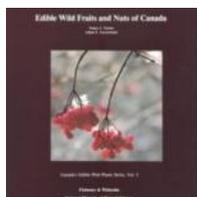


Indigenous Food and Herbal Healing Resources

This collection is designed to provide an overview of available resources on the topics of wild foods, herbal medicines, ethnobotany, plant identification, mushrooms, seaweeds, and people or groups of people that eat, love, conserve, and teach about them.

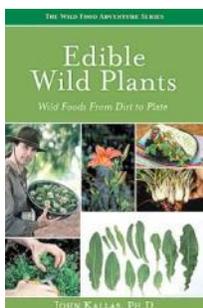
Wild Foods (cooking, collecting, harvesting, processing):



Edible Garden Weeds of Canada and **Edible Wild Fruits and Nuts of Canada** by Nancy Turner and Adam Szczawinski are becoming classics. These are among the first quality wild food books to include ethnobotanical information, plant accounts, and author tested recipes. Sold to the Canadian audience but very relevant to the Pacific Northwest (Turner lives in Victoria BC). Turner is an internationally renowned scholar of Ethnobotany.

Buy Edible Garden Weeds from [Amazon](#)

Buy Edible Fruits and Nuts from [Amazon](#)

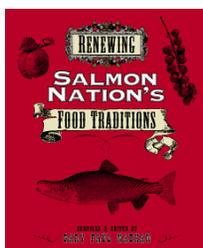


Hailing from Oregon and frequently teaching in Washington, John Kallas's book **Edible Wild Plants, wild food from dirt to plate** has excellent coverage of the Pacific Northwest. This volume focus on wild greens and vegetables, and future volumes will cover fruits and more. It includes detailed and well researched plant accounts, tasty recipes, and a lot of great pictures.

View [Website](#)

Buy book from [Author](#)

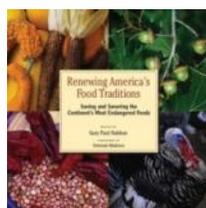
Buy book from [Amazon](#)



Renewing Salmon Nation's Food Traditions edited by Gary Paul Nabhan provides brief accounts for 180 plants, animals, and fungi that were used by Native Americans, explorers, and early settlers in the Pacific Northwest.

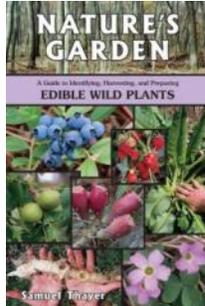
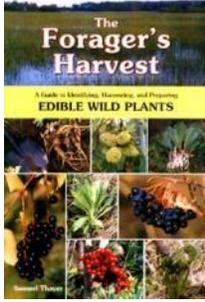
Buy from [Publisher](#)

Buy from [Amazon](#)

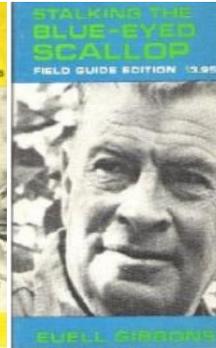
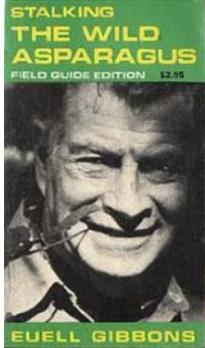


Renewing America's Food Traditions celebrates the history of endangered food traditions from across North America including both Indigenous and heirloom foods. The book is divided up into "nations," with the Salmon Nation covering our area. Accounts have wonderful pictures and colorful histories.

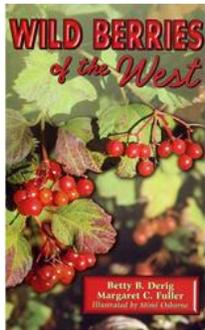
View at [GoogleBooks](#)



Sam Thayer's books **Forager's Harvest** and **Nature's Garden** have set a new standard for thorough plant accounts based on personally verified and meticulously referenced information. He includes excellent photographs (about 6 per account!) and brilliant essays on topics related to foraging. Species coverage is continental with the majority of accounts having relevance to the Pacific Northwest. View [Website](#) or [Buy books from Author](#)
Buy Forager's Harvest from [Amazon](#) and Buy Nature's Garden from [Amazon](#)

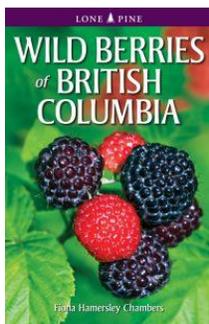


Stalking the Blue-Eyed Scallop, **Stalking the Wild Asparagus**, and **Stalking the Healing Herbs** by Euell Gibbons are the classic books on wild edible foods. With limited illustrations, their strength is in the detail and skillfully written accounts. They cover a broad range of plants and animal across North America, but still have a great deal of relevance to the Pacific Northwest. Quite possible still the best sold books on the subject and easily found at your local used book store.



Wild Berries of the West by Betty Derig and Margaret Fuller has excellent coverage of almost all the fruit producing plants west of the Rockies, from delicious to poisonous. Accounts include photographs historical uses, and tips on growing them in your garden.

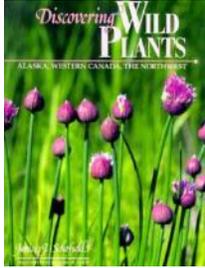
Buy from [Amazon](#)



Wild Berries of British Columbia

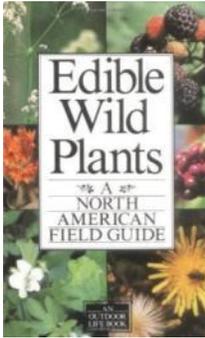
Fiona Hamersley Chambers

<http://www.lonepinepublishing.com/cat/9781551058658>



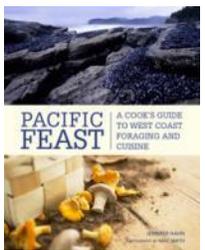
Discovering Wild Plants: Alaska, Western Canada, the Northwest by Janice Schofield provides photographs, plant descriptions, and well cited notes on the culinary and medicinal value of several species with personal reflections and recipes from the author.

