

Rou Dalagurr
Food Sovereignty Lab and
Traditional Ecological Knowledges Institute

1st Annual
**Indigenous
Foods
Festival**
2022

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

IFF - 1



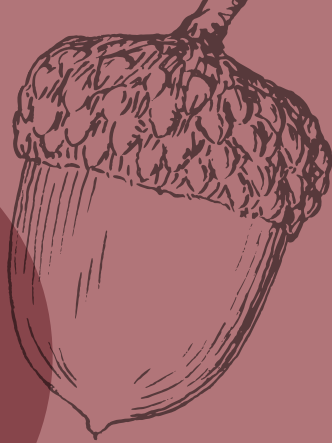


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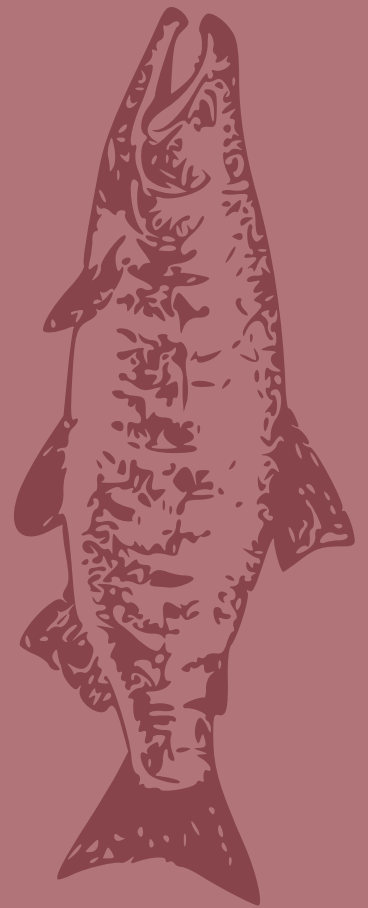


About

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

Information by
Marlene' Dusek
(Payimkawichun, 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"> - Blue Elderberry (Sambucus nigra ssp. canadensis) - Rosehips (Rosa carolina) 	<ul style="list-style-type: none"> - Vine Tea (yerba buena) (Clinopodium douglasii)

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

DONATE

Scan QR code to donate



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!



**Cal 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

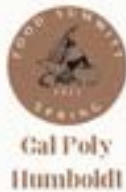
12 p.m. - 4 p.m.

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
Asha Moore
Delaney Schroeder-Echavarria
Tara Drake
Kayla Fitzpatrick
Zachary Erickson
Kamaya Killebrew
Georgina Quinn
Arianna Bucio
Joahanna Tool
Raylene Borrego
Clio Gentry
Emily Curry
Starsong Brittain
Ezra Huebner
Jada Wright
Crane Conso
Juliana Suzukawa
Yaire Barboza

Amanda Kanaly
Mia Blaine
Brittany Long
Karter Bloxsom
Sylvia van Royen
Robin Freiberg
Daniel Holsapple
Ries Ruehrwein
Victoria Budke
Alice Finen
Olie Espinoza
Madeline Odum



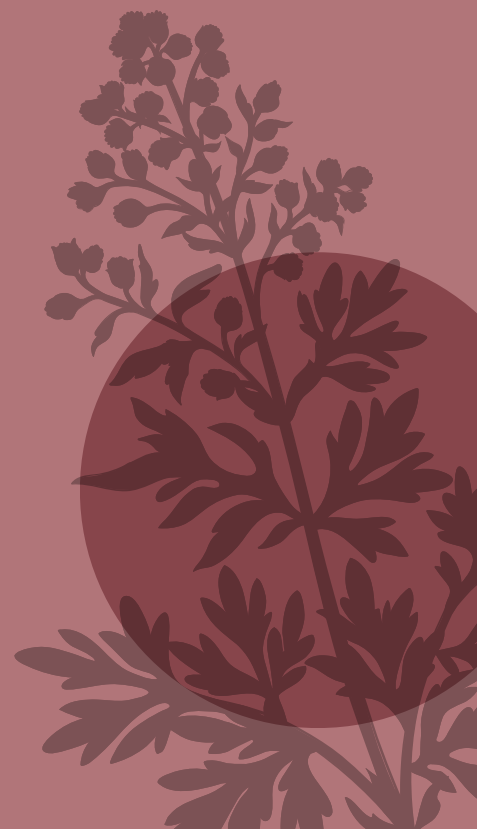
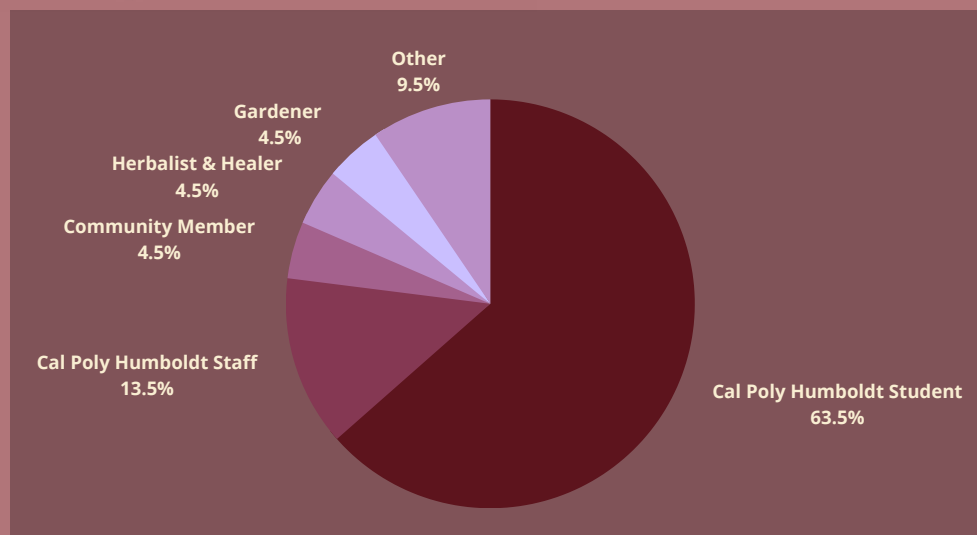
Post-Event Data



