tea was delicious. I believe this food festival has the potential to be one of the biggest events in the community."

"It reminds people that Native folks are still here and have always been here despite colonial efforts to erase them, their identities and culture."

"Having community events like this with so many people with wisdom to share, where Indigenous voices are uplifted rather than just studied, and having the space to be able to support Indigenous people in a respectful way that did not involve cultural appropriation is key."

"Building bridges between the university, Tribes, and the public is important for a resilient community."

"Decolonize our minds and practices and create unity within the community. Support our local tribes and pay respect to the land we are settled on."

"We all need the knowledge. We need to work together to repair our earth."



# Volunteers

We had **22** volunteers throughout the Indigenous Foods Festival, as well as over **30** volunteers helping out with our various events throughout the Food Summit. **We love our community!**



## FSL Volunteers:

Klara Hernandez	Amanda Kanaly
Asha Moore	Mia Blaine
Delaney Schroeder-Echavarria	Brittany Long
Tara Drake	Karter Bloxsom
Kayla Fitzpatrick	Sylvia van Royen
Zachary Erickson	Robin Freiberg
Kamaya Killebrew	Daniel Holsapple
Georgina Quinn	Ries Ruehrwein
Arianna Bucio	Victoria Budke
Joahnnna Tool	Alice Finen
Raylene Borrego	Olie Espinoza
Clio Gentry	Madeline Odum
Emily Curry	
Starsong Brittain	
Ezra Huebner	
Jada Wright	
Crane Conso	
Juliana Suzukawa	
Yaire Barboza	

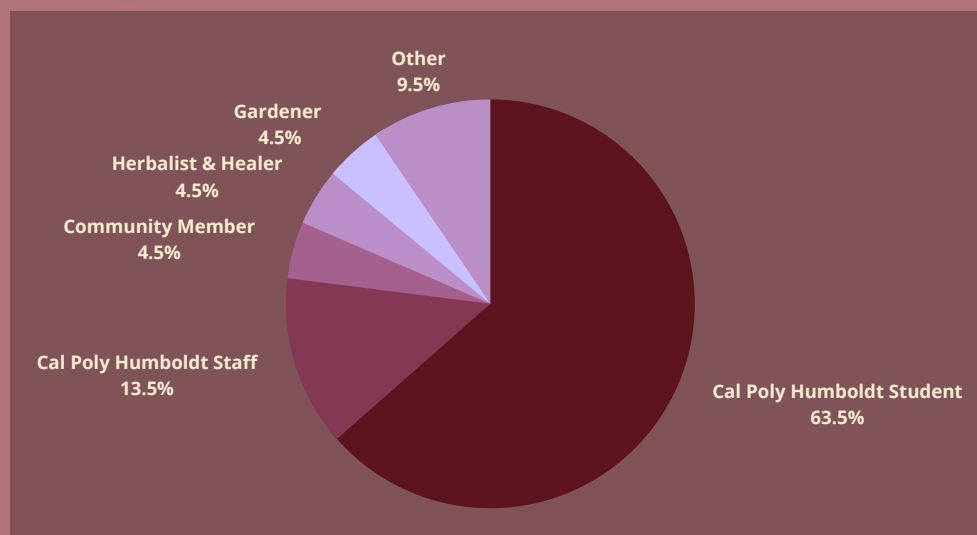
# ***Post-Event Data***



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

***Total Donations  
& Sales:  
\$1,192***

## ***Cal Poly Humboldt Attendees:***





# ***Post-Event Data***



## ***Quick Stats***

- **Dates:** April 4 - April 22, 2022
- **8 events** held over three weeks
- **400 attendees** for all FSL events!

## ***Outreach***

- 12 Instagram posts
- 11 Facebook posts
- Sent 13 IFF Press Release Packets to various news and radio outlets
- El Centro webpage
- Living program webpage

## ***Press Coverage***

- The Lumberjack: "Indigenous Foods Festival highlights the importance of food sovereignty"
- The Times Standard: "Indigenous foods fest planned at university"
- Humboldt Now: "Food Summit Features Indigenous Food Festival, Workshops, Volunteer Opportunities"
- KHSU Diverse Public Radio: North Coast Conversations: Food Sovereignty Lab