Buy from [Amazon](#)



Edible Wild Plants: A North American Field Guide by Thomas Elias and Peter Dykeman comes complete with full plant descriptions, photographs, and even range maps (rare in a wild food book). The plant accounts are detailed and discuss how to prepare each edible part of the plant. This is a guide for all of North America and worth a spot in a NW forager's library.

Buy from [Amazon](#)

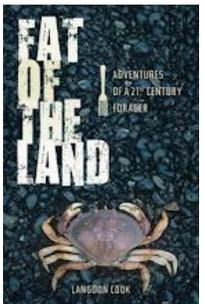


Pacific Feasts by Jennifer Hahn focuses squarely on the Pacific Northwest. She covers foods from all walks, crawls, and swims of life, with deep roots in a variety of soils, in a way that leaves you with a berry big smile. Contains recipes, plant accounts, and essays.

View [Website](#)

Buy book from [Author](#)

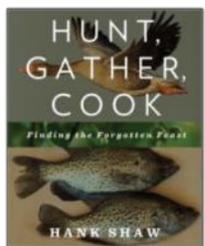
Buy book from [Amazon](#)



Fat of the Land by Langdon Cook is a book and blog combo that explores Puget Sound's bountiful wild foods. Following food throughout the seasons, each chapter focuses on a single food type and concludes with an author tested recipe.

View [Website](#)

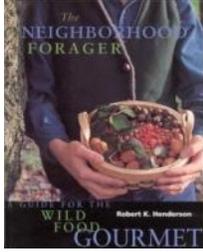
Buy book from [Amazon](#)



Hunter Angler Gardener Cook is Hank Shaw's wildly popular wild food cooking website. Also look for his book called [Hunt, Gather, Cook, Finding the Forgotten Feast](#). Although he is based out of California, most recipes are appropriate for the Pacific Northwest.

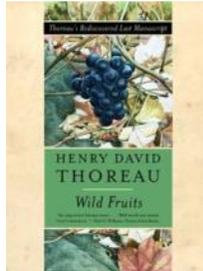
View [Website](#)

Buy book from [Amazon](#)



The Neighborhood Forager by Robert Henderson is a guide and cookbook for local wild foods.

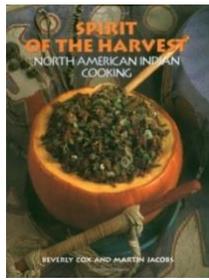
Buy from [Amazon](#)



Wild Fruits by Henry David Thoreau may have limited relevance to our area (it is about the NE US) but is filled with poetic accounts of many closely related species. Thoreau's manuscript for this charming book was rediscovered and published more than a hundred years after his death.

View at [GoogleBooks](#)

Buy from [Amazon](#)



Spirit of the Harvest: North American Indian Cooking by Beverly Cox and Martin Jacobs. This award winning cookbook has recipes from around the country but it has a large section on Northwest native foods. Skokomish elder Bruce Miller provided several of the recipes.



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.

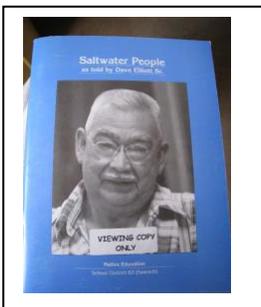
Tsawout First Nation (250-652-9101)



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

Saanich Indian School Board (250-652-2313)

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



Saltwater People

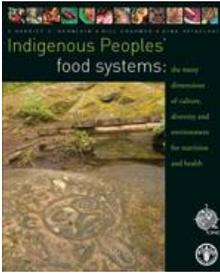
By Dave Elliot Sr. School District 65 Saanich, BC 250.652.7321

Board Office SD 63

2125 Keating X Road

Student Services Department

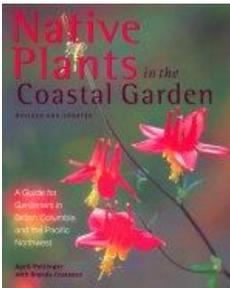
\$17



INDIGENOUS PEOPLES' FOOD SYSTEMS:

The many dimensions of culture, diversity and environment for nutrition and health.

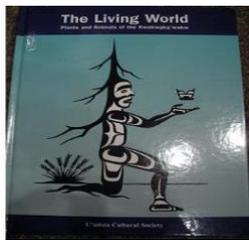
<http://www.fao.org/docrep/012/i0370e/i0370e00.htm>



Native Plants in the Coastal Garden by Pettinger and Costanzo.

The joys and challenges of gardening in the maritime Pacific Northwest.

<http://www.whitecap.ca/books/all?apage=N>



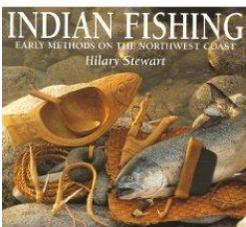
The Living World – Plant use of Native People

Plants and Animals of the Kwakwaka'wakw

U'mista Cultural Society

250-974-5403

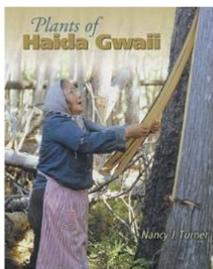
<http://www.umista.ca/about/contact.php>



Indian Fishing by Hilary Stewart

Early Methods on the Northwest Coast

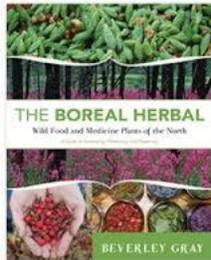
<http://www.dmpibooks.com/book/indian-fishing>



Plants of Haida Gwaii by Nancy J. Turner

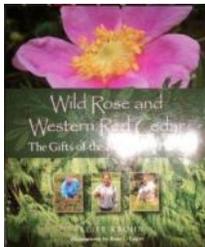
Out of print at the moment but if you are lucky you may find a copy.

