

NATIVE GROWN + GATHERED

STRENGTHENING INDIGENOUS
FOOD SOVEREIGNTY



FEED SEVEN
GENERATIONS

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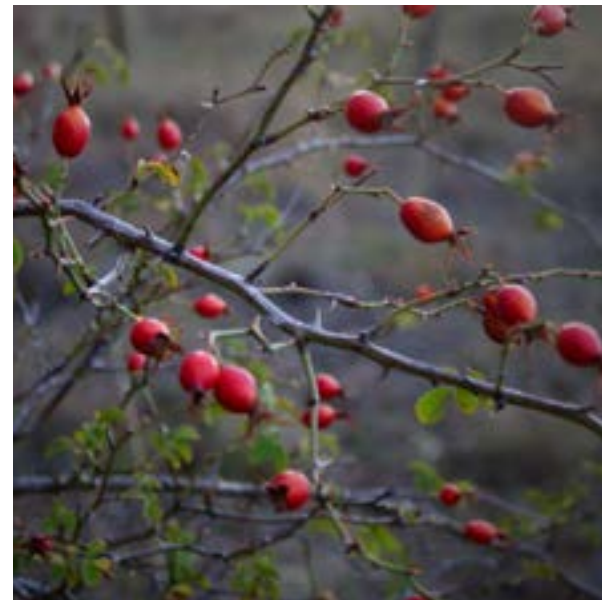
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NATIVE GROWN AND GATHERED IS A COLLABORATION BETWEEN
FEED SEVEN GENERATIONS AND TAHOMA PEAK SOLUTIONS.

WELCOME TO NATIVE GROWN + GATHERED

We are committed to strengthening food sovereignty in Indian Country. This work is important to us as Native people. We know that our communities are made stronger when we can grow and strengthen relationships with other Native producers for cultural connection, business growth, potential collaboration, and recognition of the strength of our food systems, as our Ancestors have since time immemorial.



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WHO WE ARE



Feed Seven Generations

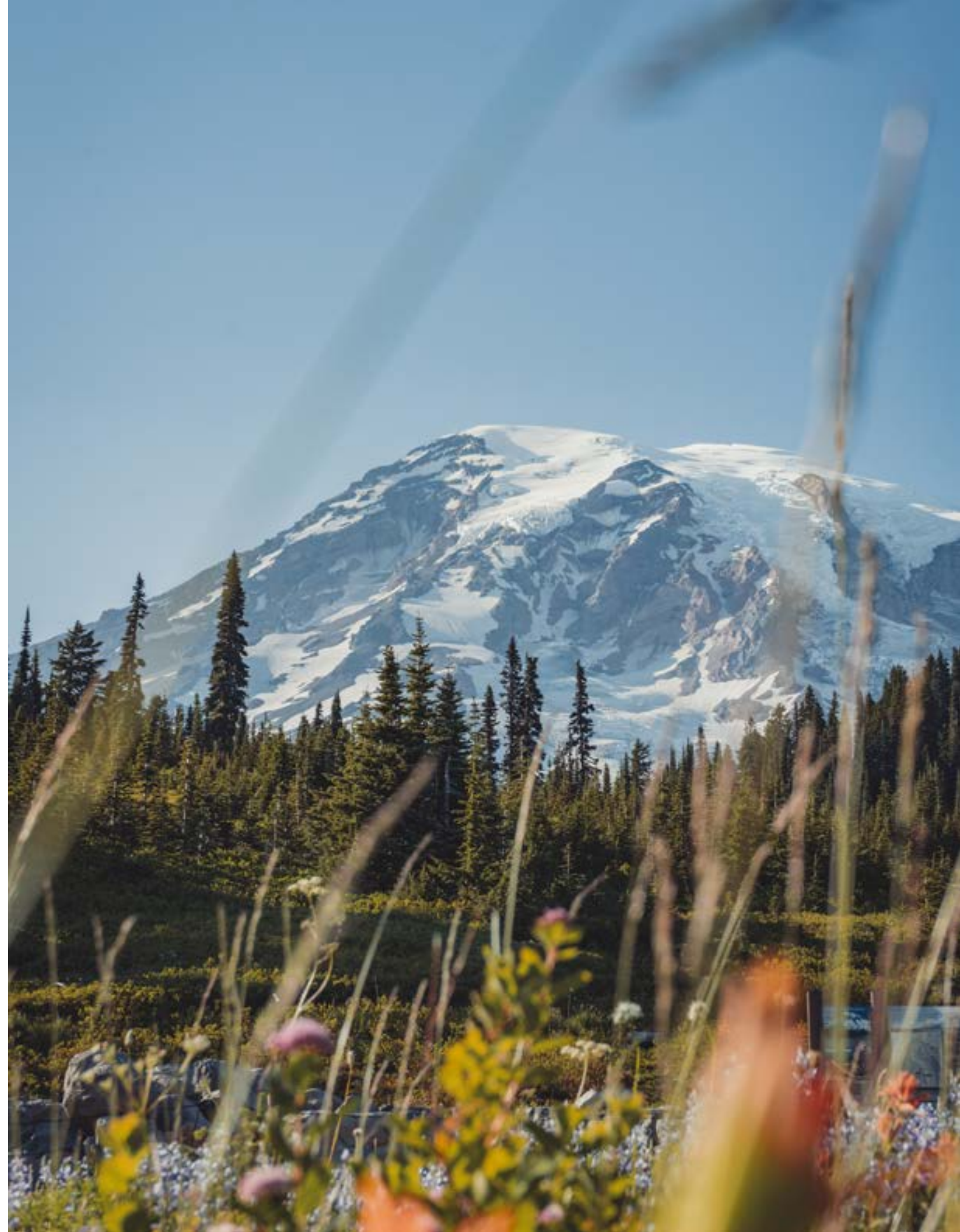
For over a decade, Feed Seven Generations (FEED), a Native-led non-profit organization, has worked to improve the health and wellness of Native people. FEED is a strong voice in the Indigenous food sovereignty movement and works by developing partnerships, creating curriculum and educational content, advocating for environmental policy, and providing community education classes. Their efforts make an impact and are a testament to the power of tribal communities across the country.

FEED is Muckleshoot-led and operates within the Muckleshoot and Coast Salish traditional homelands.



Tahoma Peak Solutions

Tahoma Peak Solutions is a Native Woman-owned firm with over forty years of combined experience specializing in strategic communications, culturally focused planning and development initiatives in built environments, and revitalizing Native food systems. Tahoma Peak Solutions concentrates on empowering and building up Native communities by bolstering visibility and sovereignty efforts that reflect traditional values. Tahoma Peak Solutions is owned and operated by Valerie Segrest (Muckleshoot) and Maria Givens (Coeur d'Alene) and is based in Seattle, Washington, in the owners' traditional Coast Salish homelands. Reviving the traditional foodways of the Northwest is a critical mission of Tahoma Peak Solutions.



A NOTE FROM THE NATIVE GROWN AND GATHERED TEAM

WHAT IS NATIVE GROWN AND GATHERED?

