ROU DALAGURR

FOOD SOVEREIGNTY LAB & CULTURAL WORKSPACE

SUMMER 2021
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Rou Dalagurr: Food Sovereignty Lab & Cultural Workspace publishes semi-annual reports each December and June. Reports are archived on the HSU NAS website. [https://nasp.humboldt.edu/fsl](https://nasp.humboldt.edu/fsl)
Humboldt State University (HSU) sits on the traditional homelands of the Wiyot people in Goudi’ni or Arcata, CA. Humboldt County is home to 12 Tribal Nations, including the three largest Tribal Nations in the state of California - the Yurok, Karuk and Hoopa Valley Tribes. HSU is well known for environmental programs that focus on land management and natural resources. The Native American Studies department (NAS) at HSU is leading the way in food sovereignty research and tribal collaboration for continued resurgence of knowledges around food systems and natural resource management. Rou Dalagurr (NAS LAB) will be the first Food Sovereignty lab in the CSU system and will build a space that supports Tribal communities in ongoing revitalization of food practices and cultural knowledges. The interior of the lab will include a commercial kitchen and space for public workshops. The exterior will feature a salmon cooking pit, a Native plant and food garden including interpretive signage of Native plants, and basketry designs throughout the pathways and gardens.

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

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

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

Rou dalagurr: everyone works/ work together/ everyone work
Listen to the pronunciation HERE.

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

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

Cutcha Risling Baldy is the Department Chair of Native American Studies at Humboldt State University. Her work focuses on California Indians, decolonization and social & environmental justice. Her book "We Are Dancing For You: Native feminisms and the revitalization of women's coming-of-age ceremonies" received the "Best First Book in Native American and Indigenous Studies" at the Native American Indigenous Studies Association Conference 2019. Dr. Risling Baldy has designed and implemented several grant evaluations for local area tribal organizations for programs in tobacco cessation, youth advocacy, and culturally appropriate evidence-based practices in mental health services. She has led qualitative and quantitative evaluative research on best practices for culturally competent health interventions and designing curriculum for youth and adolescent based programming. She has also secured millions of dollars in grant funding for tribal nations and nonprofits throughout Northern California. In 2007, Dr. Risling Baldy co-founded the Native Women's Collective, a nonprofit organization that supports the continued revitalization of Native American arts and culture. As the volunteer Executive Director she manages grant funds, designs and implements workshops, trainings, and programs and works closely with youth to engage in their culture, history, advocacy and activism.
Co-Director - Dr. Kaitlin Reed  
Tribal Affiliation: Yurok Tribe (Hupa, Oneida)  

Kaitlin Reed is an Assistant Professor of Native American Studies at Humboldt State University. Her research is focused on tribal land and water rights, extractive capitalism, and settler colonial political economies. She is currently working on her book entitled *From Gold Rush to Green Rush: Settler Colonial & Natural Resources in Northern California*. Dr. Reed has extensive experience working with tribal nations to solve environmental problems facing our communities and facilitating innovative collaborations between academic universities and tribal communities. Dr. Reed has worked with the Yurok Tribe in a professional capacity since 2013 — first as an Environmental Technician with the Yurok Tribe Environmental Program and then as part of a National Institute of Health-funded, multi-year research collaboration between the Yurok Tribe Environmental Program and the University of California, Davis Superfund Research Center. This research aimed to evaluate contamination in the Klamath Watershed to understand potential impacts to human health, implement capacity building for both university and tribal researchers, and document key findings in interdisciplinary, applied university-tribal collaboration research. Dr. Reed prepared curriculum and training materials for UCD scientists regarding California Indian history, Yurok ecological knowledge, and the environmental legacies of settler colonialism.
RESEARCH ASSISTANT
(2020-2021)

