

Rebuilding Indigenous Food Ways

Our seeds, food, since time immemorial, have been the fabric of our people. The way our health and wellness is sustained, in the toughest, and most joyous times through raising our families.

Rebuilding

Foodways rely on strong community relations, take care of your elders and ask your relatives what foods they remember eating growing up. Did they have seeds? Do they still? Perhaps they remember planting them. Which songs were used and which seasons they ready the fields.



*Be mindful that memories can bring strong emotions, stay with them, check on them **

Processing

Know what foods were processed every season/month. See which out of those times you could commit to planting, harvesting, and drying. To not waste or hurt any food supply. It helps to add a calendar that's in a visible place to remind you and your family.



Make a family inventory

Ask your loved ones if they have seeds available to them. Can you spend more time with your kin? Often, elders or family members with cultural roles could use a helping hand. Make sure this inventory is done with love and consideration for their knowledge. Keeping track of our seeds is a form to protect foodways for future generations.



Seasonings

Sweet and salt are not the only seasonings available to practice indigenous foodways. Berries, herbs, cooking with clay pots, and firing with a variety of woods sustainably harvested, all add layers of flavor that can enrich your experience.

If possible, learn what does your body best!



Farming Knowledge

Families hold a strong variety of knowledge of planting practices. People in the community who practice this role sustain ethics that consider land health, waterways health, extended relations, seed relations. You too can be this for your community.



Revitalizing Native Agriculture

Understanding what seed varieties are important for your family history is the beginning of a beautiful road. Studies have shown that engaging with indigenous foodways can promote



Slow foods is family affair

Within food teachings, there are deeper routes to family wellness. Indigenous foods exist in processes. While they teach you to pay attention to your territory's needs, they also help your community build stronger family bonds. And contribute to resilient memories that your children will cherish. In the garden, in the field, or in the kitchen. We are building family.