WE CONNECT NATIVE PEOPLE WITH NATIVE FOOD PRODUCERS

Native Grown and Gathered is a network-based project to connect Native people with Native foods and producers and strengthen Native-owned food companies. The Native Grown and Gathered Team identifies the direct needs of both Native food producers and consumers. We do this through conversations with producers centered on the strengths, weaknesses, and opportunities for Native American-owned food companies. We aim to foster connections with Native food producers, share their stories, accentuate their strengths, and identify the gaps in opportunities and technical assistance available to these business owners.

OUR GOAL IS SIMPLE. WE WANT NATIVE PEOPLE TO EAT FOOD GROWN, HARVESTED, MADE, AND PRODUCED BY OTHER NATIVE PEOPLE.

This goal grows our connection to each other as relatives, strengthens our economies, and brings us closer to our ancestral foodways that thrived in the Northwest. Through our conversations with our relatives that continue to live our foodways, we found gaps in ensuring that this Native-grown and gathered food reaches Native consumers.

WE BELIEVE THAT THIS PROJECT HAS THE POTENTIAL TO **CATALYZE FOOD SOVEREIGNTY** EFFORTS AND STRENGTHEN NATIVE FOOD SYSTEMS NATIONWIDE

This project grew out of the desire to support Native food producers and



increase Native peoples' access to nutritious food produced by Native people. In this project's first phase, we focus on what we now call Washington State. However, the Native Grown and Gathered team calls this our ancestral homelands.

In the coming years, we plan to expand this initiative to include the entire Northwest and Rocky Mountain Region. As we move through each state, resources will be made available so that Native people can increase access to Native-produced foods and support Native food businesses. These guides include recipes, seasonal availability information, and regional food access resources. The core of this project is to relay technical assistance and financial resource needs to funders directly from conversations with Native food producers.

In this guide, you will find Native businesses ranging from fresh seafood to organic vegetables, from consumer packaged goods to traditional plant medicines. We see this as a living resource that will grow over time.

ACKNOWLEDGEMENTS

We would like to thank USDA Office of Partnership and Public Engagement and the City of Seattle Department of Neighborhoods' Food Equity Fund for the generous funding to support this work.

We would also like to thank every person who responded to emails and phone calls and attended Zoom calls and planning sessions to make this guide possible.

-NATIVE GROWN AND GATHERED TEAM



NATIVE FOOD AND MEDICINE PRODUCERS



AIRFRESH SEAFOODS, LLC

COLVILLE

SEAFOOD BUYER

GIG HARBOR, WA

253-851-5717

Airfresh Seafoods LLC offers a large selection of fresh and frozen seafood. Some seasonal products include salmon, halibut, rockfish, squid, spiny lobster, crab, geoduck, and clams.

Website: [HTTP://AIRFRESHSEAFOODS.COM/](http://airfreshseafoods.com/)

Email: SELLFISH@AIRFRESHSEAFOODS.COM



BATTLEGROUND APOTHECARY

CHEROKEE AND CHOCTAW

HERBAL APOTHECARY

314 NE 1ST AVE SUITE 101
BATTLE GROUND, WA 98604

(360) 687-2597

Battleground Apothecary is a mother-and-daughter-owned business offering plant medicines, tinctures, salves, and herbal tea blends. They offer the highest quality herbal supplements, organic bulk herbs, spices, and teas.

Website: [HTTPS://BGAPOTHECARY.COM/](https://bgapothecary.com/)

Email: ORIGINALAPOTHECARY@PROTON.ME



@BATTLEGROUNDAPOTHECARY



BG APOTHECARY & NATURAL GOODS, LLC



CAPE FLATTERY FISHERMEN'S CO-OP

MAKAH

FISH BUYER

1091 BAYVIEW AVENUE, UNIT 775
NEAH BAY, WA 98357

(360) 687-2597

The Cape Flattery Fishermen's Co-Op buys and sells high-quality seasonal fresh fish year-round in small and large quantities to community members and buyers. Makah tribal fishers provide the majority of fish available.

Website: [HTTPS://CAPE-FLATTERY-FISHERMENS-CO-OP.BUSINESS.SITE/](https://cape-flattery-fishermens-co-op.business.site/)

Email: CAPEFLATTERY@CENTERYTEL.NET



CATCH NW

LUMMI

SEAFOOD SUPPLIER AND BUYER

2561 LUMMI VIEW
BELLINGHAM, WA 98226

(360) 393-1700

Catch NW makes fresh and frozen seafood available following the Salish Sea seasons. Their seafood offerings include Dungeness crab, salmon, halibut, spot prawns, snow crab, geoduck, sea cucumber, green urchins, clams, oysters, and scallops. They work to distribute seafood to the Lummi community, especially Lummi Elders. Before heading out to Catch NW, call to see what's available or check their Facebook page.

Website: [HTTPS://WWW.CATCHNW.COM/](https://www.catchnw.com/)

Email: ARMANDO.BRIONEZ@GMAIL.COM



@CATCHNW1



CATCH NW PAGE



COAST SALISH SEAFOOD

TULALIP

SEAFOOD SUPPLIER AND BUYER

TULALIP, WA

(425) 312-9989

Coast Salish Seafood’s mission is to provide quality Coast Salish seafood products to all people. The seafood is harvested through their commercial crab and fishing boat, offering live crab, halibut, salmon, spot prawns, and shrimp. Products are seasonally available, either fresh or frozen.

Email: COASTSALISHSEAFOOD@GMAIL.COM



COLUMBIA RIVER INTER-TRIBAL FISH COMMISSION (CRITFC)

YAKAMA, WARM SPRINGS, UMATILLA, AND NEZ PERCE

FISH SELLERS

FT. RAINS AND ROOSEVELT, WA

CRITFC highlights Columbia River locations where the public can buy fresh salmon from Tribal Fishers. Fish are seasonally available and include Chinook salmon, Steelhead, Coho salmon, Sockeye salmon, sturgeon, and shad, with walleye, yellow perch, bass, catfish, and carp occasionally for sale in small numbers. Along with several farmers’ markets, fresh Indian-caught salmon is sometimes available at other salmon sales locations along the river, with signs marking them on major highways and roads.

Website: [HTTPS://CRITFC.ORG/HARVEST/SALMON-SALES-LOCATIONS/](https://critfc.org/harvest/salmon-sales-locations/)



COYOTE RANCH

CHINOOK

ORGANIC FARM

2404 NW COYOTE

RIDGE RD

LA CENTER, WA 98629

(360) 607-8797

Coyote Ranch is a certified organic U-Pick farm offering organic fruits and vegetables. The Farm specializes in heirloom tomatoes and offers U-pick flowers. Coyote Ranch supports food sovereignty efforts across Clark County, including supporting the founding of the Friends of Clark County.

Website: [HTTPS://WWW.COYOTERIDGEWA.COM/](https://www.coyoteridgewa.com/)

Email: COYOTERIDGE@TDE.NET





GOOD RAIN FARM

**SINIXT
FARM**

22909 NE 58TH ST
VANCOUVER, WA

(360) 904-9081

The farm follows organic practices and offers a Community Supported Agriculture (CSA) program. They provide a wide array of meats and produce, including rabbit meat, lettuce, kale, corn, turnips, coffee, bread, tomatoes, squashes, carrots, onions, garlic, cucumbers, beets, beans, peas, peppers, and eggplants. The farm hopes to expand soon to include Pacific Northwest First Foods, such as rose hips, salmon berries, wood sorrel, currants, camas root, acorns, Oregon stonecrop, and wapato.