# ***Post-Event Data: Attendance***



Gathering for Indigenous Empowerment, April 7th 2022  
Attendance: 12

Indigenous Garden Volunteer Day, April 10th 2022  
Attendance: 8

mak-lamham Keynote Speaker Event, April 13th 2022  
Attendance: 10

Gather Film Screening, April 14th 2022  
Attendance: 8

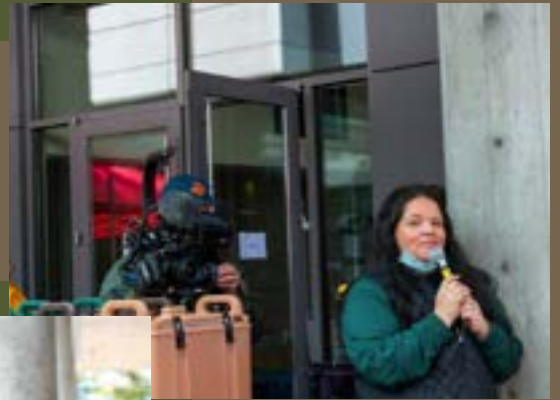
Indigenous Foods Festival, April 16th 2022  
Attendance: 350

Indigenous Garden Volunteer Day, April 19th 2022  
Attendance: 4

Medicinal Properties of Plants, April 19th 2022  
Attendance: 7

**Indigenous Garden Volunteer Days are ongoing!**









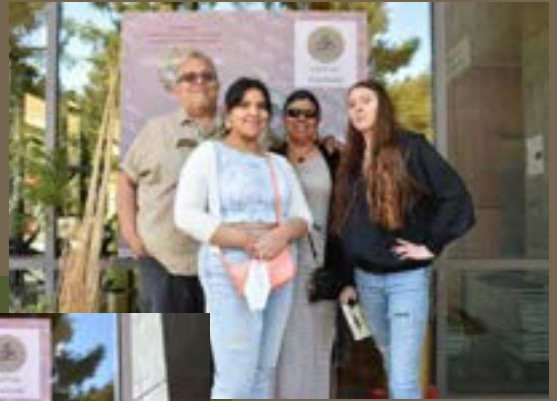












[Click here to view the IFF highlight video created by Valentina Dimas!](#)



This event was planned by FSL Research Assistants, Amy Ithurburn and Karley Rojas, and Lab co-director, Dr. Cutcha Risling Baldy!



[Donate to support next year's festival!](#)

Stay tuned for the next Indigenous Foods Festival in Spring 2023!







# Cal Poly Humboldt **FOOD SUMMIT** *by Katie Koscielak*



## Spring 2022

In Spring of 2021, a student from El Centro named Angelica Alvarez submitted an Idea to the Humboldt Energy Independence Fund requesting funding support for an event that would bring a speaker to campus to elevate Latinx perspectives on sustainability. The HEIF Committee liked the idea enough to allocate funding for two student positions (at a rate of 10 hours per week) in Fall 2021 to develop the concept and prepare more detailed plans, budget figures, and feasibility information. The selected students Liszet Burgueno and Darin Torres collaboratively developed a proposal to host a full suite of workshops and activities focused on "generating awareness of BIPOC contributions and knowledge of food and discussing how the campus community could build greater food resiliency and equity." Their proposal was for a funding allocation of roughly \$30,000 to support a suite of programs during April of 2022. Of the allocated funding, \$10,000 was allocated to support the 'soft launch' of an Indigenous Food Festival that would be coordinated by the Native American Studies Department under the banner of their newly established Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute and \$3,500 was allocated for student assistant wages to plan and coordinate the Food Festival. With these pieces in place, a group of collaborators then came together to implement the first annual Cal Poly Humboldt Food Summit in Spring 2022.

The group was led by El Centro, supported by administrative staff of HEIF and the Office of Sustainability, and further composed of representatives from the Rou Dalagurr Food Sovereignty Lab, Oh SNAP, Green Campus, WRRAP, Associated Students, La Comida Nos Une, Umoja, the Center for Community Based Learning, and the Social Justice Equity Inclusion Center. Ultimately the collaborating groups pulled together a multitude of speaker events, opportunities to volunteer in local gardens, social events with community tabling and networking opportunities, events where free food was served or made available, and hands-on workshops where participants could learn new skills or information. In summation, the group implemented 22 discrete events, activities, and workshops from April 6th through April 20th and saw roughly 775 attendees throughout the suite of programs. The Indigenous Food Festival achieved the highest volume of attendees, but other tabling events and those that served food for free to attendees also saw significant participation from Cal Poly Humboldt students. The Summit was held in a mix of in-person, virtual and hybrid formats, ensuring a variety of different audiences and catering to a wide variety of accessibility needs. Overall, the Food Summit in full was deemed a success with anecdotes from attendees being generally positive.

