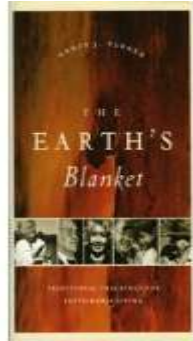


Food Resource Directory

Indigenous Books



The Earth's Blanket: Traditional Teachings for Sustainable Living

Nancy J. Turner

A thought-provoking look at First Nations stories, cultural institutions and living sustainably.

<http://www.dmpibooks.com/book/9781553650812>

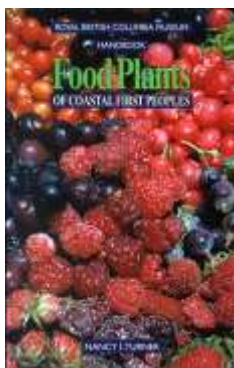


Keeping It Living: Traditions of Plant Use and Cultivation on the Northwest Coast of North America

Douglas Deur & Nancy J. Turner

A description of how indigenous peoples of this region used and cared for different species of plants.

http://www.ubcpres.ca/search/title_book.asp?BookID=4358



Food Plants of Coastal First Peoples

Nancy J. Turner

A handbook providing botanical and usage information on food plants of coastal British Columbia used by the First Nations.

<http://www.royalbcmuseum.bc.ca/Shop/anthropology.aspx?id=844>

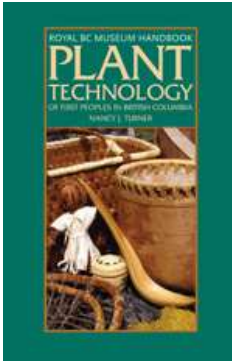


Food Plants of Interior First Peoples

Nancy J. Turner

Dr Turner describes many more food plants harvested by First Nations in the interior of B.C. and by neighbouring groups in Washington and Montana.

<http://www.royalbcmuseum.bc.ca/Shop/anthropology.aspx?id=845>

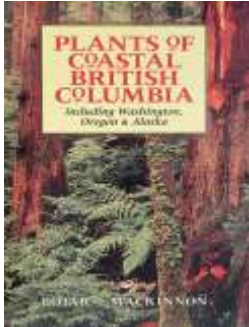


Plant Technology of First Peoples in British Columbia

Nancy J. Turner

Besides being sources of food, plants provided heat, shelter, transportation, clothing, implements, nets, ropes and containers – the necessities of life – for the First Peoples of British Columbia and adjacent territories. They also made good decorations and ornaments, scents, cleansing agents, insect repellents, and many other items.

<http://www.royalbcmuseum.bc.ca/Shop/anthropology.aspx?id=851>



Plants of Coastal British Columbia

Pojar and Mackinnon

This easy to use field guide features 794 species of plants commonly found along the Pacific Coast from Oregon to Alaska

<http://www.lonepinepublishing.com/cat/9781551050423>



Tixen: A Special Place

Celebration and highlights of Tixen, including language, plants, birds, animals and projects aimed at protecting the culture and land for the future.

Tsawout First Nation (250-652-9101)



The Saanich Year

A cultural book of the 13-moon calendar of the Saltwater People.

Saanich Indian School Board (604-652-2313)


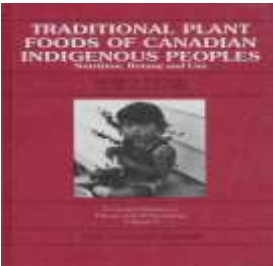
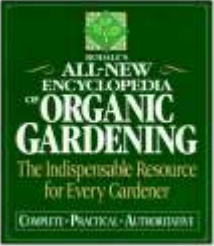
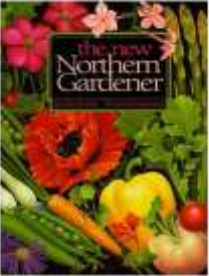
<http://www.racerocks.com/racerock/firstnations/13moons/13moons.htm>