Herbal Medicines:



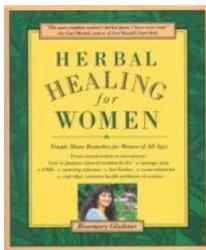
The Boreal Herbal: Wild Food and Medicine Plants of the North by Beverley Gray
A Guide to Harvesting, Preserving and Preparing

Available broadly at book stores

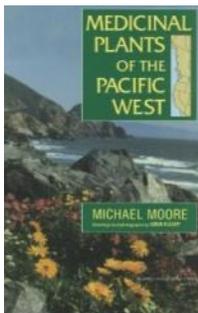


Wild Rose and Western Red Cedar: The Gifts of Northwest Plants by Elise Krohn

The author is currently updating this book. Very exciting. Check back at her website www.wildfoodandmedicine.com

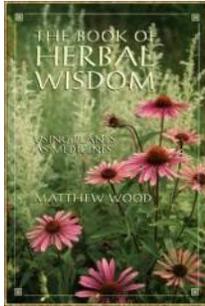


Herbal Healing for Women or **The Family Herbal** by Rosemary Gladstar shares remedies and wisdom from a woman who has inspired and blazed a trail for contemporary herbalism. Buy from [Amazon](https://www.amazon.com)



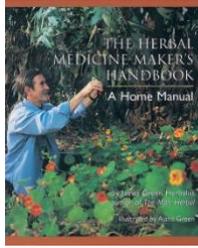
Medicinal Plants of the Pacific West and **Medicinal Plants of the Mountain West** by Michael Moore. These books have great photographs and drawings with extensive individual plant descriptions. Michael is incredibly knowledgeable and down-right entertaining.

Buy from [Amazon](https://www.amazon.com)

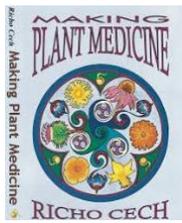


The Book of Herbal Wisdom by Matthew Wood is a great book for learning more about the plants you love. There is a chapter on each plant, giving you the full spectrum of its history, where it grows, how it has been used in herbal medicine, homeopathy, etc.

Buy from [Amazon](#)

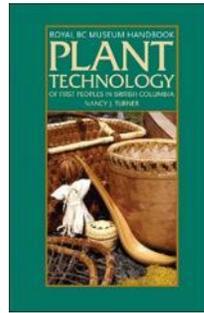
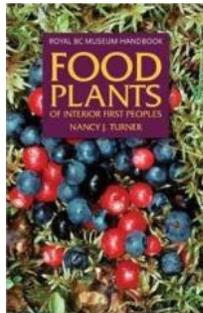
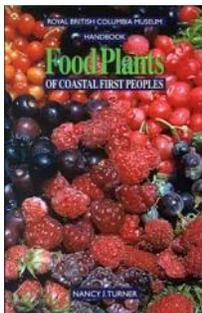


The Herbal Medicine Makers Handbook by James Green provides very thorough and accessible information on creating your own herbal medicines. Buy from [Amazon](#)



Making Plant Medicine by Richo Cech is an easy to use guide for beginning medicine makers. It is complete with a material medica and proportions for making tinctures. Richo and his family run Horizon Herbs – a great source for seeds and plant starts. Purchase from [author](#)

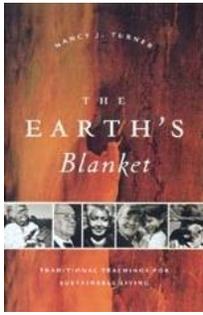
Ethnobotany and Ethnoecology:



Nancy Turner's **Food Plants of Coastal First Peoples**, **Food Plants of Interior First Peoples**, and **Plant Technologies of First Peoples in British Columbia** provide an unsurpassed collection of ethnobotanical texts for British Columbia that have a great deal of relevance to foraging in the Pacific Northwest. Accounts are a collection of Turner's lifetime of research on the subject.

Preview Food Plants of Coastal First Peoples on [GoogleBooks](#)

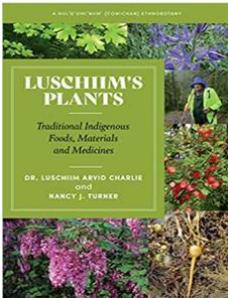
Buy Food Plants of [Coastal First Peoples](#), [Interior First Peoples](#), and [Plant Technologies](#) from Amazon



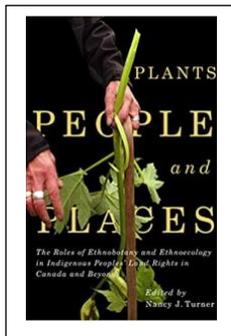
Earth's Blanks by Nancy Turner is a book filled with Indigenous wisdom and teachings on sustainable living.