### HEIF's IFF Budget

Description	Amount
Indigenous Foods Festival	\$10,000
Student Assistant Wages	\$3,500
Gathering for Indigenous Empowerment Workshop	\$400
Gather Film Honorarium	\$500
<b>TOTAL</b>	<b>\$14,400</b>





# Gathering for Indigenous Empowerment Workshop

Throughout the three-week campus Food Summit, the Food Sovereignty Lab also hosted workshops, volunteer days, a film screening, and speaker events. Our first workshop was *Gathering for Indigenous Empowerment*, led by Marlene' Dusek and Karley Rojas, on Thursday, April 7th. This event provided guests with knowledge around the necessity of being in good relations with those whose land you occupy, as well as with the land and more-than-human beings. Facilitators discussed approaching relationships with landscape in a good way, a way that respects Indigenous sovereignty and self-determination. Marlene' Dusek (Payómkawichum, Kúupangawish, Kumeyaay) is a graduate student with the Environment and Community Program, a member of the Lab's Steering Committee, and a Traditional Gatherer and Plant Medicine Practitioner. Karley is the research assistant for the Lab, an Ethnobotanist and herbalist.

This workshop featured hands-on gathering of Himalayan Blackberry leaves



**Rou Dalagurr**  
Food Sovereignty Lab & Traditional  
Ecological Knowledges Institute

Indigenous Foods Festival In-Person Activity

**\*THIS ACTIVITY IS A PRE-REQUISITE FOR OTHER  
SELECT FOOD SUMMIT WORKSHOPS\***

## Gathering for Indigenous Empowerment

Thursday, APRIL 7th  
2:30 p.m. PST, BSS 166

Join us for the Indigenous Foods Festival activity with  
Marlene' Dusek and Karley Rojas!  
Please wear woodland-appropriate shoes, and long-  
sleeved/long-pant protective clothing. We will be  
gathering blackberry leaves to gift to the Wiyot Tribe.

**REGISTER  
HERE!**

**ACTIVITY**  
Will discuss approaching  
relationships with landscape and  
gathering in a good way- a way that  
respects Indigenous sovereignty  
and self-determination of land.

**PRESENTED  
WITH**

**Cal Poly  
Humboldt**

Funded by the Humboldt Energy Independence Fund (HEIF) & Donors like you!



# ***mak-'amham*** ***Keynote Speaker*** ***Event***



On April 13th, our Indigenous Foods Festival opening Keynote Speaker event was with mak-'amham/Cafe Ohlone, where Dr. Kaitlin Reed hosted a wonderful discussion with Vincent Medina and Louis Trevino. mak-'amham/Cafe Ohlone is a “cultural institution empowering our community with tradition—and we teach the public, through taste, of our unbroken roots.”

## **ABOUT MAK-'AMHAM**

mak-'amham (*mahk-am-haam*) means **our food** in the Chochenyo Ohlone language. 'We are an Ohlone cultural institution empowering our community with tradition—and we teach the public, through taste, of our unbroken roots'.



mak-'amham/Cafe Ohlone



# Gather Screening



On Thursday, April 14th, we hosted the 'Gather' film screening as part of the Indigenous Foods Festival and Food Summit, as well as our Spring 2022 Film Series, where we were so grateful to be joined by Nephi Craig, chef from the White Mountain Apache Nation featured in the film. This was an inspiring event, where guests won CIMCC Acorn Bites and Wahpepah's Kitchen Indigneous Bars!

You can watch our discussion with Nephi Craig [here](#)!