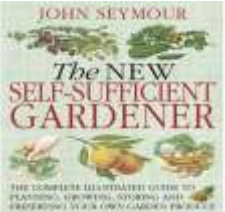

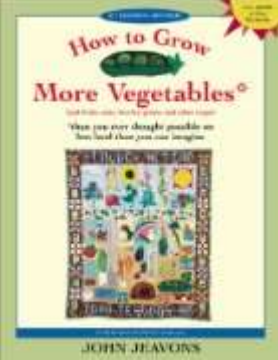
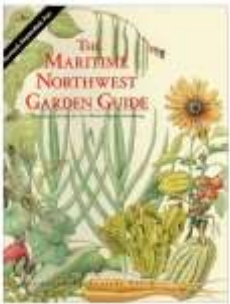
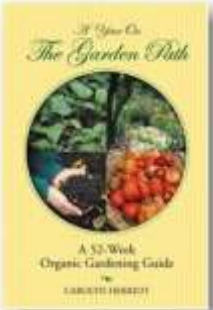


Saltwater People

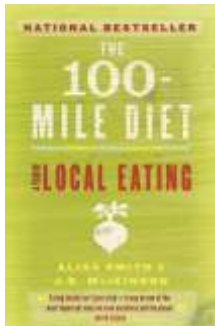
Told by Dave Elliot Sr. School District 65 Saanich, BC 250.652.7300

	<p><u>Native Plants in the Coastal Garden.</u></p> <p>Pettinger and Costanzo.</p> <p><i>The joys and challenges of gardening in the maritime Pacific Northwest.</i></p> <p>http://www.whitecap.ca/books/all?apage=N</p>
	<p><u>The Living World – Plant use of Native People</u></p> <p>Plants and Animals of the Kwakwaka'wakw</p> <p>U'mista Cultural Society 250-974-5403</p> <p>http://www.umista.ca/about/contact.php</p>
	<p><u>Indian Fishing</u></p> <p>Hilary Stewart</p> <p><i>Early Methods on the Northwest Coast</i></p> <p>http://www.dmpibooks.com/book/indian-fishing</p>
	<p><u>Clam Gardens</u></p> <p>Judith Williams</p> <p>http://www.yukonbooks.com/shop/catalog/Clam Gardens_p_13926.html</p>
	<p><u>35th Annual Report to the Bureau of American Ethnology</u></p> <p>Frans Boaz</p> <p>This rare two volume set that includes notes on harvesting, preparing, and cooking traditional foods and much more</p> <p>http://www.bythebooklc.com/si/20912.html</p>
	<p><u>Eating and Healing</u></p> <p>Andrea Pieroni and Lisa Leimar Price</p>

	<p><u>Renewing Salmon Nation's Food Traditions</u></p> <p>Edited by Gary Paul Nabhan</p> <p>http://www.ecotrust.org/foodfarms/renewing.html</p>
	<p><u>Plants of Haida Gwaii</u></p> <p>Nancy J. Turner</p> <p>Out of print at the moment but if you are lucky you may find a copy.</p>
	<p><u>Traditional Plant Foods of Canadian Indigenous Peoples</u></p> <p>Harriet Kuhnlein and Nancy J Turner</p> <p>Nutrition, Botany and Use</p> <p>http://www.fao.org/wairdocs/other/ai215e/AI215E00.HTM</p>
	<p><u>Feeding the People, Feeding the Spirit</u></p> <p>Elise Krohn and Valerie Segrest</p> <p>For Order Form: Tami Chock [TChock@nwic.edu]</p>
<h2>Gardening Books</h2>	
	<p><u>Encyclopedia of Organic Gardening</u></p> <p>J.I. Rodale. Rodale Publishers</p> <p><i>Features over 400 entries covering all aspects of organic gardening and includes step-by-step gardening techniques.</i></p>
	<p><u>The Harrowsmith Northern Gardener</u></p> <p>Jennifer Bennett</p> <p><i>Guides the northern gardener through the short growing season, from planting of the seeds to storage of the harvest. Anticipates potential problems experienced specifically in colder climates and provides tested solutions.</i></p>