Website: [HTTPS://WWW.GOODRAINFARM.COM/](https://www.goodrainfarm.com/)

Email: GOODRAINFARM@GMAIL.COM



@GOODRAINFARM



GOOD RAIN FARM



@XAST.SQIT



GRAY FOX FARM

**SILETZ
FARM**

6073 BEAVER VALLEY ROAD
CHIMACUM, WA

(541) 531-8755

Gray Fox Farms is a ten-acre farm of Certified Naturally Grown (CNG) produce. The farm offers U-pick berries, homemade jams, honey, and eggs. Additionally, the farm leases land to new farmers to use to start their businesses. It provides bushcraft workshops and classes for the community, such as hide tanning, brain tanning, traditional basketry, flint knapping, and bone and stone tool making. There is an option of camping on the property when attending any class.

Email: GRAYFOXFARM@GMAIL.COM



@GRAYFOXFARMWA



GRAYFOXFARMHONEY



JAMESTOWN SEAFOOD

JAMESTOWN S'KLALLAM

SEAFOOD WHOLESALER

SEQUIM, WA

(360) 797-8610 OR (360) 461-4984

Jamestown Seafood utilizes state-of-the-art tools and technologies to ensure consistent, sustainable, and delicious harvests for wholesale-only purchases. They have established productive fisheries for Pacific Oysters and Geoduck Clams along the Strait of Juan de Fuca in Sequim Bay and developed a world-class hatchery in Quilcene Bay. Jamestown Seafood works to ensure future generations can enjoy the oysters, clams, and other seafood of the Pacific Northwest for another ten thousand years.

Email: SALES@JAMESTOWNTRIBE.ORG



JAMESTOWN SEAFOOD



LINDA'S WOOD FIRED KITCHEN

MAKAH

PRESERVES AND BAKED GOODS

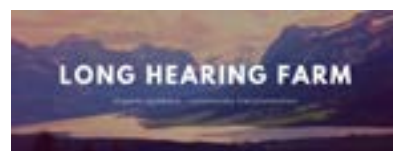
1110 BAYVIEW AVE
NEAH BAY, WA 98357

(360) 643- 2697

In addition to thin crust pizza with local foraged toppings, Linda's Wood Fired Kitchen offers a seasonal selection of homemade fresh bread, jams, marmalades, and smoked or plated salmon available for purchase. The owner forages and processes local fruits for the jam and marmalade, including wild cranberries, salmonberries, and strawberries.



LINDA'S WOOD FIRED KITCHEN



LONG HEARING FARM

**INDIGENOUS MIXED PERSON WITH
BLACKFEET, CHEROKEE, GROS VENTRE
DESCENT**

ORGANIC FARM

(360) 436-6068

ROCKPORT, WA

Long Hearing Farm is a rural worker's co-op and certified organic farm. They offer over 50 certified organic fruits and vegetables and strive to feed as many local families as possible through their Farmshare, seasonal farmstand, and direct partnerships with local businesses, Tribes, and schools. Their produce is available at the Skagit Valley Co-op and The Mazama Store. The farm aims to create equitable land-based livelihoods and teach young people land-based skills.

Website: [HTTPS://WWW.LONGHEARINGFARM.ORG/](https://www.longhearingfarm.org/)

Email: ELIZABETH@LONGHEARINGFARM.ORG



@LONGHEARINGFARM



LUMMI SEAFOOD MARKET

LUMMI

SEAFOOD MARKET AND BUYER

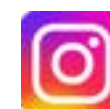
LUMMI TE'TI'SEN CENTER BUILDING
4920 RURAL AVE
FERNDALE, WA 98248

(360) 920-3447

Lummi Seafood Market offers fresh and frozen local and domestic seafood products. The market offers a venue for local fishermen to sell their catch while providing affordable seafood products to the public. Indigenous people of the Pacific Northwest proudly catch most of the products available for purchase.

Website: [HTTPS://WWW.LUMMISEAFOODMARKET.COM/](https://www.lummiseafoodmarket.com/)

Email: TERRY@LUMMISEAFOODMARKET.COM



@LUMMI
SEAFOOD
MARKET



LUMMI
SEAFOOD
MARKET



@LUMMI
SEAFOOD
MARKET



MAKAH BAY SEAFOODS LLC

MAKAH

NEAH BAY, WA

SEAFOOD BUYER

(360) 957-7138

Makah Bay Seafoods offers a wide variety of fresh seafood. They have a wide seasonal selection of salmon, including Coho, Chinook, Kokanee, and White King. Additionally, they seasonally offer lingcod, bass, canary, skatewing, halibut, and black cod. Our products are of high quality, always fresh, and support local Native fishers.

Email: MAKAHBAYSEAFOODS@GMAIL.COM



MUCKLESHOOT SEAFOOD PRODUCTS

MUCKLESHOOT
TRIBALLY-OWNED SEAFOOD COMPANY
 SEATTLE, WA
 (253) 876-3301

Muckleshoot Seafood collaborates closely with the Muckleshoot Fisheries department to ensure that there are samples of salmon from each catch area. Their seasonal salmon and other seafood offerings result from thousands of years of tribal tradition and industry-leading handling practices, guaranteeing their focus on quality resources, reliable service, and valued relationships. As descendants of the Coast Salish people, the Muckleshoot Indian Tribe has a rich history of trading fresh and smoked salmon across the Pacific Northwest and beyond. Their processing adheres to strict standards, and they pride themselves on providing excellent customer service to both fishers and customers.

Email: SEAFOODPRODUCTS@MUCKLESHOOT.NSN.US

NATIVE CANDY

YAKAMA/CADDO

SEAFOOD COMPANY

FARMERS MARKETS (CHECK WEBSITE)

Native Candy is a seafood company specializing in fresh and smoked salmon and huckleberry jam. The salmon is harvested on the Columbia River by tribal fishers who employ traditional techniques that have sustained the local ecology for thousands of years. Pick up their products at various local farmers' markets. Delivery is also available with the addition of your phone number at checkout on their online shop.

Website: [HTTPS://NATIVECANDIES.COM/](https://nativecandies.com/)

Email: INFO@NATIVECANDIES.COM



@NATIVECANDIES

RISING RAVEN ROASTERY

PUYALLUP

COFFEE ROASTER

4315 PACIFIC HIGHWAY
 EAST FIFE, WA 98424

Rising Raven Roastery is a specialty coffee roaster based in Tacoma, Washington. They offer roasted coffee beans, both whole and ground.