Preview on [GoogleBooks](#)

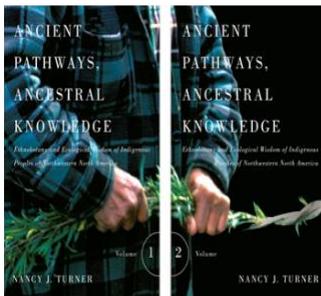
Purchase from [Amazon](#)



Luschiim's Plants: Traditional Indigenous Foods, Materials and Medicines
by Luschiim Arvid Charlie (Author), Nancy J. Turner (Author)

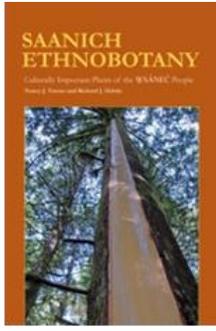


People, and Places: The Roles of Ethnobotany and Ethnoecology in Indigenous Peoples' Land Rights in Canada and Beyond



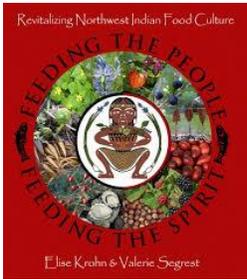
Ancient Pathways, Ancestral Knowledge by Nancy J. Turner

In *Ancient Pathways, Ancestral Knowledge*, she integrates her research into a two-volume ethnobotanical tour-de-force. Drawing on information shared by Indigenous botanical experts and collaborators, the ethnographic and historical record, and from linguistics, palaeobotany, archaeology, phytogeography, and other fields, Turner weaves together a complex understanding of the traditions of

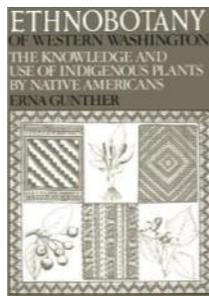


Saanich Ethnobotany by Nancy J. Turner

Nancy Turner and Richard Hebda present the results of many years of working with botanical experts from the Saanich Nation on southern Vancouver Island. Elders Violet Williams of Pauquachin, Elsie Claxton of Tsawout, and Christopher Paul and Dave Elliott of Tsartlip pass on their knowledge of plants and their uses to future generations of Saanich and Coast Salish people, and to anyone interested in native plants and their uses.

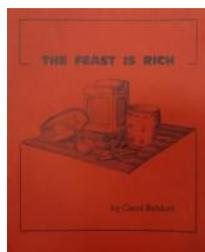


Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture by Elise Krohn and Valerie Segrest. This book is currently out of print.



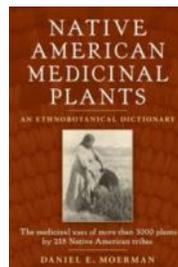
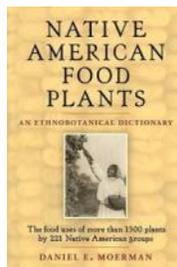
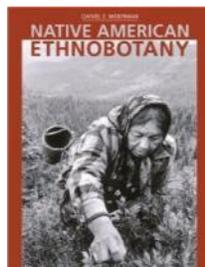
Ethnobotany of Western Washington by Erna Gunther. Originally published in 1945, this book draws from her life's work interviewing Salish and Makah elders. An indispensable resource to anyone seriously interested in the ethnobotany of this region.

View on [GoogleBooks](#)
Purchase from [Amazon](#)

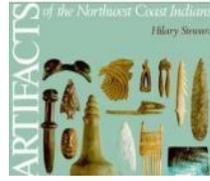
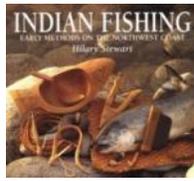
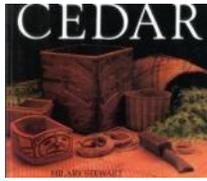


The Feast is Rich by Carol Batdorf is an amateur ethnobotany of Coast Salish in Western Washington with an emphasis on the Lummi Nation.

Limited Availability from the [Whatcom County Museum](#)

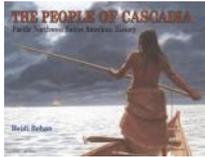


Native American Ethnobotany, Native American Food Plants, and Native American Medicinal Plants by Daniel Moerman (see searchable online [database](#)) attempt to catalogue all the primary ethnobotanical accounts on this continent. These works provide excellent starting places for further ethnobotanical reading. Purchase from [Amazon](#)



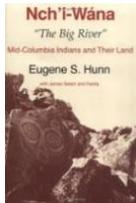
Cedar, Indian Fishing, and Artifacts of Northwest Coast Indians are written and illustrated by Hilary Stewart. These books are about the material culture and technology of Native Americans in the Pacific Northwest.

Preview [Cedar](#) and [Indian Fishing](#) GoogleBooks and Purchase from [Amazon](#)



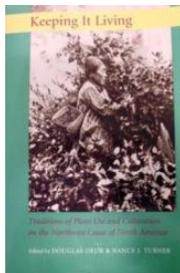
The People of Cascadia by Heidi Bohan is a wonderful author-illustrated book on the history of the Pacific Northwest Native Americans.

Buy from [Author](#)



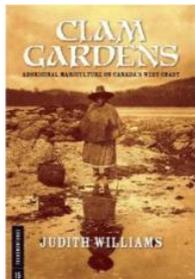
Nch'i-Wana "The Big River": Mid-Columbia Indians and Their Land by Eugene Hunn is an ethnography that includes a chapter devoted to the food of the Native Americans living along the Middle reaches of the Columbia River. It is based on years of careful and collaborative work with Sahaptin elders.

Preview on [GoogleBooks](#)

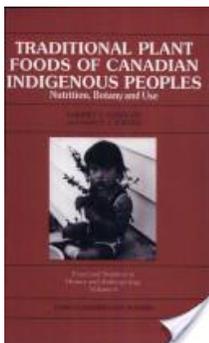


Keeping it Living: Traditions of Plant Use and Cultivation on the Northwest Coast of North America edited by Douglas Deur and Nancy Turner is an academic examination of how Native Americans in the Pacific Northwest sustainably managed plant food resources.