Rou Dalagurr  
Food Sovereignty Lab  
Spring 2022 Online Film Series

REGISTRATION: <https://forms.gle/3R038UCCY82LJqY2Z>

**FEATURE FILM**  
Thursday, April 14th @ 7pm pst

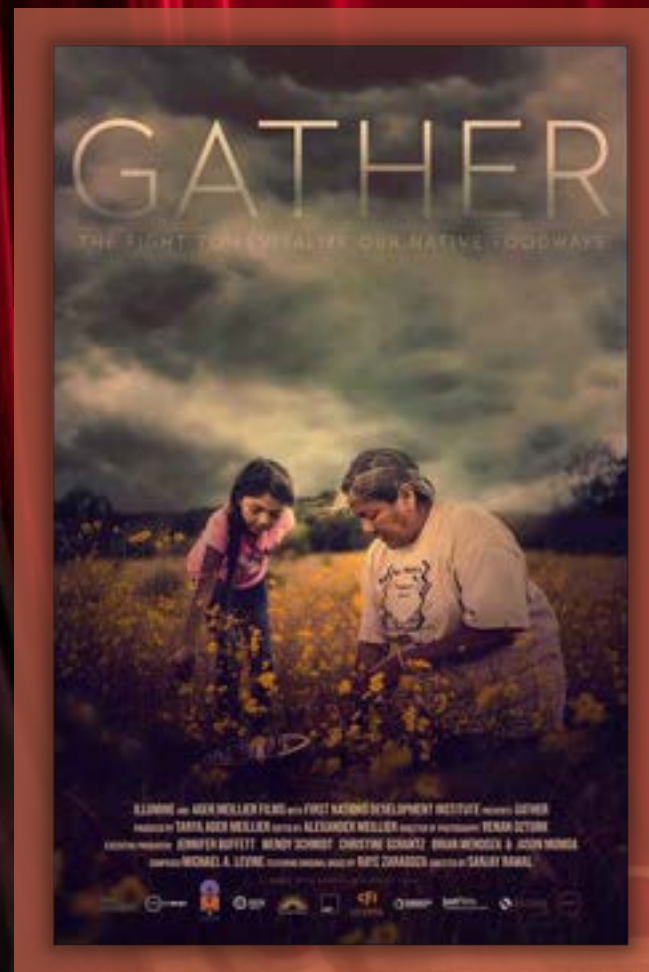
**GATHER**

'Gather' is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide. Gather follows Nephi Craig, a chef from the White Mountain Apache Nation (Arizona), opening an Indigenous cafe as a nutritional recovery clinic; Elise Delaney, a young scientist from the Cheyenne River Sioux Nation (South Dakota), conducting landmark studies on honey; and the Ancestral Guard, a group of environmental activists from the Yanki Nation (Northern California), trying to save the Klamath river.

**Featuring:** Opening Discussion with Nephi Craig, chef from the White Mountain Apache Nation

Three prizes! Lucky audience members will win a package of acorn bites, acorn beer, and Indigenous Bars!

Gal Paly (Humboldt)





# Medicinal Properties of Plants Workshop

*Medicinal Properties of Plants* was an in-person/hybrid workshop presented by Evie Ferriera and Karley Rojas, which introduced participants to herbalism in an Indigenous-facing modality. Evie Ferreira (Ancestral Heritage: Yoeme, Mestiza; Mexican American) is an HSU alumnus and works for the Cultural Conservancy as the Native Foodways Manager. Karley is the research assistant for the Lab, an ethnobotanist and herbalist.

We discussed the history of herbalism, touched upon herbal energetics and actions, and discussed food as medicine. We focused on specific plant species that are accessible with which participants could start forming a relationship, and discussed how to prepare oxymels. Participants received their own oxymel to take home, and a recipe card.



**Rou Dalagurr**  
Food Sovereignty Lab & Traditional Ecological Knowledge Institute  
Indigenous Foods Festival Hybrid Activity

\* A PRE-REQUISITE FOR THIS CLASS IS 'GATHERING FOR INDIGENOUS EMPOWERMENT' \*

## Medicinal Properties of Plants Workshop

Tuesday, APRIL 19th  
12-1:30 p.m. PST, BSS 408

Participants will receive oxymel & recipe card!

Join us for the Indigenous Foods Festival activity in-person & online with Evie Ferriera & Karley Rojas!

**REGISTER HERE!**

**ACTIVITY**

We will be discussing the history of herbalism, energetics, and actions, and how to prepare oxymels. We will also be preparing oxymels together. Bring a jar to take home your oxymel!

**PRESENTED WITH:**

Cal Poly Humboldt

Funded by the Humboldt Energy Independence Fund (HEIF) of donors like you!

**Rou Dalagurr**  
Food Sovereignty Lab & Traditional Ecological Knowledge Institute  
Indigenous Foods Festival: Medicinal Properties of Plants Workshop

**OXYMEL** is a blend of honey and vinegar, each of which are infused with herbs. These infusions both pull different constituents from the herbs, resulting in an effective and delicious preparation. Shake prior to use.

**VINEGAR** is a useful solvent for drawing out alkaloid constituents, dissolving plant cell walls, and releasing mineral content. Internally helpful for digestion and blood sugar control, typically administered, unthinned, and also inflammatory effects. Will store for at least 6 months in a cool, dry place in a dark, light blocking glass bottle.

**To make:** Fill a mason jar 1/2 full with herbs, fill jar to top with vinegar, rub a piece of wax paper and place between the mouth and the lid. Screw-on lid, label with contents and the date, and macerate for 4 weeks. Shake daily during that time. Strain, re-bottle, and re-label.

**HONEY** is a solvent that is medicinal in its own right as a wound healer and antimicrobial agent, honey also attracts the water soluble and soluble components of herbs, it is also an excellent preservative. Local honey is preferred.

