

Rou Dalagurr
Food Sovereignty Lab and
Traditional Ecological Knowledges Institute

Indigenous Foods Festival

2024





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About

On Saturday, May 4th, 2024, 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 second annual festival that the Lab plans 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. The festival was attended by over 250 people!

The event took place from 11 a.m. to 3 p.m. Due to ongoing campus closure, we held the event at the D Street Neighborhood Center in Goudi'ni (arcata). The festival featured an indoor tabling area with 16 tribal and non-profit organizations and businesses from both our local and wider regions, offering demonstrations, informational materials, food, merchandise, and art. These organizations included: UIHS Potawot Community Food Garden, Tolowa Dee-ni' Nation, Pathways of Purpose, Nutritious School Lunch Initiative, Save California Salmon, Centro Del Pueblo, Karuk Tribe Food Sovereignty Program, Northtown Books, Black To Our Roots, The Food Sovereignty Lab, The Cultural Conservancy, Northern California Tribal Court Coalition, Intertribal Agricultural Council, USDA-Natural Resources Conservation Service, Klamath-Trinity Resource Conservation District, and Oceanside Jams. We were so happy to have Frybread Love and Pupuseria San Miguel providing food at the event; we were also able to offer free food vouchers and books to students!

Due to having to move off campus with very short notice, we were unable to hold speaker panels as planned, but we plan to host these at future Indigenous Food Festivals!



About

The Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute's tables featured informational materials and booklets, marketing materials, FSL reports, free books and items for students, and FSL mugs and sweatshirts! We are very grateful to FSL staff, Cassandra May, who made Indigenous Teas available for attendees! These teas were made with ti'ma (elderberry), vilh wurretguphiwu'l (nettle) & lemon balm. It was a beautiful event! We also had Indigenous food samples available at the FSL table. These food items included: Wahpepah's Kitchen's Indigenous Bars, Bedre Fine Chocolate's Caramel Pecan Sensations and chocolates, Séka Hills almonds, walnuts, and beef sticks, Salmon King Fisheries' canned and smoked fish, Passamaquoddy Maple Hard Candy, and Pemmican Patty Food Company's Bisonberry Beef Bars.

We had more than 10 volunteers throughout the Indigenous Foods Festival. We are so grateful for the FSL volunteers!



Rou Dalagurr:
Food Sovereignty Lab &
Traditional Ecological Knowledges Institute
Indigenous Foods Festival 2024 Tea Blend

ti'ma (Elderberry) , vilh wurretguphiwu'l (Nettle) & Lemon Balm Tea

~ Blue Elderberry ~
(Sambucus. nigra ssp. caerulea)

~ Lemon Balm ~
(Melissa officinalis)

~ Nettle ~
(Urtica dioica)

Tea and info created by
Cassandra May
(Yurok , Wailaki)
&
Marlene' Dusek
(Payómkawichum, Cupa, Kumeyaay)



Rou Dalagurr:
Food Sovereignty Lab &
Traditional Ecological Knowledges Institute
Indigenous Foods Festival | May 4th, 2024

Ti'ma (elderberry)	vilh wurretguphiwu'l (Nettle)	Lemon Balm
Facts/Uses ~ Packed with antioxidants & vitamins ~ 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 ~ Excellent source of antioxidants ~ Good for blood sugar management ~ Anti-inflammatory, good for seasonal allergies ~ Good for respiratory health ~ Good for Arthritis, Achy and Painful Joints ~ Use fresh or dried in a tea or syrup ~ Use in soups, stews, & salads, popcorn sprinkle, dye	Facts/Uses ~ Good for relieving stress and anxiety ~ Promotes relaxation and falling asleep ~ Good for cold sores, indigestions, and nausea ~ High in antioxidants, thiamin, and vitamin c ~ Use in fresh or dried in a tea ~ Use in salves, soaps, lotions, or oils
Marlene' Dusek (Payómkawichum, Cupa, Kumeyaay)	Information by &	Cassandra May (Yurok, Wailaki)



Rou Dalagurr

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

SATURDAY, MAY 4th
**Indigenous
Foods
Festival**

11 am - 3 pm

D Street Neighborhood Center

1301 D St, Arcata, CA 95521

FEATURING

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

MORE INFO

nasp.humboldt.edu/foodsfestival

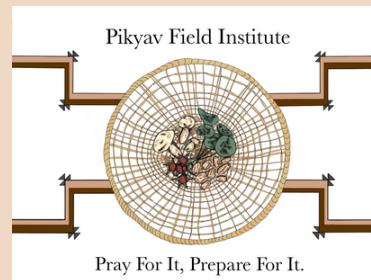


DONATE

hsu.link/fsl



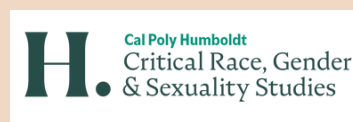
**Funded by Sustainable Humboldt Innovative Futures Trust (SHIFT), Cowell Foundation,
Humboldt Ethnic Studies Council, and Donors Like You!**



NORTHTOWN BOOKS
957 H STREET ❖ ARCATA, CA



This event was funded and/or supported by Sustainable Humboldt Innovative Futures Trust (SHIFT), Cowell Foundation, Humboldt Ethnic Studies Council, McKinleyville Family Resource Center, and individual donors!