Email: VENITA@BJSTOBACCO.COM



@RISING_RAVEN



ROSE ISLAND FARM

TSIMSHIAN AND NUXALK

FARM

TACOMA, WA

Rose Island Farm is an Indigenous family-owned farm in southeast Tacoma. The farm prioritizes and centers people of culture and all Indigenous relatives. They lovingly grow and care for herbs and foods and create herbal supports for relatives at the Tahoma Indian Center. Rose Island Farms provides seasonal tea herbs and foods and offers herbal consultations to the community. Additionally, they provide a space for skillshares and workshops for Black and Indigenous community members to learn and share knowledge and teachings around traditional herbal practices.

Email: MELISSAMEYER75@GMAIL.COM



@ROSEISLANDFARM



ROSE'S NATIVE DESIGNS

YAKAMA

202 S TOPPENISH AVE.
TOPPENISH, WA 98948

(509) 865-1000

Rose's Native Designs offers Native American goods, Huckleberry products, Native-owned teas, and more in their brick-and-mortar location in Toppenish. Find them at powwows and fairs across the region.

Email: ROSESNATIVEDESIGNS@GMAIL.COM



@ROSES.NATIVE.DESIGNS



ROSE'S NATIVE
DESIGNS



SALISH GROUNDS COFFEE COMPANY

SQUAXIN ISLAND

COFFEE ROASTER

ROCKPORT, WA

Salish Grounds Coffee Company is an Indigenous, women-owned coffee brand offering a high-quality local roast. Available for purchase are decaf, espresso, and medium roasts. As indigenous women of the Pacific Northwest, coffee is central to who they are as they grew up fishing with their parents in the Salish Sea. All of their products draw on the inspiration of ancestral places and teachings. Their business upholds traditional values of reciprocity, community, trade, and generational well-being.

Email: SALISHGROUNDS@GMAIL.COM



SALISH SEAFOODS

SQUAXIN ISLAND

SEAFOOD COMPANY

92 E CHAPMAN RD
SHELTON, WA

(360) 426-4933

Salish Seafoods currently sells shellstock, singles, and shucked meats. Salish Seafoods harvests and sells approximately 12,000 gallons of oyster meat, half a million dozen single oysters, and 400,000 – 500,000 pounds of Manila clams each year, which allows for high-quality products to a limited number of clients. Their environmentally friendly product is hand-seeded, hand-picked, hand-shucked, and hand-packed at the 4,000-square-foot processing facility. No dredging is allowed during any stage of processing.

Website: [HTTP://SALISHSEAFOODS.COM/](http://salishseafoods.com/)

Email: INFO@SALISHSEAFOODS.COM



SOCKEYE SUZY FISH, LLC

YAKAMA

SEAFOOD MARKET

1551 SIMCOE CREEK ROAD
WHITE SWAN, WA 98952

(509) 731-0688

Sockeye Suzy Fish offers fresh Native-caught fish. Their products include smoked canned Sockeye salmon and frozen or smoked salmon. The storefront is managed from the owners' home, where fresh, canned, and smoked salmon is sold along with local Native American art and beadwork. The products are also available at several events throughout the year, including the Salmon Feast, White Swan Powwow, and All Indian Rodeo.

Email: SUZYLUMLEY@YAHOO.COM



SOCKEYE SUZY'S FISH, LLC

SUQUAMISH SEAFOODS



SUQUAMISH
SEAFOOD COMPANY

SUQUAMISH SEAFOODS MARKET
16261 STATE HWY 305
POULSBO, WA 98370

(360) 994-7363

Suquamish Seafoods provides quality seafood products to our buyers from our home waters of the Puget Sound. They currently market geoduck as their main product, along with Dungeness crabs and manila clams, and can ship worldwide. As a Suquamish Tribal business, they are committed to maintaining a healthy ecosystem for generations. The brick-and-mortar market offers fresh Dungeness crabs, Manila clams, Salmon (Chinook, Coho, and Chum varieties), Pacific oysters, fresh geoduck, and geoduck Products. In addition, there are a variety of flavors of smoked and frozen salmon and smoked mussels for purchase.

Website: [HTTPS://SUQUAMISHSEAFOODS.COM/](https://suquamishseafoods.com/)

Email: [INFO@SUQUAMISHSEAFOODS.COM](mailto:info@suquamishseafoods.com)



@suquamishseafoods_official



Suquamish Seafoods



TUL' SƏBƏD HONEY

PUYALLUP

SMOKIN' WILLY'S DRIVE-THRU
3008 72ND ST.
EAST TACOMA, WA 98443

Puyallup Tribal members Will Manzanares and Kimberly Luke started beekeeping and honey production in 2020 during the COVID-19 pandemic. These Tribal beekeepers produce a variety of honey, honeycomb, and other seasonal products. All products have been produced on Puyallup Tribal lands.

Email: [WILLIAM@SMOKINWILLYS.COM](mailto:william@smokinwillys.com)



WAPATO ISLAND FARM

LATINA/INDIGENOUS
FARM AND HERBAL APOTHECARY

15115 NW GILLIHAN RD
PORTLAND, OR 97231

(503) 995-6820

Wapato Island Farm is a majority-women collective that grows medicinal plants and offers over 50 plant medicines, following indigenous land practices. Their herbal apothecary products include herbal vinegar, tinctures, teas, medicinal-strength salts, Agua de Florida (flower water), herbal tooth powders, and salves.

Website: [HTTPS://WWW.WAPATOISLANDFARM.COM/](https://www.wapatoislandfarm.com/)

Email: [WAPATOISLAND@GMAIL.COM](mailto:wapatoisland@gmail.com)



@WAPATOISLANDFARM



YAKAMA NATION FARMS

YAKAMA

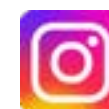
TRIBALLY OWNED FARM

8351 MCDONALD RD
WAPATO, WA 98951

509-848-2982

Yakama Nation Farms is an agricultural enterprise owned and operated by the Confederated Tribes and Bands of the Yakama Nation. They offer a wide array of fresh produce, including asparagus, cabbage, kale, chard, zucchini, squash, cucumbers, sweet corn, peppers, tomatoes, pumpkins, grapes, winter squash, and onions.

Email: [INFO@YNFARMS.COM](mailto:info@ynfarms.com)



@YAKAMA
NATION
FARMS



YAKAMA
NATION
FARMS



@YAKAMA
NATION
FARM



@YAKAMA
NATION
FARMS



RECIPES

This section highlights Native food recipes to prioritize nourishing ourselves and our people while supporting Native producers. By integrating delicious fresh and traditional ingredients, we can nourish our bodies, celebrate our cultures, and promote a sustainable food system, uplifting our Native producers and strengthening food sovereignty.

HAVE A LIGHT HEART HERBAL TEA WITH HONEY

HERBAL TEAS ARE A GREAT WAY TO STAY HYDRATED WHILE GAINING DELICIOUS NUTRIENTS

INGREDIENTS

1 tablespoon of Rose Island Farms Have a Light Heart herbal tea blend (contains Hawthorn leaf and flower, Lemonbalm, Schizandra berry, and red clover)

1 teaspoon Gray Fox Farm honey

1 cup of water

INSTRUCTIONS

1. Heat one cup of water until boiling.
2. Pour the boiling water over one tablespoon of **Rose Island Farm's** Have a Light Heart herbal tea blend.
3. Let steep for 2-3 minutes (the longer the steep, the more potent the nutrients).
4. Add in one teaspoon of **Gray Fox Farm** honey, and enjoy!