	<p><u>The Self-Sufficient Gardener</u></p> <p>John Seymour</p> <p><i>A Complete Guide to Growing and Preserving All Your Own Food</i></p>
	<p><u>The Twelve Month Gardener</u></p> <p>Stevens, Hungerford, Fan court-Smith, Mitchell, Buffam</p> <p><i>Whitecap Books</i></p>
	<p><u>How to Grow More Vegetables:</u></p> <p>John Jeavons</p> <p><i>And Fruits, Nuts, Berries, Grains, and Other Crops Than You Ever Thought Possible on Less</i></p>
	<p><u>Seattle Tilth's The Maritime Northwest Garden Guide</u></p> <p>Carl Elliott and Rob Peterson</p> <p><i>Planning Calendar for Year-Round Organic Gardening</i></p>
	<p><u>A year on the Garden Path: a 52 week organic gardening Guide</u></p> <p>Carolyn Herriot:</p> <p>http://www.earthfuture.com/gardenpath/Book.htm</p>

Books

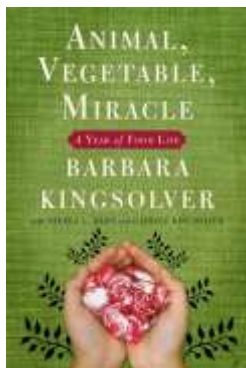


The 100-Mile Diet: A Year of Local Eating

Alisa Smith & J.B. MacKinnon

Stepping outside the industrial food system, the couple decided to eat only food produced within 100 miles of their Vancouver home for one year.

http://www.randomhouse.ca/catalog/results.pperl?searchBtn.x=0&searchBtn.y=0&title_auth_isbn=100+mile+diet

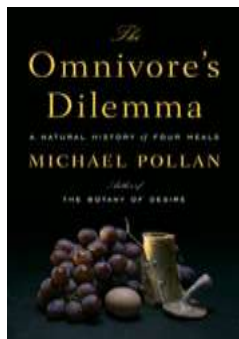


Animal, Vegetable, Miracle: A Year of Food Life

Barbara Kingsolver

This book chronicles the year Kingsolver's family became locavores—those who eat only locally grown food.

http://www.harpercollins.ca/books/9781554681884/Animal_Vegetable_Miracle/index.aspx