Amanda McDonald

Research Assistant - Amanda McDonald

Amanda has been the Research Assistant for the Food Sovereignty Lab since January 2020 and secured our first grant award from the Humboldt Energy Independence Fund. Amanda graduated cum laude in the class of 2021 with a B.S in Environmental Science and Management with an emphasis in Environmental Education and Interpretation. She has a minor in Native American Studies and Outdoor Recreation and is a Certified Interpretive Guide. She strives to be a positive role model for her peers and youth in the community. As a senior at HSU, she was the student award winner for the Sustainability Champion award and received an Outstanding Student Award for contribution to an Associated Student program. Previously, she was the Program Manager of the Waste Reduction Resource Awareness Program and taught swim lessons at the Arcata Community Pool. She has a passion for natural farming and helping others understand and reclaim their own food sovereignty. After taking NAS 200: Indigenous Peoples in US History and NAS 331: Indigenous Natural Resource Management Practices Amanda says, “It was clear to me I wanted to pursue a minor with Native American Studies. The most meaningful part of my college experience has been learning and working with the Native American Studies Department. After graduation I want use my skills in natural resource management, farming, and grant writing to uplift tribal sovereignty on the North Coast.”
<table>
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<th>Name</th>
<th>Relationship details</th>
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<tr>
<td>Adam Canter</td>
<td>Wiyot Tribe Natural Resource Specialist</td>
</tr>
<tr>
<td>Carrie Tully</td>
<td>Graduate Student, Environment and Community, HSU</td>
</tr>
<tr>
<td>Cody Henrikson</td>
<td>Undergraduate Student, HSU, Tribal Affiliation: Ninilchik Village Tribe (Dena’ina and Sugpiaq)</td>
</tr>
<tr>
<td>Elena Sisneros</td>
<td>Tolowa Dee-ni’ Nation, Tribal Resource Specialist</td>
</tr>
<tr>
<td>Evie Ferreira</td>
<td>HSU Alum, The Cultural Conservancy, Native Foodways Manager, Ancestral Heritage: Yoeme, Mestiza Mexican American</td>
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<tr>
<td>Fawn Murphy</td>
<td>Tribal Chair for Resighini Rancheria, Tribal Affiliation: Resighini Rancheria</td>
</tr>
<tr>
<td>Jason Ramos</td>
<td>Blue Lake Rancheria Tribal Council, Tribal Affiliation: Blue Lake Rancheria</td>
</tr>
<tr>
<td>Jude Marshall</td>
<td>United Indian Health Service Community Food Garden, Tribal Affiliation: Hoopa Valley Tribe</td>
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<tr>
<td>Dr. PennElys Droz</td>
<td>NDN Collective, Tribal Affiliation: Anishinaabe</td>
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<tr>
<td>Katie Koscielak</td>
<td>Sustainability Analyst, HSU</td>
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<tr>
<td>Louisa McCovey</td>
<td>Director of the Yurok Tribe Environmental Program, Tribal affiliation: Yurok Tribe</td>
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<tr>
<td>Marlene' Dusek</td>
<td>Graduate Student, Environment and Community, HSU, Tribal Affiliation: Payómkawichum, Kúupangawish, and Kumeyaay</td>
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<td>Rachel Sundberg</td>
<td>Trinidad Rancheria &amp; Native Women’s Collective, Tribal Affiliation: Ner-er-ner (coastal Yurok), enrolled member of the Trinidad Rancheria</td>
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<tr>
<td>Dr. Sarah Ray</td>
<td>Department Chair, Environmental Studies, Humboldt State University</td>
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<tr>
<td>Taylor Thompson</td>
<td>Food Sovereignty Division Manager Yurok Tribe, Tribal Affiliation: Cherokee Nation</td>
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FUNDRAISING
Student Led - Student Success

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

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

$250,000 needed for the Remodel (Phase 1)
$212,000 raised To-Date

Humboldt Energy Independence Fund $80,000
Humboldt Area Foundation $25,000
Humboldt Health Foundation $5,000
CARES Act Funding $70,000
Individual Donors: $32,000

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

Only $38,000 to reach our goal for Phase 1
OUR DONORS

GRANTS

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

DONORS

Our $500 or more donors!
David Koltun
Christine Cass
Jack McGurk
Jason Ramos
Daniel Holsapple

Donors!
Jett Stebbins
Corrina Wells
L. Rovai
Tom Cantarine
Therese Quin Wilson
Max Hobart
Lonny
Dan Adams
Stella & Sameer Advani
Linda Arviso Hunt
Rebecca Kellawan
Virginia Oliveira
Peggy McGurk
Dean Tully
Jessa Rego
Danielle Jones
Cynthia Rachae Barrientos
Phoebe Hawkins, Michael Fitzgerald, Sean Fitzgerald, Frances Fitzgerald
Casey
Victoria Banales
Zach Weber (class of 96)
Leslie Bernardino
Nancy Perez
Kim Megais
JoAnna Ly
Emily Edgington
Christopher Mettler
Ali Vakili
Melody Li
Emma
Kae
Shiloh Green Sato
Heidi Moore-Guywop
Mally German
Megan Yost
Rachel Sundberg
Stephanie Lane
Evie Ferreira
Kaitlin Reed