**To make:** Pluck herbs and leafy stems only, chop, wilt for a few hours, fill mason jar 1/2 full, pour honey over herbs, the shoulders, the stems and label, place in a warm area and leave to macerate for 4 weeks. Gently warm the sealed jar in a pot of hot water until the honey has a liquid consistency, then strain into a new jar. Label and store in a cool, dark place, will keep for years.

This oxymel contains: chamomile flowers, calendula flowers, plantain, ginger root, and garlic.

Funded by the Humboldt Energy Independence Fund (HEIF) of donors like you!





# Indigenous Garden Volunteer Days

Throughout the month of April, we also hosted several volunteer days in our new Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute's Indigenous Garden on campus! These events were ground-breaking, and we are so grateful to all of our amazing volunteers. We are planning for more volunteer days coming soon. Stay tuned!



**Sign up to volunteer!**

**STUDENT REGISTRATION:**

<https://hsu.link/volunteerfoodsovgarden>



**COMMUNITY MEMBER  
REGISTRATION:**

<https://hsu.link/communityvolunteerfoodsovgarden>





# Financials

## IFF Budget

Description	Funding	Amount
Honorariums & Payments	HEIF, NAS MSF, & NAAF	\$5,115
Printing, Marketing, & Merch	HEIF & Lab Trust	\$6,300
Booths & Supplies	HEIF & NAAF	\$5,104
Student Assistant Wages	HEIF	\$3,500
Other (Misc. Printing)	HEIF	\$129
<b>TOTAL</b>	<b>ALL</b>	<b>\$20,148</b>

## Funding

Fund	Amount Covering
HEIF	\$13,687
NAAF	\$2,952
Lab Trust	\$1,434
NAS MSF Funds	\$2,075
<b>TOTAL</b>	<b>\$20,148</b>

The total cost for the IFF and FSL-affiliated Food Summit events was **\$20,148**. The Humboldt Energy Independence Fund will be reimbursing the Lab **\$14,400** and the remaining **\$5,748** was covered by various NAS funding sources.



# Thank you all for being part of the 1st annual FSL Indigenous Foods Festival!

## About the Lab:

The Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute is an interdisciplinary, collaborative effort that is student- designed and community-informed. 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. The lab will build national and international connections that foreground Indigenous voices in rigorous academic research, publications and community-centered programming, connecting youth to higher education, policy development, economic development, and climate resiliency.

The Food Sovereignty Lab is a space to facilitate research by foregrounding Indigenous input that upholds Tribal autonomy and self determination. This lab is about ensuring Indigenous sovereignty is upheld, and that Indigenous communities maintain self- determination over how their knowledges are approached, researched, engaged with, represented, and managed.

How to get involved:

### Courses:

- NAS 331: Indigenous Natural Resource Management Practices
- NAS 325: Tribes of California
- NAS 333: Food Sovereignty Lab

Internships: Call for applications each Spring (707.826.4329)

Volunteer: Email [nas@humboldt.edu](mailto:nas@humboldt.edu)

DONATE!



GET  
UPDATES!



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



[@hsu\\_nas](https://www.instagram.com/hsu_nas)



# SPRING FILM SERIES

In Spring 2022, we were back with another round of online film screenings!

This series featured door prizes of Acorn Bites and Indigenous Bars! Each screening, 5 lucky audience members won a package of acorn bites and 3 folks won Indigenous Bars!

We were also joined by special guest speakers. On Thursday, April 14th, we were joined by Nephi Craig in a discussion with Karley Rojas, prefacing the film 'Gather' as part of the Indigenous Foods Festival. Nephi is a chef from the White Mountain Apache Nation, and is featured in the film alongside his restaurant and community-facing training center Café Gozhóó. This discussion was funded by HEIF. You can watch our [discussion with Nephi on the NAS Youtube.](#)

Following 'El Cacao: The Challenge of Fair Trade' and 'No Place to Grow' on Thursday, April 21st, we featured our guest Filmmaker Michelle Aguilar in discussion as well. Michelle is a documentary filmmaker, committed to social equality and fair representation. This film screening was presented with the [3rd Annual Post-Capitalism Conference.](#) You can watch our [discussion with Michelle on the NAS Youtube.](#)



Ron Dalagurr  
Food Sovereignty Lab  
Spring 2022 Online Film Series

REGISTRATION: <https://forms.gle/Utd35UCCF89L1qY27>

**FEATURE FILMS**

**Thursday, March 3rd @ 7pm pst**  
'Inhabitants: Indigenous Perspectives on Restoring Our World'  
Presented with the Social Justice Summit

**Thursday, March 24th @ 7pm pst**  
'Voices From the Barren: Native People, Blueberries & Sovereignty'

**Thursday, April 14th @ 7pm pst**  
'Gather'  
FEATURING: Discussion with Nephi Craig  
Presented with the Food Summit

**Thursday, April 21st @ 7pm pst**  
'No Place to Grow' & 'El Cacao: The Challenge of Fair Trade'  
FEATURING: Discussion with Filmmaker Michelle Aguilar  
Presented with the Post-Capitalism Conference

Door prizes!  
5 lucky audience members will win a package of acorn bites! 3 will win Indigenous Bars!