CRUSTLESS HALIBUT AND SPINACH QUICHE

THIS CRUSTLESS QUICHE IS QUICK AND CUSTOMIZABLE TO THE FISH AND VEGETABLES YOU HAVE ON HAND!

INGREDIENTS

6 large **Gray Fox Farm** eggs
2/3 cup whole milk (or plant-based alternative)
1/4 cup half-and-half (or plant-based alternative)
1/2 teaspoon **Wapato Island** smoked shroom salt
1/4 teaspoon black pepper

1 lb (1 1/2 cups) cooked **Cape Flattery Fishermen's Co-op** Halibut
2/3 cup of fresh **Good Rain Farm** spinach
2/3 cup grated cheese (cheddar or mozzarella)
2 tablespoons chopped fresh **Long Hearing Farm** chives



INSTRUCTIONS

1. Place a rack in the center of your oven and preheat the oven to 350 degrees Fahrenheit.
2. Coat a deep 9-inch pie dish with a nonstick spray.
3. Whisk together the **Gray Fox Farm** eggs, milk, half-and-half, **Wapato Island** smoked shroom salt, pepper, and mustard in a large mixing bowl.
4. Add the cooked **Cape Flattery Fishermen's Co-op** Halibut and fresh **Good Rain Farm** spinach evenly across the bottom of the prepared pie dish.
5. Sprinkle the cheese on top.
6. Carefully pour the egg mixture into the dish and place the container on a rimmed baking sheet.
7. Sprinkle the **Long Hearing Farms** chives over the top.
8. Bake the quiche on the baking sheet until the center is set, about 35 minutes. It should look puffed and golden at the edges, and when a thin, sharp knife is inserted in the center, the center should be cooked through without visible liquid.
9. Let cool for a few minutes and cut into big wedges to enjoy warm!

SHRIMP SALAD

A NUTRITIOUS AND FILLING MEAL FEATURING COAST SALISH SEAFOOD CAUGHT SHRIMP. THE SALAD CAN BE SERVED OVER A BED OF LETTUCE OR AS A TASTY SANDWICH.

INGREDIENTS

1 lb Coast Salish Seafood shrimp, peeled and deveined	1 Tbsp lemon juice
½ cup (2 stalks) Long Hearing Farm celery, finely diced	1 Tbsp prepared minced horseradish
2 Tbsp Good Rain Farm chives, finely sliced	2 Tbsp Battleground Apothecary parsley
3 Tbsp Good Rain Farm red onions, finely diced	Salt and pepper to taste
½ cup Greek yogurt	
zest from one lemon	

INSTRUCTIONS

1. Bring a large pot of water to a boil and add ½ teaspoon salt. Add **Coast Salish Seafood** shrimp and cook for 3 to 5 minutes or until done.
2. Blanch shrimp in ice-cold water to stop the cooking process and make them cooler to handle.
3. Drain water and chop **Coast Salish** Seafood shrimp.
4. Mix all ingredients, except shrimp, in a large bowl. Add chopped shrimp and stir.
5. Add more Greek yogurt, salt, and pepper to taste.
6. Optional: serve cold shrimp salad over a handful of **Good Rain Farm** lettuce greens or between two slices of **Linda's Wood Fired Pizza's** fresh bread with **Good Rain Farm** lettuce for a sandwich.

SALMON SOUP

THIS WAS ADAPTED FROM A RECIPE FEATURED ON THE COLVILLE RESERVATION EXTENSION NUTRITION EDUCATION PROGRAM'S 2011 NUTRITIONAL CALENDAR.

INGREDIENTS

12 small Long Hearing Farm potatoes, peeled and cut into 1-inch pieces	5 juniper berries from Battleground Apothecary
6 Good Rain Farm green onions	1 pound of salmon steak from Lummi Seafood Market
4 cups of water	

INSTRUCTIONS

1. Place **Long Hearing Farm** potatoes, **Long Hearing Farm** onions, water and **Battleground Apothecary** juniper berries in a large saucepan and bring to a boil over high heat.
2. Decrease heat to medium and simmer for about 15 minutes until the potatoes are tender.
3. Add the **Lummi Seafood Market** salmon and cook for 8-10 minutes.
4. Remove salmon with a slotted spoon or spatula and continue simmering the soup.
5. Remove skin and bones from salmon.
6. To serve, break salmon into bite-size pieces and distribute among soup bowls and ladle soup on top.

GEODUCK HASH

ADAPTED FROM A RECIPE BY MARGARET WALTON FEATURED IN THE SOUTH WHIDBEY RECORDS.

INGREDIENTS

1 cup sour cream
¼ cup Dijon mustard
½ teaspoon **Wapato Island Farm**
Smoked Shroom salt
½ teaspoon ground black pepper
½ teaspoon grated lemon zest
1 ½ tablespoons **Battle Ground**
Apothecary thyme
1 ½ cups coarsely ground **Catch NW**
geoduck meat

1 cup sliced **Good Rain Farm** green
onions, including some of the green
½ cup mixed **Long Hearing Farm**
chopped red bell peppers
3 cups peeled, coarsely grated **Long**
Hearing Farm potatoes
3-4 tablespoons olive oil

INSTRUCTIONS

1. In a large bowl, combine sour cream, mustard, horseradish, **Wapato Island Farm** Smoked Shroom salt, pepper, lemon zest, and Battle Ground Apothecary thyme, and mix until evenly combined.
2. Add in **Catch NW** geoduck, **Good Rain Farm** green onions, **Long Hearing Farm** red bell pepper, and **Long Hearing Farm** potatoes.
3. Stir until all ingredients are lightly coated with the sour cream mixture
4. Add the olive oil to a heated, large, nonstick skillet.
5. Add the hash to the pan, cover, and cook over medium heat for 7 to 10 minutes or until the hash begins to brown on the bottom.
6. Turn it over (you can put a plate over the pan, invert it, drop hash cake onto the plate, then slide it back into the pan).
7. Cook, uncovered, on the second side until browned on the bottom for 5 to 7 minutes.
8. Turn the hash out onto a serving platter and enjoy!

SALISH GRILLED SALMON WITH WILD RICE AND HUCKLEBERRY SAUCE

THIS WAS ADAPTED FROM A RECIPE SHARED BY TAHOMA PEAK SOLUTION'S CO-FOUNDER, MARIA GIVENS (COEUR D'ALENE), IN EPISODE 1, SEASON 2 OF THE GREAT AMERICAN RECIPE.

INGREDIENTS

1 filet of **Muckleshoot Seafood Products** salmon
2 cups of **Rose's Native Designs** huckleberries
1 cup wild rice
Slice of lemon

INSTRUCTIONS

1. Build a fire with cedar or alder planks on top to add flavor.
2. Grill **Muckleshoot Seafood Products** salmon over the fire until the fat bubbles through the top.
3. In a separate pot, boil 4 cups of water and add wild rice.
4. Boil for 35 minutes. Add **Rose's Native Designs** huckleberries and boil for 5 minutes more.