Preview on [GoogleBooks](#)



Clam Gardens by Judith Williams describes the Indigenous system of constructing and managing productive clam gardens. Williams is not an academic and her relationships with some of the Native Americans and scholars who she interviewed are strained, but it remains the only book on this fascinating subject. Preview on [GoogleBooks](#)



Traditional Plant Foods of Canadian Indigenous Peoples by Harriet Kuhnlein and Nancy Turner is very difficult to find in print but there is an extensive preview available on GoogleBooks. This book includes plant descriptions, black and white photographs, ethnobotanical uses, and tables with nutritional information. While species coverage is for Canada, it is very pertinent to the Pacific Northwest. This is the best researched book available that covers both the ethnobotany and nutrition of numerous food plants.

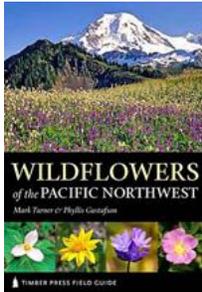
Preview on [GoogleBooks](#)

Buy from [Amazon](#)

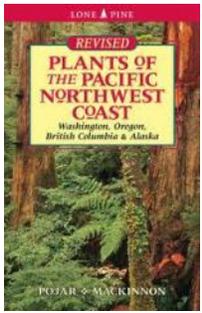
Films:

-Hot on the Trail with Sonny Savage is a great film series that focuses on wild foods

Plant ID Books and Websites:

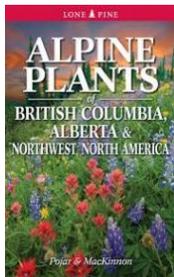


Wildflowers of the Pacific Northwest by Mark Turner and Phyllis Gustafson is a superb field guide and website well suited for beginner and enjoyed by seasoned botanists. It has the best browsing functions of any website I have seen allowing you to browse thumbnail images by flower color, flower type, as well as plant families. Plant accounts include plant descriptions, excellent range maps, and superb photographs. View [Website](#) and Buy it from the [Author](#)

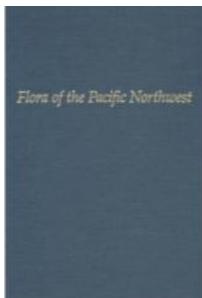


Plants of the Pacific Northwest Coast popularly called “Pojar and Mackinnon” (the editors) is perhaps the best plant field guide on the market, authored by leading scholars of botany, ecology, lichenology, and ethnobotany it is used by novices and experts alike. This book boasts nearly comprehensive coverage of native plants (with limited coverage of introduced species). Plant accounts include photographs, range maps, distinguishing characteristics, related species, and ethnobotanical gems.

Buy it at [Amazon](#)



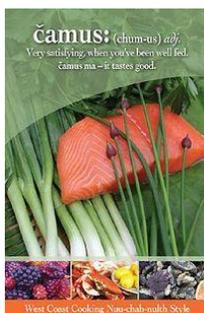
Alpine Plants of British Columbia, Alberta & Northwest North America (Pojar & McKinnon) Buy it at [Amazon](#)



Flora of the Pacific Northwest by Hitchcock and Cronquist is the classic authority for our region. Condensed from their exhaustive 5 volume set Vascular Plants of the Pacific Northwest, this single volume brick provides keys and limited illustrations of our flora. The 40 years since it was published have done little to alter the usefulness of this book to serious botanists.

Buy it at [Amazon](#)

Cook Books



Nuu-chah-nulth Traditional Foods Toolkit

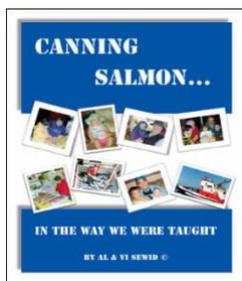
Includes:

- Camus: West Coast Cooking Nuuchahnulth Style
- Knowledge Books on Eelgrass, Low Tide Foods, Herring Spawn, Steam Pit cooking, Tips for Drying and Smoking Salmon
- CD on Lets Eat, Our Foods, Our People, Our Ways

A collection of recipes and stories about foods that come from the Nuuchahnulth First Nation's territories on the West coast of Vancouver Island.

<http://uuathluk.ca/cookbook.html>

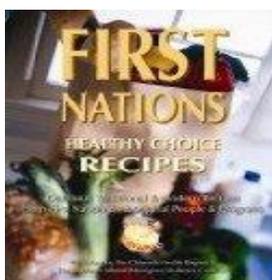
Email: info@uuathluk.ca or 250-724-5757



Canning Salmon: In The Way We Were Taught by Al & Vi Sewid

A step-by-step photographed guide to canning salmon.

<http://books.trafford.com/4dcqi/dosearch>



First Nations Healthy Choice Recipes: Delicious Traditional and Modern Recipes From First Nation and Aboriginal People & Programs

Chinook Health Region

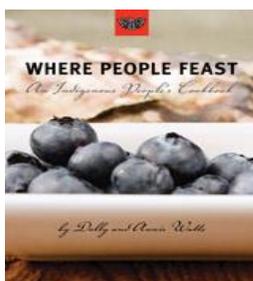
Delicious traditional and modern recipes from First Nation and Aboriginal people and programs.

Heather Mathur (403-388-6653)



Traditional Methods of Canning and Preserving: Recipes and Tips from Alberta's First Nations People

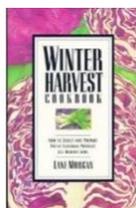
A collection of harvesting and preserving traditions of the First Nations people of Alberta. *Yellowhead Tribal Council (780-470-3545)*



Where People Feast: an Indigenous People's Cookbook by Dolly & Annie Watts

An indigenous cookbook focusing on Native cuisine and culinary traditions of the Pacific Northwest.