Purchase Acorn Bites from The California Indian Museum and Cultural Center [here!](#)



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



# INDIGENOUS GARDEN

HERB BED



INDIAN POTATO BED



VEGGIE BED



## SUMMER VOLUNTEER DAYS

Friday, August 12th; 2-4 pm

Thursday, August 18th, 4-5 pm

Friday, August 26th, 2-4 pm

Stay Tuned for Fall Semester Volunteer Days!

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

Following a community survey, the information was analyzed and collated with previous input from community members, which generated an initial plan for implementation of the first year 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.

Following community survey, and an established list of desirable plants, a planting plan was established and is in the process of being realized for the 2022 growing season. Looking forward, we will be constructing an ADA compliant path which will allow the top two beds of the Indigenous garden to be accessible, which will be constructed into raised beds, creating an 'Elder Garden' corner of the indigenous Garden. We will also be constructing a residential greenhouse, and shed mirroring a traditional Wiyot plankhouse.

We established guidelines and procedures for student and community involvement, including a survey to sign up to volunteer, and an Online Training Module, provided to individuals that have not taken an NAS class, or do not have experience working with tribal community. We held volunteer days through April 2022, which will now be ongoing throughout the growing season. In April, weedy grasses and non-native competitive annuals were removed from the beds. The beds were aerated and selectively amended. We then established plant starts and seeds in three of our allocated beds which were sourced from community, including Blue Lake Daluviwi' Community Garden, Potawot Community Garden, Tolowa Dee-Ni' Garden, and the Wiyot Tribe Natural Resources Department.

**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>



# OUTDOOR CLASSROOM

***It's official-*** The NAS Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute has received an exterior space allocation at Cal Poly Humboldt! This is a historic and transformative moment. The FSL Exterior Space has arisen thanks to the actions and resilience of the Lab's faculty, staff, students, community, and partners. Since the envisioning and realization of the interior space of the Behavioral and Social Sciences (BSS) 168 as the student-led, Indigenous community-facing Food Sovereignty Lab, a Native Plant Landscape and exterior space has been conceived as a critical element to our Institute. The exterior space surrounds the Behavioral and Social Sciences Building (BSS), and extends down to General Parking Lot 15 on Cal Poly Humboldt's campus- this includes open areas and a redwood woodland. We are so grateful for the continuing and vocal support of the Wiyot Tribe to the Food Sovereignty Lab, including their representation on the Steering Committee and actions such as the Wiyot Tribe Natural Resources Department's letter of support submitted to USFAC regarding the request for an external space allocation. It is the driving goal of the Lab to be a space of collaboration and mutual support between Cal Poly Humboldt and the tribal community- the exterior space allocation enables us to further realize this goal.



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

## PHASED PLAN

**PHASE 1:**  
Reconnection

**PHASE 2:**  
Restoration

**PHASE 3:**  
Resurgence

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



# OUTDOOR CLASSROOM

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



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



**Elder Garden Artist's Concept**



To enter into relationship with this landscape, the Rou Dalagurr Food Sovereignty Lab and Traditional Knowledges Institute will first hold a land reconnection ceremony and public forum as part of **PHASE 1: Reconnection** later this summer.

Starting in **Fall 2022**, students of the NAS 333: FSL Lab Course, student interns, volunteers, and community members will start 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!

# OUTDOOR CLASSROOM: GREENHOUSE

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

The greenhouse space offers the opportunity for propagation and research. The propagules from this space will populate both the Native Plant Landscape and the Indigenous Garden; these propagules will also be gifted to community to increase access to native plants of cultural concern, as well as garden plants. This is a space in which experiments and research can be conducted, following the goals of the Food Sovereignty Lab and our community stakeholders. We will be seeking community feedback through open-ended questions within a survey structure; the greenhouse project will also be included for feedback in community meetings. At this point, the greenhouse serves to propagate plants for the Indigenous Garden; this plant assemblage has been and continues to be determined from community feedback and [survey](#). This space will serve for propagules to populate the Native Plant Landscape, following the implementation of a community feedback process. We will intentionally propagate populations in the greenhouse which are expressed as desirable by community, for intended dissemination to the community. The greenhouse and Native Plant Landscape may also be the focus of year-long internship projects, and will serve as a site for student volunteer engagement.