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



Indigenous Foods Festival highlights the importance of food sovereignty

Post-Event Data: Attendance



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

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

mak'amham 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
TOTAL	\$14,400



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 Knowledge 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-
sleeve/long-pant protective clothing. We will be
gathering blackberry leaves to gift to the Wiyot Tribe.

**REGISTER
HERE!**



<https://bit.ly/indigenousfoods2022>

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'.



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/3tD3SUCCT82LJqY2Z>

FEATURE FILM
Thursday, April 14th @ 7pm pst

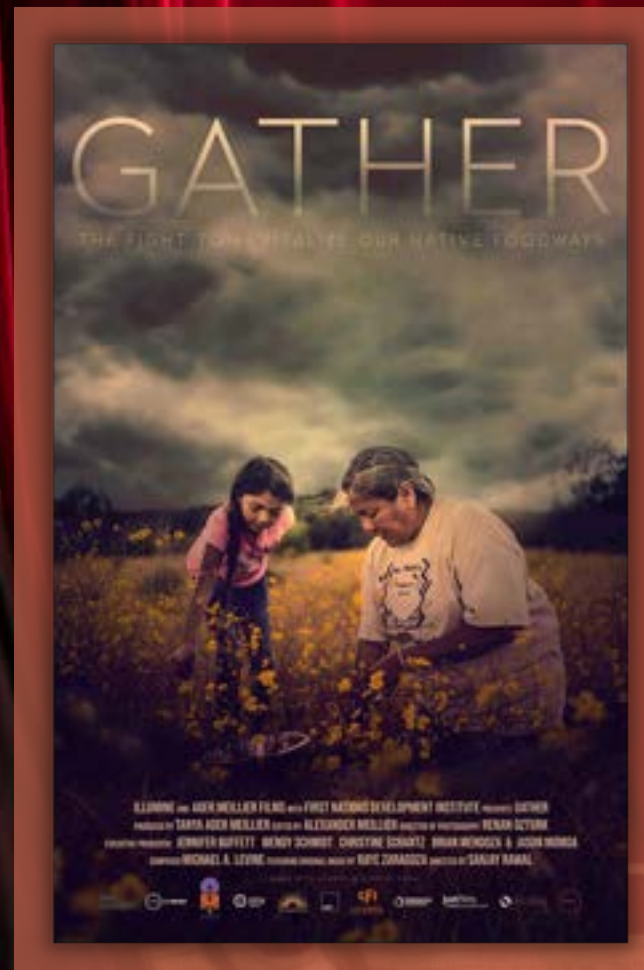
GATHER
THE FIGHT TO REVITALIZE OUR NATIVE FOODWAYS

'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 Cherokee River House Nation (North Dakota), conducting landmark studies on salmon; and the Ancestral Guard, a group of environmental activists from the Yavapai Nation (Northern California), trying to save the Klamath river.

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

Dear patrons! Lucky audience members will win a package of acorn bites and Wahpepah's Kitchen Indigneous Bars!

Gal Pally (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 oxymels & recipe cards!

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

REGISTER HERE!

ACTIVITY

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

PRESENTED WITH:

Cal Poly Humboldt

Funded by the Humboldt Energy Independence Fund (HEIF) & 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. Inherently helpful for digestion and blood sugar control, typically administered, unflavored, and anti-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 traditional in its own right as a wound healer and antimicrobial agent. Honey also attracts the water soluble and volatile components of herbs, it is also an excellent preservative. Local honey is preferred.

To make: Pinch herbs and finely chop, wilt for a few hours, fill mason jar 1/2 full, pour honey over until the shoulder. Stir, close and label, place in a warm area and leave to macerate for 4 weeks. Gently warm the closed 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 dandelion flowers, catnip flowers, plantain, ginger root, and garlic.

Funded by the Humboldt Energy Independence Fund (HEIF) & 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
TOTAL	ALL	\$20,148

Funding

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

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

DONATE!



GET
UPDATES!



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