Darren Ward
Mikayla Kia
Stephanie Nudelman
Winnie Carpenter
Deja Malone-Persha
Mesha Long
Lauren Enriquez
Taylor Zenobia
Charlotte Terry
Andrea Delgado
M. N. Attallah
Gordon Ulmer
Gina Caision
Yvonne Dobie
Jennifer Burgess
Iran Ortiz
Pua Paleofa
Omar Garcia
Desiree Olson
Emily Cooper
James Mayer
Elizabeth Barrett
Zachariah Baum
Alice Bieszczat
J.B. Hawkins
Neviuta Bueno Watts
INRSEP staff
Colin Miller
Ana Bernal
Holly Christiansen
Ellen Farmer
Marc Dadigan
Joseph Kleiman
Abigail Rosales
Josefina Barrantes
amanda mcdonald
Steve Badly
Michael Sanfelice
Natalie Ryne
Toria Smith
Jacob Pounds
Allison Lafrite
Bob Madden
Anne Howard
Tanaya Winder
Craig Tucker
Quetzalizquitl Tamara Arellano
Christina Hu Accamondo
Joely Proudfit
Faith Kearns

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

Alison Robbins
Cob
Jeff Ostler
Patricia Heinicke Jr
Orenda
Sacha Marini
Blaine Dzwonczyk
Susan Olson
Mia Blaine
Dawn
Mike Drankers
Jen
Liz
Bubba & Lena
Sam P
Angel Hinze
Karen Kiemme-Tyburczy
Heather
April
Libby Zimmer
Ann Alter
Molly
Steve and Tracy Smith
Roland Moore
Libby Maynard
Barbara Miller
Michelle Fuller
Vicki Carr
Anne Broak Katz
Katie Kasciurak
Matt Simmons
Sarita Ray Claubury
John Meyer
Rachel J Ostrand
Lex
Dale Oliver
Pamela Brown
Jessica Lusty
Mary Keesha
Lorraine Miller-Wolf
Tom Tellez
More
Tizacamati
Berube Family
Megan Prout

7 — Progress Report Summer 2021
On a clear night in December 2019, our class left the Native American Forum at Humboldt State University (HSU) after closing the community stakeholder meeting with copious notes and full imaginations. We were ready to launch our Food Sovereignty Lab (FSL) project. To center Indigenous voices, the first hour of that meeting was set aside for Indigenous peoples, with the second bringing together diverse community voices, organizations, and researchers to help inform the direction of this lab. Thus, the story of the FSL is one of respect for Native leadership, student creativity, ambition, and perseverance.

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

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

One of the focal points of our class was to address the issues affecting our student body and community. We agreed that Indigenous students experience a lack of representation at HSU. This is problematic because it leads to inaccessibility for Native American students to continue their cultural practices.
Therefore, we feel the obligation to address the critical need for a unified Indigenous campus, appropriate representation, and cultural spaces. We selected the following research questions to guide us:

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

The first part of our research was to canvass the campus for existing Indigenous representations. Students also conducted interviews with Indigenous faculty, staff, and students to learn what they imagine an Indigenized campus to look like. As a result of our participatory research, data collection and analysis, we proposed the Food Sovereignty Lab. The FSL will serve to support the resurgence of Indigenous food systems informed by traditional, ecological, and cultural knowledges. As a community-facing project, this lab is being designed for the community as a whole to achieve food sovereignty in Humboldt County and for our local tribes and tribal peoples. Our work is aimed at building best practices for Food Sovereignty in our region that respect tribal protocols, center Indigenous knowledge, and empower Native community resilience and resurgence.

In the Spring of 2019 students took our research to the CSU Student Research Competition and were recognized with a 2nd place award in the Graduate-Level Behavioral Sciences category, gaining statewide recognition for our work. Despite the hard work of students, the initial request for space on campus to develop the lab was denied, effectively blocking the project from moving forward. But students mobilized to secure over one hundred letters of support and organized an appeal to the University Senate where we were finally granted the space needed to pursue our goal. The Food Sovereignty Lab Steering Committee is led by a majority of Native faculty, staff, community leaders, and students. The Steering Committee navigates fundraising, design, implementation, and eventually curriculum development for the lab.

This project requires us to center and amplify Indigenous leadership, knowledge, and land stewardship. In doing so, the FSL can serve as a call to action and regenerate “moral ecology” (Risling Baldy, 2013) and respectful patterns. This is in line with our goal of increasing visibility for Indigenous students, community members, and cultures in the public sphere with an emphasis on higher-learning institutions such as this Indigenous Food Sovereignty Lab.
INDIGENOUS practitioners, activists, scholars, and community leaders have shaped the vision of the FSL. We acknowledge the traditional roles of dreamers in many Indigenous cultures. As Indigenous peoples we often dream of better futures for ourselves and our communities, and the FSL is the physical manifestation of our collective dreams.

This space will provide a cultural center for Indigenous studies and will strengthen current programs at HSU. The interior of the lab will include a commercial kitchen and space for basketry, art, regalia, and cultural practices. The exterior will feature a salmon cooking pit, a Native plant and food garden including interpretive signage of Native plants, and basketry designs throughout the pathways and gardens.