## Room A: 103 sq. ft growing space



## Room B: 184 sq. ft growing space



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!



# PROGRAM UPDATES

## INTERNSHIPS

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

### REQUIREMENTS

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



Fill out the [proposal form](#)



<https://bit.ly/FSLinternship>

## COURSES

### NAS 331: Indigenous Natural Resource Management Practices (3 units)

FALL 42796, Mo 5:00PM - 7:50PM

Emphasis on the critical importance of natural resource management in indigenous communities. Comparison of the cultural traditions and beliefs of Indigenous people, with those of western science based management.

### NAS 325: Native Tribes of California (3 units)

SPRING

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

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

FALL 43634, Mo 2:00PM - 3:50PM

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

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

# How to: VOLUNTEER

## VOLUNTEER

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

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



**COMMUNITY MEMBER REGISTRATION:**



<https://bit.ly/FSLcommunityvolunteer>

## ONLINE TRAINING MODULE

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

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

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

**PAY THE WIYOT HONOR TAX [HERE!](http://www.honortax.org/)**

<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>





Upcoming:

# INDIGENOUS FOODS GUIDE

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

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

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

## PHASE 1

Gathering information about all of the various organizations and programs

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

## PHASE 3

Working to build this hub of Indigenous food resources across regions

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

## PHASE 2

Working to create the Website and StoryMap

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

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



# CONGRATULATIONS TO GRADUATES!

The Lab would like to extend a congratulations to recent FSL affiliated graduates:

**Marlene' Dusek, Carrie Tully, and Amy Ithurburn!**



**Marlene' Dusek** (M.A. Social Sciences, Environment and Community Alumnus)

Marlene' Dusek comes from the Payómkawichum, Cupa, and Kumeyaay peoples and is a recent Master's Graduate from Cal Poly Humboldt in Environment and Community. She is also a traditional foods gatherer and harvester, ethnobotanist, Indigenous scientist, and overall plant nerd. Her work stays committed to protecting all relatives and Mother Earth from the harms of this colonial world. Her vision for the future and collective energy is put towards the redistribution of power back to communities, working towards abolition, sustaining traditional food webs and environmental cycles, getting land back, and sustaining Indigenous management of our natural environments and relatives.

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

Carrie Tully is the Organizational Development Director at SCS. She has a Master of Arts in Social Sciences in Environment & Community from Humboldt State University. She strives to seek ways to heal traumas by building relationships with people and the more-than-human world. This is what drove her to work on the SCS & NAS Summer Speaker Series, the NAS Food Sovereignty Lab and Traditional Ecological Knowledges Institute, and her thesis, "Working towards and for the rematriation of Goukdi'n".



**Amy Ithurburn** (M.A. Social Sciences, Environment and Community Alumnus)



Amy Ithurburn currently lives and works on Wiyot lands. She is a recent graduate of the Environment & Community graduate program at Cal Poly Humboldt. Her research interests include examining the carceral landscapes of homelessness through the lens of abolition ecologies and Black and Indigenous abolitionist feminisms, as well as working towards land, housing, and food justice across communities. She is an advocate for Indigenous food sovereignty and land rematriation. She is excited to continue working towards building systems of care and mutual aid.



# BUDGET UPDATES

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

Funds (Raised/Secured)
Humboldt Energy Independence Fund: \$80,000
NAS Donation Drive/ Go Fund Me (2021): \$31,982.50
Humboldt Area Foundation: \$25,000
Wild Rivers Foundation: \$25,000
Humboldt Health Foundation: \$5,000
CARES: Higher Education Emergency Relief Fund (HEERF): \$70,000
Leah Thibault- Batt Ingram Memorial: \$60,000
Graton Rancheria: \$100,000
Native American Agricultural Fund Grant: \$118,945.04
HEIF: \$14,400 (Indigenous Foods Festival & Food Summit Activities)

Planned Expenditures (August 2022- February 2023)
Research Assistants (Undergraduate & Graduate): \$6,000 <small>*50% funded by NAAF Grant</small>
Food Sovereignty Speaker Series: \$2,700 <small>*Funded by NAS Department</small>
FSL Greenhouse Space: \$3,000.00
FSL Interns (5): \$ 35,000 <small>*Funded by Batt Ingram Memorial Foundation</small>