Read what guests said about the Indigenous Foods Festival:

"Indigenous proximity is important for true decolonization and landback, people have to have these places as we all benefit from learning about present day Indigenous peoples and their histories, it aids Indigenous sovereignty."

"Sharing food is such an important way to connect with community members to then open up conversations about culture and honoring the land. It bridges the gap between cultures and helps people see that there are so many opportunities to give back and support local tribes and create sovereignty."

"This event offers a place to develop community, by being centered around food and having food available - the community was able to attend and learn from many different people about the multiple efforts towards food sovereignty."

"The event was great, especially considering that the venue had to be changed at the last minute. We learned about resources available in the community, tasted some delicious packaged and wild harvested foods, and met a ton of kind people doing great work! I'm hoping to get a chance to visit the Food Sovereignty Lab in the future."

"They are important because it combats social isolation in our youth through the offering of new knowledge. It helps create the feeling of presence and reminds people that we should learn how to honor our food and how we obtain it. We are fortunate to have teachers who want to share their knowledge and getting to experience this food festival was amazing because of its uniqueness."



Post-Event Data



Around 40% of the people that attended were students at Cal Poly Humboldt, while 50% of people also represented various different Tribal organizations, community and non-profit organizations, and local businesses.

Quick Stats

- Date: **May 4th, 2024**
- Over **250** attendees!
- Over 100 student attendees!
- **16** organizations tabling
- **2** local food vendors

**Total Donations
& Sales:
\$1,720**

Outreach

- **12** Instagram posts
- **14** Facebook posts
- Sent **13** IFF Press Release Packets to various news and radio outlets
- KMUD interview with Dr. Cutcha Risling Baldy and Lauren Schmitt

Press Coverage

- **The Times Standard: "Indigenous Foods Festival at Cal Poly Humboldt"**
- **Redheaded Blackbelt: "ROU DALAGURR: FOOD SOVEREIGNTY LAB AND TRADITIONAL ECOLOGICAL KNOWLEDGES INSTITUTE TO HOST SECOND INDIGENOUS FOODS FESTIVAL AT CAL POLY HUMBOLDT"**
- **KMUD: "Indigenous Foods Festival 2024"**





Photos by Andrew Mettier Photography (c)2024



Check out the IFF 2024
informational video!



Donate to
support the
next festival!



giving.humboldt.edu/nas-lab-fund

Volunteer with the Rou Dalagurr Food Sovereignty Lab Indigenous Garden!

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

Garden Volunteer Days

The Rou Dalagurr FSL will be hosting weekly
volunteer days in our Native garden and
exterior space.

Beginning April 8th, Join us!

Mondays 10am-12pm

@ Rou Dalagurr FSL Garden

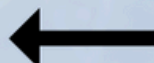
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PLEASE REGISTER TO VOLUNTEER



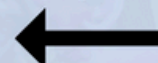
Students



[https://hsu.link/
volunteerfood
sovgarden](https://hsu.link/volunteerfoodsovgarden)



Community Members



[https://hum.link/
communityvolunteer_food
sovgarden](https://hum.link/communityvolunteer_foodsovgarden)

Questions? Contact the FSL Site & Garden Manager
ees25@humbolt.edu

Volunteer with the Rou Dalagurr Food Sovereignty Lab Indigenous Garden!

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

Community Volunteer Days

In partnership with other local farms
and gardens, the FSL will be hosting
community volunteer days beginning

March 14th, Join us!

Thursdays 1pm-3pm

Potawot Community Food Garden

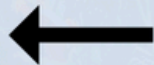
1600 Weeot Way Arcata, CA



PLEASE REGISTER TO VOLUNTEER



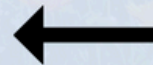
Students



[https://hsu.link/
volunteerfood
sovgarden](https://hsu.link/volunteerfoodsovgarden)



Community Members



[https://hum.link/
communityvolunteer_food
sovgarden](https://hum.link/communityvolunteer_foodsovgarden)

Questions? Contact the FSL Site & Garden Manager
ees25@humbolt.edu



Financials

IFF Total Funding

Fund	Amount Covering
SHIFT/HEIF	\$14,660.85
Cowell Foundation	\$5,923.32
NAS	\$5,144
TOTAL	\$25,728.17

The total cost for the IFF and Food Summit events was **\$25,728.**

We received funding from Sustainable Humboldt Innovative Futures Trust (SHIFT, formerly HEIF), Cowell Foundation, Humboldt Ethnic Studies Council, and individual donors!