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

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

The Native American Studies Food Sovereignty Lab will:

- Develop curriculum, internships, research opportunities, workshops, and programs.
- Provide space that supports Tribal communities in ongoing revitalization of basket weaving and regalia making.
- Strengthen the bonds between our local community, Indigenous Nations, and students at HSU.
- Integrate the values of ecological sustainability, bio-cultural sovereignty of Indigenous peoples, interconnectedness of life, and community involvement in efforts to develop reverence for food sovereignty.
PROGRAMING AND COMMUNITY PARTNERS

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

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

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

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

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

WHERE WE ARE GOING

Remodeling 2021; Opening 2022

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

From the beginning this student envisioned and designed project has been a labor of love and dedication and we look forward to our work supporting the next seven generations and beyond. The FSL will serve as more than just a space for student education; it will give our entire community an opportunity to experience the vibrancy and modern existence of Indigenous Peoples and cultures in our area. This permanent collaborative space will nurture proactive conversations regarding food sovereignty and security, and inspire active participation in writing policy to reform our food systems.
EVENTS (2020-21)

Follow our Department on YouTube to watch recorded events! @HSUNAS

Follow our Department on YouTube to watch recorded events! @HSUNAS
**TIMELINE**

**DECEMBER 2019**

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

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**APRIL 2020**

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

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**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.

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**SEPTEMBER 2020**

*$110,000* from the Humboldt Energy Independence Fund (HEIF).

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**NOVEMBER 2020**

*$80,000* from the Humboldt Area Foundation (HAF).

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**MARCH 2021**

*$5,000* from the Humboldt Health Foundation (HHF).

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**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 Youtube or Facebook.

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**MAY 2021**

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

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**MAY 2021**

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

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**MAY 2021**

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

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**OCTOBER 2021**

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

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**FALL 2022**

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

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Our Partners

Blue Lake Rancheria

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

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

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

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

Tolowa Dee-ni' Nation Nvn-nvst-‘aa--ta
(Natural Resources Department)
Nvn-nvst-‘aa--ta preserves and protects the natural and cultural resources of both the Tolowa Dee-ni' Nation and Tolowa aboriginal territory through the promotion of culturally appropriate stewardship of tribal lands, water, air and resources.
**OUR PARTNERS**

**Resighini Rancheria**

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

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

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

**Native Women’s Collective**
The Native Women’s Collective provides public education, workshops, exhibits, research, cultural preservation projects, programs and technical assistance.
1 — Internship program
College-age youth design and implement projects that partner with local tribes to develop community-facing programs. We will employ (5) interns per year who will be guided by our project team to propose, develop, and implement their own micro-programs and projects.

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

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

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

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

6 — Indigenous Foods Festival
We are working to establish an annual springtime Humboldt Native Foods Festival celebrating Indigenous food producers. This is a culinary and cultural community facing event to expand market opportunities for native farmers and food producers in our region.
I got involved with this project because I want people to understand the important role food contributes to nurturing, rebuilding, and reviving our spirit. I also want people to understand how settler colonialism and capitalism has deeply severed relationships with food, especially for Indigenous people. When people can understand this, they will become empowered to help build a future that invests in local food systems and economies. The Food Sovereignty Lab and Cultural Workspace will be a learning center that empowers these understandings, and so much more. Our relationship with food will be at the center of our decolonial future. When everything else in this world is throwing our spirit out of balance—food is a powerful tool to restoring balance in our individual lives that has a ripple effect into our families and communities. And when I say food, I do not mean the pop tarts I ate for breakfast as a child or brown bag lunches that settler society delivers. What Indigenous people across North America and across the world have understood for time immemorial, is that food is medicine. In the Wiyot language, (where I am privilege to be a guest on the ancestral territory of the Wiyot peoples) there is a beautiful word that means plant, grass, leaves, & medicine: huwighurruk. It is not by coincidence but by design that the word for plant, and medicine is the same. Being a part of this project has helped me to develop skills in: fundraising; grant writing, community outreach, and also allowed me to be a part of something that I can leave behind for future students at HSU. I look forward to visiting for many years to come and seeing all the great work this lab will do.
DONATE TODAY
Invest in Food Futures and Educational Opportunities

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

hsu.link/foodsovlab

Send in a check:
You may send a check made out to the HSU Advancement Foundation:
Include "NAS Trust A6608" in the memo line. Mailing address:
Gift Processing Center SBS 285
Humboldt State University
1 Harpst Street
Arcata, CA 95521

REMODEL COMING FALL 2021

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

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

Street View of the Native American Forum and BSS building, the Lab is located between the buildings.
Follow us on FB: facebook.com/ FoodSovereigntyLab

Sign up for updates: tinyurl.com/newsletterFSL

Website: nasp.humboldt.edu/fsl

SUMMER 2021