THREE SISTERS SOUP

AN ADAPTED RECIPE FROM DONNA LACHAPPELLE AND PATRICIA CHANDLER SHARED VIA THE FIRST NATIONS DEVELOPMENT INSTITUTE.

INGREDIENTS

3 tablespoons butter

4 cups **Battle Ground Apothecary** herbal stock

1 cup **Long Hearing Farm** diced onion

1 clove **Good Rain Farm** garlic, minced

1 **Yakama Nation Farms** butternut or acorn squash, pre-baked and pureed

1 teaspoon curry powder

1/2 teaspoon of Smoked Salt

1/2 cup yellow corn kernels

1/4 teaspoon ground coriander

1/2 cup hominy, cooked

1 cup white beans, cooked

1/8 teaspoon crushed red pepper

Optional toppings:

Plain Yogurt

Chives



INSTRUCTIONS

1. Melt butter in a large saucepan over medium-high heat.
2. Add **Long Hearing Farm** onion and **Good Rain Farm** garlic, and cook for 3 to 5 minutes or until tender.
3. Stir in spices and cook for 1 minute.
4. Add **Battle Ground Apothecary** herbal stock, corn, hominy, and beans, and bring to a boil.
5. Reduce heat to low and cook, stirring occasionally, for 15-20 minutes to develop flavors.
6. Stir in pureed **Yakama Nation Farms** squash and cook for 5 minutes or until heated.
7. Serve warm.

BAKED SALMON ON A BED OF WILD RICE AND MAPLE SQUASH

THIS WAS ADAPTED FROM A RECIPE SHARED BY ROSA MALDONADO VIA FEED SEVEN GENERATIONS.

INGREDIENTS

1 Columbia River Inter-Tribal Fish Commission (CRITFC) salmon
1 Bundle of fresh herbs (Rosemary, sage, and bay leaves)
1 large Yakama Nation Farms onion
1 lemon sliced
2 Good Rain Farm minced garlic cloves

1-2 Seasonal Long Hearing Farm squash (preferably butternut), peeled, seeded, and cut into small pieces
2 tablespoons olive oil
¼ cup maple syrup
Salt and pepper to taste



INSTRUCTIONS

1. Preheat the oven to 450 degrees.
2. Season the CRITFC salmon with salt and pepper.
3. Place salmon skin side down on a non-stick baking sheet or in an oven-proof pan. If desired, add a bed of lemon and Yakama Nation Farms onion slices on top of the salmon. Bake until salmon is cooked thoroughly, about 12 to 15 minutes.
4. Rinse the wild rice: Place the wild rice in a fine-mesh strainer, rinse in the sink under cold running water and shake to drain.
5. Bring the rice and water to a boil: Place the rice in the saucepan and add 4 cups of water or stock, along with the salt (unless the stock is already salted). Bring to a boil over high heat.
6. Reduce to a simmer. When the water has reached a boil, lower the heat to maintain a slow but steady simmer and cover the pan. Cook the wild rice: Cook at a simmer for 45 minutes.
7. Check the rice. It should be chewy, and some grains will burst open. It may need an additional 10 to 15 minutes — keep checking the rice and stop cooking when the grains are tender.
8. Drain the wild rice: When the rice is done, pour it into a strainer to drain off any remaining liquid. Fluff and serve: Fluff the rice with a fork and serve, or add it to any number of dishes for a delicious, nutty taste and chewy texture.
9. Preheat the oven to 400 degrees Fahrenheit.
10. Toss Long Hearing Farm squash with olive oil and Good Rain Farm garlic in a large bowl. Season with salt and black pepper according to your preference. Arrange coated squash on a baking sheet. Season with sumac seasoning and maple syrup.
11. Roast in the oven until squash is tender and lightly browned, 25 to 30 minutes.
12. Let cool down for 4-5 minutes. Then mix the squash with wild rice, place the salmon over, and enjoy.

BAKED PEAR AND BLUEBERRY CRISP

THIS WAS ADAPTED FROM A RECIPE SHARED BY CHEF CRYSTAL WAHPEPAH FOR THE USDA INDIGENOUS FOOD SOVEREIGNTY INITIATIVE'S REGIONAL RECIPES.

INGREDIENTS

- 3 Gray Fox Farms organic pears sliced
- 1 ½ lbs Gray Fox Farms organic fresh blueberries
- 1 cup of quick-cooking oats
- 1 tablespoon of butter
- ½ cup water
- ½ cup of tul' sebed Honey

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Place butter at the bottom of the baking dish.
3. Add sliced Gray Fox Farms pears and blueberries to a baking dish and set aside.
4. In a mixing bowl, mix quick-cooking oats with water until thoroughly combined in a mixing bowl.
5. Spread the oatmeal mixture on top of the pears and blueberries in the baking dish mixture.
6. Bake at 350 for 20 minutes.
7. Let sit to cool briefly before serving.
8. Drizzle with tul'sebed Honey and serve!



**WE ARE
NATIVE
GROWN +
GATHERED**





FOOD ACCESS RESOURCES

From farmer's markets and community gardens to food banks and meal programs, numerous options are available for individuals and families to access nutritious food. Find some of the available resources in Washington State.

STATE PROGRAMS

FOOD ACCESS NEAR YOU WASHINGTON STATE DEPARTMENT OF AGRICULTURE (WSDA)

[HTTPS://AGR.WA.GOV/SERVICES/FOOD-ACCESS/ACCESS-FOOD-NEAR-YOU](https://agr.wa.gov/services/food-access/access-food-near-you)

You can search by county and program to find the Lead Agency in your area to learn how and where to get food assistance through WSDA's programs.

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS IN WASHINGTON STATE

[HTTPS://WWW.DSHS.WA.GOV/ESA/ELIGIBILITY-Z-MANUAL-EA-Z/FOOD-DISTRIBUTION-PROGRAM-INDIAN-RESERVATIONS](https://www.dshs.wa.gov/esa/eligibility-z-manual-ea-z/food-distribution-program-indian-reservations)

The Food Distribution Program on Indian Reservations - FDPIR is a Federal program that provides USDA foods to low-income households, including elders, living on Indian reservations, and Native American families residing in designated areas near reservations. Nine FDPIR programs serve 29 areas in Washington.

OREGON FOOD BANK FOOD FINDER

[HTTPS://WWW.OREGONFOODBANK.ORG/FIND-SUPPORT](https://www.oregonfoodbank.org/find-support)

The Oregon Food Bank partners with communities and organizations throughout Oregon and Southwest Washington to make it easy for everyone to access free, nutritious food. These options are community-based and accessible to all. You can also connect with additional services at many accessible food locations, such as nutrition support and affordable health insurance. Learn more about free food options in your community through the link above.

WASHINGTON STATE 211

[HTTPS://SEARCH.WA211.ORG/](https://search.wa211.org/)

211 helps connect you to statewide community resources, including free meals, senior meals, food pantries and food banks, grocery delivery, or home-delivered meals.