<http://www.arsenalpulp.com/bookinfo.php?index=259>



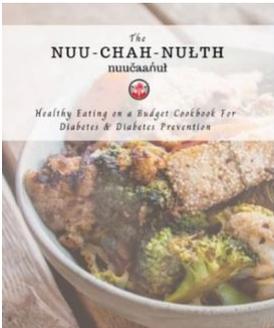
Winter Harvest Cookbook by Lane Morgan

How to Select and Prepare Fresh Seasonal Produce All Winter Long



Gifts from Our Relations

The National Indigenous Diabetes Association produced a resource booklet honouring 18 commonly consumed traditional foods (plants/animals) that are Indigenous to Turtle Island. This guide provides insight into original food consumption as a means of reducing the incidence and prevalence of type 2 diabetes in First Nations, Inuit and Métis communities, as well as providing information for those living with diabetes and looking to self-manage through diet.



Nuu-chah-nulth Cookbook

A Nuu-chah-nulth cookbook for healthy eating and diabetes prevention is available online. The ‘fluid’ cookbook allows Nuu-chah-nulth members to submit their own traditional recipes.

<https://www.hashilthsa.com/news/2021-04-16/cookbook-shares-diabetes-friendly-recipes-nuu-chah-nulth-people>

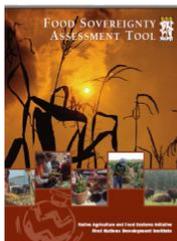


Feasting for Change Celebration Book

This book “Feasting For Change” celebrates some of the Indigenous Foods of Vancouver Island. It was created through the teachings and leanings from our 50 events and as inspired by the diversity and wisdom of the knowledge keepers in all the communities. We know we have only begun to understand the different uses and all the teachings around these foods; this first edition is a living document and will be added to over time.

Our hope is that you are inspired to join us in celebrating the food, land and culture of Vancouver Island. Contact Fionadevereaux76@gmail.com

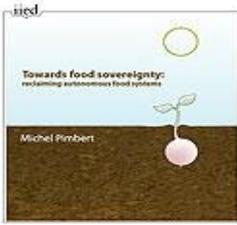
Resource Manual



Food Sovereignty Assessment Tool by Alicia Bell-Sheetter

A Native Agriculture and Food Systems Initiative from the First Nations Development Institute.

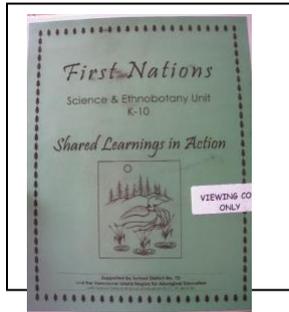
<http://www.indigenousfoodsystems.org/sites/default/files/tools/FNDIFSATFinal.pdf>



Towards Food Sovereignty: Reclaiming Autonomous Food Systems by Michel Pimbert

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.

<http://www.iied.org/pubs/display.php?o=G02268%20>



First Nations and Food and Nutrition Environmental Scan

A national scope study on the benefits and risks of food and water in First nations communities.

<http://www.fnfnes.ca/>

First Nations Science & Ethnobotany Unit K-10

Shared Learning in Action

Provides knowledge and Activities around native plants and seasonal activities to be shared with little people

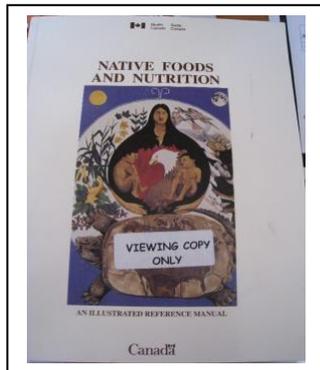
Nella Nelson (nnelson@schooldistrict61.bc.ca)



Nuxalk Food and Nutrition Handbook

A practical guide to family foods and nutrition using native foods.

<http://www.mcgill.ca/files/cine/NuxalkHandbook.pdf>

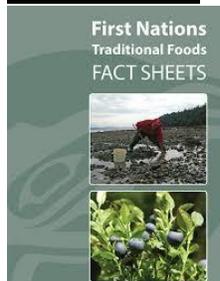


Native Foods And Nutrition:

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. Health Canada 1994

BCANDS Victoria (1-888-815-5511)

Handouts

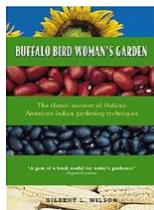


First Nations Health Authority

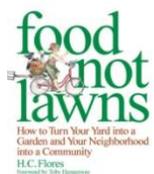
http://www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf

The First Nations Traditional Food Fact Sheets detail commonly used traditional foods throughout BC and provides relevant nutritional information about traditional foods.

Books About Community Gardening

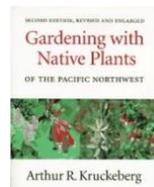
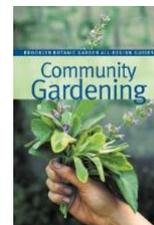


Buffalo Bird Woman's Garden. Gilbert Wilson. This wonderful book is also available online at: <http://digital.library.upenn.edu/women/buffalo/garden/garden.html>



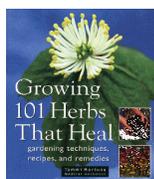
Community Gardening. Brooklyn Botanical Garden. Excellent models and tips for creating community gardens.

Food Not Lawns. H.C. Flores. This book is written by an urban activist who shares insights into how to design and grow your own garden. She talks about gardening as a way of building personal, community, and global health and well-being.