SHIFT/HEIF Funding

Expense	Total
Guest Lecturers	\$1,380
Supplies & Service	\$4,845.10
Printing	\$3,539.28
Hospitality	\$4,896.47
TOTAL	\$14,660.85

Thank you all for being part of the Indigenous Foods Festival!

About the Lab:

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. As of April 19th, 2024, the FSL is officially open.

How to get involved:

Courses:

- NAS 331: Indigenous Natural Resource Management Practices
- NAS 304: Tribes of California
- NAS 333: Food Sovereignty Lab
- NAS 308 Indigenous Ethnobotany

Internships: Call for applications each Spring (707.826.4329)

Volunteer: Email nasfsl@humboldt.edu

DONATE!



GET
UPDATES!



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



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

ABOUT US: Co-Directors



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

is an Associate Professor 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. Current works include:

- Gough, Healthier & Cutcha Risling Baldy. "Resistance, Resilience, and Social Welfare: Understanding the historical intersections of Federal Indian policies and the helping professions." in The Routledge International Handbook of Indigenous Resilience ed. Hilary Weaver, 2021.
- Risling Baldy, Cutcha. "Why We Fish: Decolonizing Salmon Rhetorics & Governance" in Native American Rhetoric ed. Dr. Larry Gross, the University of New Mexico Press, 2021.
- Risling Baldy, Cutcha. "Radical Relationality in the Native Twitterverse: Indigenous Women, Indigenous Feminisms and (re)writing/(re)righting Resistance on #NativeTwitter" in Indigenous Peoples Rise Up: The Global Ascendancy of Social Media Activism. Rutgers University Press, 2021.

Podcasts and other media:

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

ABOUT US: Co-Directors



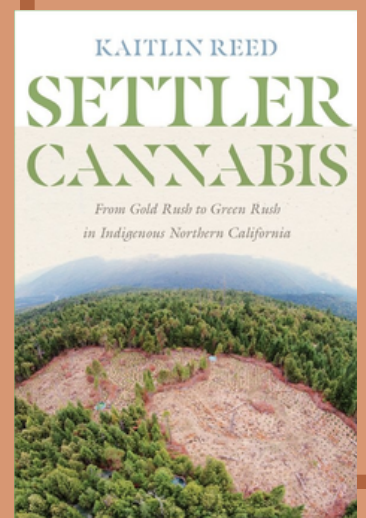
Co-Director - Dr. Kaitlin Reed

Tribal Affiliation: Yurok Tribe (Hupa, Oneida)

is an Assistant Professor of Native American Studies at Cal Poly Humboldt and the Co-Director of the Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledge Institute. She also serves as the university's TEK Faculty Fellow and the Program Coordinator for the Environment & Community Graduate Program. Her research is focused on tribal land and water rights, extractive capitalism, and settler colonial political economies. She is the author of *Settler Cannabis: From Gold Rush to Green Rush in Indigenous Northern California*.

Other works include:

- Risling Baldy, Cutcha; Reed, Kaitlin and Kayla Begay. "Polytech to PolyTEK: Traditional Ecological Knowledge, Indigenous Science, and the Future Forward Polytechnic University." *Humboldt Journal of Social Relations* 45(1), 2023.
- 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.
- Middleton-Manning, Beth Rose & Kaitlin Reed. "Returning the Yurok Forest to the Yurok Tribe: California's First Tribal Carbon Credit Project." *Stanford Environmental Law Review* 39(2), 2019.
- Middleton-Manning, Beth Rose; Talaugon, Sabine; Young, Thomas M.; Wong, Luann; Fluharty, Suzanne; Reed, Kaitlin; Cosby, Christine and Richard Myers II. "Bi-Directional Learning: Identifying Contaminants on the Yurok Indian Reservation." *International Journal of Environmental Research and Public Health*. 16(19), 2019.



Purchase your
copy
of *Settler
Cannabis* here!



Thank you to the FSL Steering Committee!

Dr. Aaron Gregory (Assistant Professor, Native American Studies Department, Environment & Community (Faculty Affiliate), Cal Poly Humboldt)

Adam Canter (Wiyot Tribe) Natural Resource Director

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

Carrie Tully (M.A. Social Sciences, Environment & Community; Director of Fundraising & Engagement, Civil Liberties Defense Center)

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

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

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

Dr. Daniel Lipe, Assistant Professor, Environmental Science and Management, Cal Poly Humboldt.

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

Evie Ferreira (Federated Indians of Graton Rancheria, Farm Coordinator) Ancestral Heritage: Yoeme, Mexican American, Portuguese

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

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

Dr. Jason Ramos (Blue Lake Rancheria Tribe, Tribal Administrator, Tribal Council)

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

Thank you to the FSL Steering Committee!

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

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

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

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

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

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

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