Expenditures (January 2022- July 2022)
Research Assistant (Graduate): \$3,500 <small>*Funded by NAAF Grant &amp; HEIF</small>
Research Assistant (Undergraduate): \$3,000 <small>*Funded by NAS Department</small>
Food Sovereignty Film Series: \$900 <small>*Funded by NAS Department</small>
Marketing/Hospitality: \$720
Indigenous Foods Festival Expenditures: \$14,748 <small>*Funded by NAAF Grant &amp; HEIF</small>
Food Summit Activities: \$1,900 <small>*Funded by HEIF</small> <small>Includes: Mak'amham keynote discussion, 'Gather' discussion with Nephi Craig, Gathering for Indigenous Empowerment Workshop, Medicinal Properties of Plants Workshop</small>
Indigenous Garden: \$2,000 <small>*funded by NAS Department, NAAF Grant, NAS Lab Fund</small>

Capital Expenditures (February - Oct 2022)
Estimate for lab remodel: \$325,342.21
<i>Expected opening for the lab: October 2022!</i>

Planned Future Expenditures & Positions
Full-time Staff Program Coordinator for the Rou Dalagurr Food Sovereignty Lab: \$84,000/ year
Two FSL Fellowships: \$25,000/ year
Native Plant Landscape: \$60,000 <small>Includes: Event Planning, Community Engagement, infrastructure estimates (ADA pathway, Greenhouse, Shed), Planting &amp; Maintenance</small>

# DONATIONS

<b>PHASE 1:</b> Interior Remodel	<b>FUNDED!</b>
<b>PHASE 2:</b> Outdoor Classroom Space; Ongoing Community Workshops & Projects	<b>DONATE NOW!</b>

## DONATE!

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

<https://hsu.link/fsl>



## Recent Donors February 2022- August 2022

**\$500+**

Indigenous Foods Festival  
Donations & Sales: \$1,192

Alesha Manriquez  
Dawn Nystrom  
Jeff Crane  
Karen J. Roebuck  
May R. Patiño  
Natalia Estrada  
Sheila E. Rocker Heppe

## SIGN UP for our NEWSLETTER



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

We now have over  
500 donors who  
have helped us to  
make this lab  
possible!



# SAVE THE DATE!

**Stay up to date on  
all of our  
upcoming events  
and programs!**

NAS 333: Lab  
Course & 2022  
Internship  
**August 2022**

Indigenous Garden  
Volunteer Days:

**August 12**

**August 18**

**August 26**

& many more to come!

Land Reconnection  
Ceremony &  
Public Forums  
**Summer 2022**

Sign up for  
our  
Newsletter!



[bit.ly/3I1LG40](https://bit.ly/3I1LG40)

Rou Dalagurr  
Food Sovereignty Lab  
& Traditional  
Ecological Knowledges  
Institute  
**Official Opening:  
Fall 2022**

Check out a concept  
illustration of the  
Lab by Facilities  
Management!



Food Sovereignty  
Speaker Series  
**Fall 2022**

Food Sovereignty  
Film Series  
**Spring 2023**

Indigenous  
Foods Festival  
**Spring 2023**

# COMMUNITY PARTNERS



**POTAWOTI COMMUNITY  
FOOD GARDEN**

**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 Weet Way, Arcata, CA 95521**



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

[@potawotigarden](https://www.instagram.com/potawotigarden) [Facebook.com/PotawotiCommunityFoodGarden](https://www.facebook.com/PotawotiCommunityFoodGarden)

## Tolowa Dee-Ni' Nation Natural Resources Department

This past year the Tolowa Dee-ni' Nation Natural Resources Department has been working on prepping and developing the Tolowa Dee-ni' Tr'aa-may-dvn Xwee-nish (Tolowa Dee-ni' Living Plant Library) also known as the Nursery. Staff have begun to establish a physical and digital native plant and seed library, and a propagation nursery; both essential to supporting tribal and community education about local indigenous environmental practices, language, and cultural traditions. The goal of the nursery is to provide native plants to Tolowa people, provide plants for local restoration projects and hold a space for an outdoor learning area. Another highlight for this year is the Food Sovereignty Building, which is being built right outside of the nursery and will be divided into a meat processing facility, workshop/training space and an office area. Staff have been learning how to propagate several native plants including Yaa'ilh-delh-ni (Evergreen Huckleberry), Ch'vt-yee-taa-dee-chi (Salmonberry) and many others. Staff have also begun to teach a few workshops to the Tolowa Language class and other staff members. Although the year took some time to get started, many successful projects were able to get started.





CAL POLY HUMBOLDT  
DEPARTMENT OF NATIVE AMERICAN STUDIES

**ROU DALAGURR**

**Food Sovereignty Lab and Traditional Ecological Knowledges  
Institute**



**Spring  
2022**