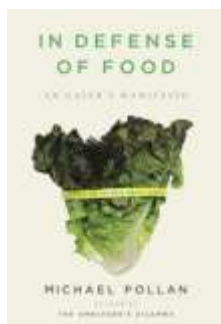


Omnivore's Dilemma

Michael Pollan

A natural history of four meals

<http://www.michaelpollan.com/>

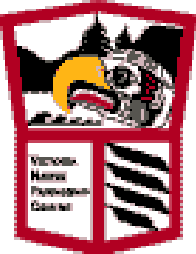

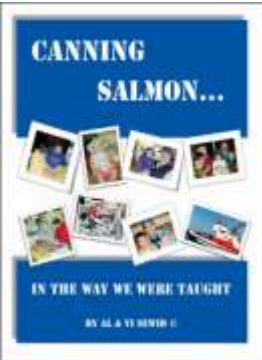

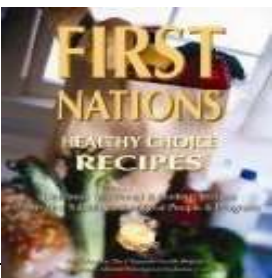






In Defense of Food

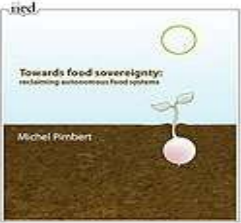




Micheal Pollan

An Eaters Manifesto

<http://www.michaelpollan.com/>

<h2>Cook Books</h2>	
	<p><u>Beyond the Basics: Out of the Cupboard and onto the Table</u></p> <p><i>A book of Nutritious Meal Bag Recipes from the Victoria Native Friendship Centre.</i></p> <p>Victoria Native Friendship Centre (250-384-3211)</p>
	<p><u>Camus: West Coast Cooking Nuuchah-nulth Style</u></p> <p><i>A collection of recipes and stories about foods that come from the Nuuchah-nulth First Nation's territories on the West coast of Vancouver Island.</i></p> <p>http://uuathluk.ca/cookbook.html</p>
	<p><u>Canning Salmon: In The Way We Were Taught</u></p> <p>Al & Vi Sewid</p> <p><i>A step-by-step photographed guide to canning salmon.</i></p> <p>http://books.trafford.com/4dcgi/dosearch</p>
	<p><u>Eating Stories: A Chinese Canadian and Aboriginal Potluck</u></p> <p>Brandy Liên Worrall</p> <p><i>A collection of stories about family food rituals and recipes.</i></p> <p>http://www.cchsbc.ca/category/books/</p>
	<p><u>First Nations Healthy Choice Recipes: Delicious Traditional and Modern Recipes From First Nation and Aboriginal People & Programs</u></p> <p>Chinook Health Region</p> <p><i>Delicious traditional and modern recipes from First Nation and</i></p>

	<p><i>Aboriginal people and programs.</i> <i>Heather Mathur (403-388-6653)</i></p>
	<p><u>Traditional Methods of Canning and Preserving: Recipes and Tips from Alberta's First Nations People</u></p> <p>A collection of harvesting and preserving traditions of the First Nations people of Alberta.</p> <p><i>Yellowhead Tribal Council (780-470-3545)</i></p>
	<p><u>Where People Feast: an Indigenous People's Cookbook</u></p> <p>Dolly & Annie Watts</p> <p>An indigenous cookbook focusing on Native cuisine and culinary traditions of the Pacific Northwest.</p> <p>http://www.arsenalpulp.com/bookinfo.php?index=259</p>
	<p><u>Winter Harvest Cookbook</u></p> <p>Lane Morgan</p> <p><i>How to Select and Prepare Fresh Seasonal Produce All Winter Long</i></p>
<h2>Resource Manual</h2>	
	<p><u>Food Sovereignty Assessment Tool</u></p> <p>Alicia Bell-Sheetter</p> <p><i>A Native Agriculture and Food Systems Initiative from the First Nations Development Institute.</i></p> <p>https://www4884.ssldomain.com/firstnations/store/shopdisplay/products.asp?id=9&cat=Agriculture+%26+Food+Systems+Initiative</p>

	<p><u>Towards Food Sovereignty: Reclaiming Autonomous Food Systems</u></p> <p>Michel Pimbert</p> <p><i>This describes the ecological basis of food and agriculture, the social and environmental costs of modern food systems, and the policy reversals needed to democratize food systems.</i></p> <p>http://www.iied.org/pubs/display.php?o=G02268%20</p>
	<p><u>Our Food is Our Medicine: Traditional Plant Foods, Traditional Ecological Knowledge and Health in a Changing Environment</u></p> <p>PowerPoint Presentation by Dr. Nancy Turner</p> <p>Nancy J Turner (nturner@uvic.ca or 250-721-6124)</p>
	<p><u>First Nations Science & Ethnobotany Unit K-10 Shared Learning in Action</u></p> <p><i>Provides knowledge and Activities around native plants and seasonal activities to be shared with little people</i></p> <p>Nella Nelson (nnelson@schooldistrict61.bc.ca)</p>
	<p><u>Nuxalk Food and Nutrition Handbook</u></p> <p><i>A practical guide to family foods and nutrition using native foods.</i></p> <p>http://www.mcgill.ca/files/cine/NuxalkHandbook.pdf</p>
	<p><u>Native Foods And Nutrition:</u></p> <p><i>An Illustrated Reference Manual and Nutrient Bar Graphs: an Illustrated Guide to the Nutrient Value of Some Foods Used by Aboriginal Native Foods and Nutrition. This book provides a description of traditional food habits and their nutrient value, the role of food in health, and nutrition-related health issues of concern.</i></p> <p>Health Canada 1994</p> <p>BCANDS Victoria (1-888-815-5511)</p>
	<p><u>2nd Global Consultation on the Right to Food, Food Security and Food Sovereignty for Indigenous Peoples</u></p> <p>http://www.bitsandbytes.ca/resource/376</p>



Health Canada's Nutrient Bar Graphs: An illustrated guide to the nutrient value of some foods used by aboriginal people in Canada