STATE FOOD ASSISTANCE PROGRAM (FAP)

[HTTPS://WWW.DSHS.WA.GOV/ESA/COMMUNITY-SERVICES-OFFICES/STATE-FOOD-ASSISTANCE-PROGRAM-FAP](https://www.dshs.wa.gov/esa/community-services-offices/state-food-assistance-program-fap)

FAP is a state food assistance program that benefits legal immigrants who are not eligible for the federal Supplemental Nutrition Assistance Program (SNAP), called Basic Food in Washington, solely because of immigration status. Households that include a person qualified for FAP receive the same amount of food benefits they would receive for this person if they were eligible for SNAP. Households can receive a mix of FAP and SNAP benefits depending on the citizenship or immigration status of each person in the home.

WASHINGTON CONNECTION

[HTTPS://WWW.WASHINGTONCONNECTION.ORG/HOME/](https://www.washingtonconnection.org/home/)

Washington Connection offers a fast and easy way for families and individuals to apply for various services such as food support, cash, child care, long-term care, and Medicare savings programs. Individuals aged 65 or older, blind or disabled, may also apply for medical assistance.

WASHINGTON STATE FARMERS MARKET FINDER

[HTTPS://WAFARMERSMARKETS.ORG/WASHINGTONFARMERSMARKETDIRECTORY/](https://wafarmersmarkets.org/washingtonfarmersmarketdirectory/)

211 helps connect you to statewide community resources, including free meals, senior meals, food pantries and food banks, grocery delivery, or home-delivered meals.

STATE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

[HTTPS://WWW.DSHS.WA.GOV/ESA/COMMUNITY-SERVICES-OFFICES/BASIC-FOOD](https://www.dshs.wa.gov/esa/community-services-offices/basic-food)

The U.S. Department of Agriculture Supplemental Nutrition Assistance Program, or SNAP, called Basic Food in Washington, helps people with low incomes make ends meet by providing monthly benefits to buy food. Find out if you are eligible and apply online via the Washington Connection application, by phone at 877-501-2233, or at your local Community Services Office.

WOMEN, INFANTS, AND CHILDREN (WIC) NUTRITION PROGRAM

[HTTPS://DOH.WA.GOV/YOU-AND-YOUR-FAMILY/WIC](https://doh.wa.gov/you-and-your-family/wic)

See if you qualify and apply for WIC (Women, Infant and Children Nutrition Program). You can also find breastfeeding support, nutrition education resources, peer counselors, and information on how to shop with WIC at grocery stores and farmer's markets across the states. There are over 200 WIC clinics across Washington State. To find a WIC clinic near you, call the Help Me Grow WA Hotline at 1-800-322-2588 or Text "WIC" to 96859.

FEDERAL PROGRAMS

SNAP MARKET MATCH

[HTTPS://DOH.WA.GOV/YOU-AND-YOUR-FAMILY/NUTRITION-AND-PHYSICAL-ACTIVITY/HEALTHY-EATING/SNAP-MATCH-PROGRAMS](https://DOH.WA.GOV/YOU-AND-YOUR-FAMILY/NUTRITION-AND-PHYSICAL-ACTIVITY/HEALTHY-EATING/SNAP-MATCH-PROGRAMS)

Find a list of over 100 participating farmer's markets and farm stands for customers who use the Supplemental Nutrition Assistance Program (SNAP)/EBT benefits to stretch their food budget to buy more fruits and vegetables.

USDA NATIONAL HUNGER HOTLINE

[HTTPS://WWW.HUNGERFREEAMERICA.ORG/EN-US/USDA-NATIONAL-HUNGER-HOTLINE](https://WWW.HUNGERFREEAMERICA.ORG/EN-US/USDA-NATIONAL-HUNGER-HOTLINE)

Hunger Free America operates the National Hunger Hotline on behalf of USDA. The hotline is a resource for individuals and families seeking information on obtaining food. The National Hunger Hotline staff connects callers with emergency food providers in their community, government assistance programs, and various social services. The hotline can be reached at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273), for Spanish, from Monday through Friday, 7 a.m. to 10 p.m. ET. The Hunger Hotline also operates a texting service at 914-342-7744.

USDA SUMMER MEALS FOR KIDS SITE FINDER

[HTTPS://WWW.FNS.USDA.GOV/MEALS4KIDS](https://WWW.FNS.USDA.GOV/MEALS4KIDS)

USDA works closely with states to ensure that children receiving free or reduced-price school meals can get the nutrition they need when schools are closed, even during summer break or unexpected closures during the school year. Through USDA's summer meal programs, approved sites in communities nationwide can serve meals to kids up to age 18 at no cost. Families can use this tool to find directions to nearby meal sites, their hours of operation, and contact information.

LOCAL AND OTHER PROGRAMS

AMPLE HARVEST'S PANTRY FINDER TOOL

[HTTPS://AMPLEHARVEST.ORG/FIND-FOOD/](https://AMPLEHARVEST.ORG/FIND-FOOD/)

AmpleHarvest.org helps millions of backyard gardeners easily find a local food pantry to donate their surplus garden produce. You can use the tool linked above to look for a local food pantry featuring locally donated fresh garden herbs, vegetables, or fruits.

CHIEF SEATTLE CLUB MEAL SERVICE

[HTTPS://WWW.CHIEFSEATTLECLUB.ORG/MEMBER-SERVICES](https://WWW.CHIEFSEATTLECLUB.ORG/MEMBER-SERVICES)

Members can eat in-house meals in the dining room, with breakfast served from 8:00 a.m. to 9:15 a.m. and lunch served from 12:00 p.m. to 12:45 p.m. This service is for registered members only. To become a member, visit the Chief Seattle Club's website above.

EMERGENCY FOOD ASSISTANCE PROGRAM (EFAP)

[HTTPS://STOWW.ORG/EFAP](https://STOWW.ORG/EFAP)

The Emergency Food Assistance Program aims to alleviate hunger in Washington State by providing funds, technical assistance, and information to community programs that deliver emergency food and services to hungry people. EFAP is funded through the Washington State Department of Agriculture (WSDA) and administered by the Small Tribes Organization of Western Washington (STOWW).

FIND FREE FOOD AND GROCERIES

[HTTPS://WWW.FEEDINGAMERICA.ORG/NEED-HELP-FIND-FOOD](https://WWW.FEEDINGAMERICA.ORG/NEED-HELP-FIND-FOOD)

Feeding America's tool can help you connect with local organizations to help you find food today. They partner with food pantries, soup kitchens, and meal programs in your local community to give away free food.

FOOD LIFELINE

[HTTPS://FOODLIFELINE.ORG/NEED-FOOD/](https://FOODLIFELINE.ORG/NEED-FOOD/)

Food Lifeline is on a mission to end hunger in Western Washington. They provides nutritious food to 1.37 million people facing hunger by sourcing nutritious food from various food industry partners. They distribute through a network of 350 food banks, shelters, and meal programs.

LOCAL AND OTHER PROGRAMS

KING COUNTY CONGREGATE MEAL PROGRAM

[HTTPS://WWW.AGINGKINGCOUNTY.ORG/WHAT-WE-DO/PROGRAMS-SERVICES/#NUTRITION](https://www.agingkingcounty.org/what-we-do/programs-services/#nutrition)

King County Aging and Disability Services nutrition services include congregate or community meals, home-delivered meals, and outreach services.