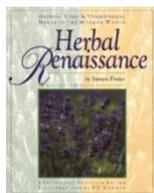
Gaia's Garden. Toby Hemenway. This book introduces permaculture, which is a way of growing plants that mimics the balance of natural ecosystems.

Gardening with Native Plants of the Pacific Northwest. Arthur Kruckeberg. A useful resource for identifying and growing native plants in our area.



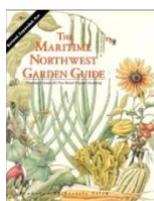
Growing 101 Herbs that Heal. Tammi Hartung. A basic description of how to grow herbs along with medicine making techniques. Good garden layout ideas.

Growing Vegetables West of the Cascades. Steve Solomon. An indispensable resource for growing vegetables Western Washington.



Herbal Renaissance. Steven Foster. A guide to growing and using many medicinal herbs.

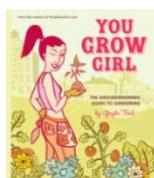
Keepers of Life: Discovering Plants through Native Stories and Earth Activities for Children. Michael Caduto and Joseph Bruchac. Lesson plans and teaching ideas.



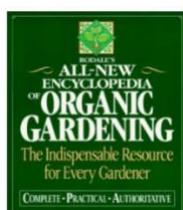
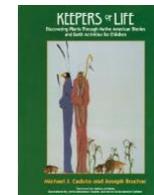
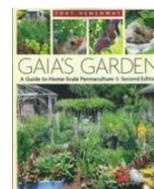
The Maritime Northwest Garden Guide. Seattle Tilth. A planning calendar and useful guide for year-round organic gardening.

Organic Gardening. Geoff Hamilton. A basic guide to growing herbs and vegetables organically including soil, composting, and pest control ideas.

Organic Gardening Design School. Ann Lovejoy. This beautiful book introduces garden design in a user-friendly visual way.

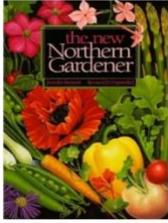


You Grow Girl. Gayla Trail. This contemporary, basic gardening book is user-friendly, witty and full of fun garden projects. It offers a fresh perspective for youth. Also check out her book Grow Great Grub: Organic Food from Small Spaces.



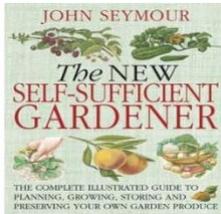
Encyclopedia of Organic Gardening by J.I. Rodale. Rodale Publishers

Features over 400 entries covering all aspects of organic gardening and includes step-by-step gardening techniques.



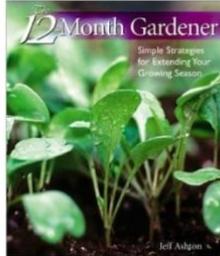
The Harrowsmith Northern Gardener by Jennifer Bennett

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.



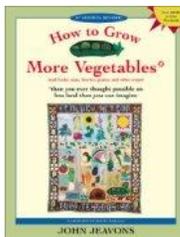
The Self-Sufficient Gardener by John Seymour

A Complete Guide to Growing and Preserving All Your Own Food



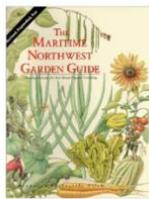
The Twelve Month Gardener by Stevens, Hungerford, Fan court-Smith, Mitchell, Buffam

Whitecap Books

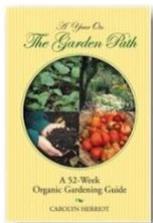


How to Grow More Vegetables: by John Jeavons

And Fruits, Nuts, Berries, Grains, and Other Crops Than You Ever Thought Possible on Less



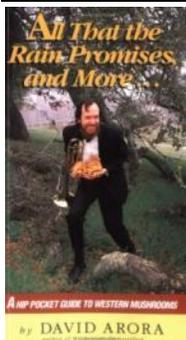
Seattle Tilth's The Maritime Northwest Garden Guide by Carl Elliott and Rob Peterson. *Planning Calendar for Year-Round Organic Gardening*



A year on the Garden Path: a 52 week organic gardening

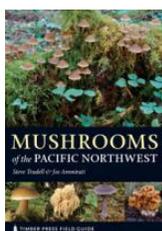
Guide by Carolyn Herriot. <http://www.earthfuture.com/gardenpath/Book.htm>

Mushroom ID Books:



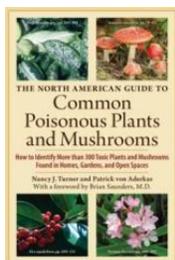
All That the Rain Promises and More by David Arora is one of the funniest and best field guides on the market. Ethnic men and sultry middle aged women model many of the mushroom photos. Accounts include where and when mushrooms can be found as well as notes on their edibility, selected recipes, and colorful anecdotes.

Buy it at [Amazon](#)



Mushrooms of the Pacific Northwest by Steve Trudell and Joe Ammirati is a field guide with color photographs and useful essays related to safely learning and eating mushrooms.

Buy it at [Amazon](#)



The North American Guide to Common Poisonous Plants and Mushrooms by Nancy Turner and Patrick Von Aderkas is an indispensable guide to plants we need to know (and avoid!) in order to safely forage.

Buy from [Publisher](#) or [Buy from Amazon](#)

Mycelium Running: How Mushrooms Can Save the World by Paul Stamets.

Mushrooms Demystified by David Arora

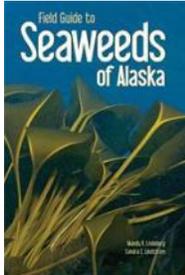
Seaweed and Sea Life



Seaweeds of Alaska has exhaustive coverage of Alaska and includes most of the species found in the Pacific Northwest. The photographs are excellent. Accounts are searchable by both common and scientific name, and include habitat and distribution.