BCANDS Victoria (1-888-815-5511)

Pamphlets & Handouts

First Nations Approaches to Traditional Medicine

http://www.fnhc.ca/index.php/initiatives/community_health/traditional_medicine/

Dr. Georgia Kyba

gkyba@fnhc.ca

Naturopathic Doctor, Advisor

Health Canada Eating Well with Canada's Food Guide
First Nations, Inuit and Metis

<http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>

Movies



Smoke From His Fire

Elder Adam Dick Kwaksistala – Tsawataniuk

This is a story of a young boy and his journey to manhood as the old people worked tirelessly to fill him up with teachings to secure their culture.

<http://www.smokefromhisfire.com/index.htm>



Ancient Sea Gardens

Elder Adam Dick Kwaksistala – Tsawataniuk and

An Aboriginal Elder helps a scientist solve a natural mystery in the process reveals the precarious state of traditional Aboriginal Culture. Shot in High Definition in British Columbia Broughton Archipelago, this stirring story will change the way we view our land and its people. Toll Free: 1.866.788.0890


<http://www.aquaculturepictures.com/>



Indigenous Plant Diva

National Film Board of Canada

<http://www.onf-nfb.gc.ca/eng/collection/film/?id=55120>

	<p><u>Gitga'ata Spring Harvest</u></p> <p>Robin June Hood and Ben Fox <i>Hartley Bay elders at K'yel, their spring camp</i></p> <p>http://catalogue.bclibrary.ca/opac/extras/unapi?format=htmlholdings-full;id=tag:open-ils.org,2009:biblio-record_entry/136247/BPR</p>
<h2>Games</h2>	
	<p><u>Food Savvy Bingo</u></p> <p><i>A game to get to know your neighbours, and what traditional food practices they have taken part in.</i></p> <p>Fiona Devereaux (fiona.devereaux@viha.ca) Erin Rowsell (erin.rowsell@viha.ca)</p>
	<p><u>Traditional Food Plates</u></p> <p><i>Displaying traditional foods, with the opportunity to guess and learn how they help your body.</i></p> <p>Fiona Devereaux (fiona.devereaux@viha.ca)</p>
<h2>Websites</h2>	
	<p>Community Food Security Resources at Your Fingertips http://www.bitsandbytes.ca/</p>
	<p>Final Report: Traditional Seafoods of Vancouver Island First Nations: Balancing Health Benefits with Pollution Risks http://www.snuneymuxw.ca/snuneymuxw_gallery/seafood.htm</p>
	<p><u>What Every Shellfish Harvester Must Know Before Harvesting Bivalve Shellfish</u> Fisheries and Oceans Canada http://www.dfo-mpo.gc.ca/media/npress-communique/2008/pr19-eng.htm</p>
	<p>Centre for Indigenous People's Nutrition and Environment (CINE). Indigenous Nutrition. http://www.indigenousnutrition.org/index.html</p>
	<p>BC Food Systems Network http://www.fooddemocracy.org</p>
	<p>Centre for Studies in Food Security Selected Bibliography: <i>Aboriginal Peoples & Food Security</i> http://www.ryerson.ca/foodsecurity/bibliographies/aboriginal/index.html</p>
	<p>Indigenous Portal http://www.indigenousportal.com/</p>
	<p>Aboriginal Fishing Rights: Supreme Court Decisions http://www.parl.gc.ca/information/library/PRBpubs/bp428-e.htm</p>
	<p>Pimatisiwin: A Journal of Indigenous and Aboriginal Community Health http://www.pimatisiwin.com/online/</p>

	Grassroots International. Download Food for Thought and Action: A Food Sovereignty Curriculum http://www.grassrootsonline.org/publications/educational-resources/download-food-thought-action-a-food-sovereignty-curriculum
	Food Forethought: A Dialogue on Emerging Food Systems http://foodforethought.net/
	Global Indigenous Peoples' Food Systems for Health project with CINE http://www.indigenousnutrition.org/

We know that there are MANY more resources out there on Indigenous Foods but we wanted to share some of our favorites. Maybe we can share together and keep this list growing!