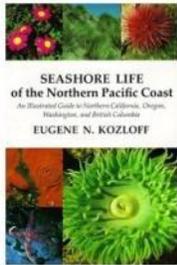


Algaebase is a global seaweed database design for Phycologists (people that study seaweed), especially those concerned with taxonomy. Course level (by country) distribution maps included with some accounts.



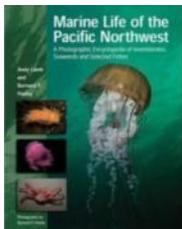
Seaweeds of Alaska by Mandy Linderberg and Sandra Lindstrom include all the common seaweeds in the Pacific Northwest. The color photographs show the parts needed for ID.

Buy from [Amazon](#)



Seashore Life on the Northern Pacific Coast by Eugene Kozloff

Buy from [Amazon](#)



Marine Life of the Pacific Northwest by Andy Lamb and Bernard Hanby has spectacular photos of all sorts of sea critters and beach life. Expensive but worthwhile to the serious beachcomber and maritime forager.

Buy from [Amazon](#)

Decolonizing Resources

- Walrus article - History of Food in Canada is the History of Colonialism by Corey Mintz <https://thewalrus.ca/the-history-of-food-in-canada-is-the-history-of-colonialism/>
- Mosby, I. (2013). Administering colonial science: Nutrition research and human biomedical experimentation in Aboriginal communities and residential schools, 1942–1952. *Histoire sociale/Social history*, 46(1), 145-172. <https://muse.jhu.edu/article/512043>
- From Equity Diversity Inclusion to Liberation and Justice in Dietetics <https://www.youtube.com/watch?v=xGpMgKz6wKM>

- Native Land - Territory Acknowledgement - You can enter the name of your town and or postal code to get a direct link to the agreements and treaties for your area. <https://native-land.ca/territory-acknowledgement/>
- United Nations Declaration on the Rights of Indigenous Peoples <https://www.un.org/development/desa/indigenouspeoples/declaration-on-the-rights-of-indigenous-peoples.html>
- Murray Sinclair Four Questions - Conversation with Duncan McCue <https://www.youtube.com/watch?v=DKvOXuzLcJw>
- Truth and Reconciliation Commission Summary Report http://publications.gc.ca/collections/collection_2015/trc/IR4-7-2015-eng.pdf
- Allan, B. & Smylie, J. (2015). First Peoples, second class treatment: The role of racism in the health and well-being of Indigenous peoples in Canada. Toronto, ON: the Wellesley Institute. <http://www.wellesleyinstitute.com/wp-content/uploads/2015/02/Summary-First-Peoples-Second-Class-Treatment-Final.pdf>

Books:

- Conversations with Canadians by Lee Maracle
- Indigenous Writes, Chelsea Vowels

Podcasts

- Episode 15: Indigenous peoples and public health <https://mediaindigena.libsyn.com/ep-15-indigenous-peoples-and-public-health>
- Toasted Sister Podcast <https://podcasts.apple.com/us/podcast/e50-no-longer-gentle-indians-pt-3-stop-telling-us-what-to-eat/id1192386895?i=1000433291002>

Articles

- Nothing to Add: A Challenge to White Silence in Racial Discussions <http://robindiangelo.com/2014site/wp-content/uploads/2016/01/Nothing-to-Add-Published.pdf>
- Whose land is it Anyway - Decolonizing Handbook - https://fpse.ca/sites/default/files/news_files/Decolonization%20Handbook.pdf

Podcasts

- **Indigenous Cultural Safety (ICS) Collaborative Learning Series (PHSA & SOAHAC)**
<http://www.icscollaborative.com/webinars>
12 archived 1.5 hour sessions that aim to facilitate opportunities for shared learning by bringing together key leaders provincially, nationally, and internationally. Hosted in partnership with the Provincial Health Services Authority (PHSA) and the Southwest Ontario Aboriginal Health Access Centre (SOAHAC).
- **Cultural Safety and Cultural Humility Webinars (FNHA)**

<https://www.fnha.ca/wellness/cultural-humility>

11 archived one hour sessions focusing on what health service staff and allies can do to understand and integrate cultural safety and humility into their practice or interaction with First Nations and Indigenous clients. Developed by the First Nations Health Authority and BC Patient Safety & Quality Council.

- **Learning Circle Webinars with Harley Eagle (UBC)**

Moderated 1.5 hour sessions consisting of a presentation followed by a Q&A period with both online participants and an in-person audience.

Embracing the Critical Consciousness Theory in an Indigenous Context (02/27/18)

<https://learningcircle.ubc.ca/2018/01/04/critical-consciousness/>

Cultural Safety and Addressing Systemic Racism

(09/18/18) <https://learningcircle.ubc.ca/2018/07/12/cultural-safety-and-addressing-systemic-racism/>

Cultural Safety and Leadership (11/15/18)

<https://learningcircle.ubc.ca/2018/10/20/cultural-safety-and-leadership/>

Documentaries:

- Grub - <https://www.goodgrub.org/wild-foods/wild-foods-and-medicine>
- Gather Film - <https://gather.film/>
- PEPÁKEN HÁUTW: <https://pepakenhautw.com/>
- Colonization Road <https://www.cbc.ca/firsthand/episodes/colonization-road>
- Warrior Life - <https://pampalmater.com/warrior-life/>
- 8th Fire - <https://www.coursera.org/lecture/aboriginal-education/8th-fire-episode-1-indigenous-in-the-city-43-24-RmmF6>

Adapted from the Northwest Indian College Traditional Plants and Foods Program, May 2012 by T. Abe Lloyd. Please contact Fionadevereaux76@gmail.com for any corrections.