GENDER JUSTICE LEAGUE'S RESOURCE GUIDE

[HTTPS://WWW.GENDERJUSTICELEAGUE.ORG/CATEGORY/RESOURCES/FOOD-ACCESS/](https://www.genderjusticeleague.org/category/resources/food-access/)

Resource Guide featuring food access resources for those who identify as LGBTQAI+ in the Seattle and wider Washington State region.

LIFELONG'S FOOD AND NUTRITION PROGRAMS

[HTTPS://WWW.LIFELONG.ORG/FOOD-NUTRITION](https://www.lifelong.org/food-nutrition)

Lifelong provides food and nutrition services to improve the health of individuals living with serious illnesses such as cancer, kidney disease, HIV, and other diet-related chronic health conditions. They also serve those recently discharged from an inpatient hospital stay. Lifelong prioritizes services to those with the highest needs, including those with low or no income. Proof of income is requested but not required to receive support. Their food and nutrition programs include medically-tailored meals, culturally relevant and nutritious groceries, nutrition counseling, nutrition classes, and the Welcome Home Program.

MEALS ON WHEELS: FIND MEALS

[HTTPS://WWW.MEALSONWHEELSAMERICA.ORG/FIND-MEALS](https://www.mealsonwheelsamerica.org/find-meals)

Meals on Wheels operates in virtually every community in America through their network of more than 5,000 independently-run local programs. While the diversity of each program's services and operations may vary based on the needs and resources of their communities, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their homes.

NORTHWEST HARVEST: FOOD ACCESS NETWORK MAP

[HTTPS://WWW.NORTHWESTHARVEST.ORG/OUR-WORK/FOOD-ACCESS-NETWORK/](https://www.northwestharvest.org/our-work/food-access-network/)

This map helps provide locations of food pantries, food banks, and feeding programs across Washington State from Aberdeen to Spokane.

SEATTLE DEPT. OF NEIGHBORHOODS P-PATCH PROGRAM

[HTTPS://WWW.SEATTLE.GOV/NEIGHBORHOODS/P-PATCH-GARDENING](https://www.seattle.gov/neighborhoods/p-patch-gardening)

P-Patch is the name of the City of Seattle's community gardens. Connect with neighbors and access fresh and locally grown produce.

SEATTLE FARM TO PRESCHOOL

[HTTPS://FARMTOPRESCHOOLSEATTLE.ORG](https://farmtopreschoolseattle.org)

The Seattle Farm to Preschool Program brings sustainably grown foods from local farmers to local preschools to improve access to nourishing food and cultivate an equitable food system.

SEATTLE FRESH BUCKS: WHERE TO SHOP

[HTTPS://FARMTOPRESCHOOLSEATTLE.ORG](https://farmtopreschoolseattle.org)

Fresh Bucks customers can choose from dozens of farmer's markets, farm stands, independent grocers, and supermarkets to buy their favorite fruits and vegetables.

SECOND HARVEST'S FREE FOOD FINDER

[HTTPS://2-HARVEST.ORG/FOOD-NEAR-ME-WA/](https://2-harvest.org/food-near-me-wa/)

Second Harvest's tool to search through their network of partner food pantries and meal sites that provide fresh, healthy, and free food throughout Eastern Washington and North Idaho. Visit the linked "food near me" map above and find the location closest to you.

SECOND HARVEST'S MOBILE MARKETS

[HTTPS://2-HARVEST.ORG/MOBILE-MARKETS/](https://2-harvest.org/mobile-markets/)

Second Harvest's Mobile Market brings healthy food directly to high-need communities throughout the Inland Northwest. Since 2006, the Mobile Market has provided fresh produce and other groceries at no cost to families, children, and seniors experiencing food insecurity.

WHYHUNGER HOTLINE AND FOOD FINDER TOOL

[HTTPS://WHYHUNGER.ORG/FIND-FOOD/](https://whyhunger.org/find-food/)

The WhyHunger Hotline refers people in need across the U.S. to food pantries, soup kitchens, summer meal sites, government nutrition programs, and grassroots organizations, especially those that provide access to nutritious foods and nutritional support services. Call 1(800) 5-HUNGRY, text your zip code to 1-800-548-6479, or use the form on the link above to locate a local emergency food provider and other support services.

FEEDING SEVEN GENERATIONS

This guidance is from “Feeding 7
Generations: A Salish Cookbook” by
Elise Krohn and Valerie Segrest.



ADDITIONAL RESOURCES FOR SEASONAL LIVING

FOOD IS A GIFT

Salish Elders remind us that true wealth is having access to Native foods, along with the knowledge of how to gather, prepare, and serve them. Our values and food traditions are a living legacy that links us to past, present, and future generations. Several times a day, we encounter opportunities to reflect on what we eat and how our choices change our world. When we harvest Native foods and incorporate them into our modern lifestyle, we strengthen our cultural identity, our

relationship to the land, and tribal sovereignty. It will take all of us to feed the next seven generations.

LIVE WITH THE SEASONS

From spring camas prairies to summer huckleberry meadows to autumn fish runs, seasonal foods connect us with the rhythm of the land. For thousands of years, we have organized our lives to gather what is in season. In return, we receive peak nutrients that keep us healthy all year long.



Available for purchase at <https://www.chatwinbooks.com/salmonberryabout>

DIVERSIFY YOUR DIET

Our ancestors ate a wide variety of foods Just a few generations ago. Today, most Americans eat only 12-20 foods on a regular basis, limiting our consumption of minerals, vitamins, and other nutrients. When we eat many types of foods, we receive the nourishment we need to stay strong. We also promote the diversity and health of the land.

EAT MORE PLANTS

All health advocates agree that we need to eat more plants. Plant foods help us maintain a healthy weight and prevent chronic diseases, including heart disease, diabetes, and cancer. Eating more plants also reduces climate change and environmental destruction.

TRADITIONAL FOODS ARE WHOLE FOODS

Imagine walking through the grocery store with your great-grandparents. What would they recognize as food? Our ancestors thrived on whole foods that weren't industrialized, genetically modified, refined, packed with sugar, or blended with additives, dyes, or chemicals. Whole foods feed the wholeness within us.

GATHER WILD FOODS

There is a store outside your door.

Wild foods are the most nutritious and flavorful foods we can find. Free and accessible, they thrive all around us, from forests to fields to backyards. Tasting wild foods connects us to the gifts of the land and attunes us with the seasons.

COOK AND EAT WITH GOOD INTENTION

Cooking is a time to offer respect to the plants and animals that gave their lives to nourish us. It is also an opportunity to honor our culture and the people with whom we share food. If we eat while on the go, we miss the pleasure of eating and do not have sufficient time to savor and digest. Harvesting, preparing, serving, and consuming food with good intention feeds our bodies and spirits.

GIVE BACK TO THE LAND

When we harvest and grow food in a way that supports plant and animal communities, we express native values of generosity. Generosity includes both giving and receiving. Organic and sustainable practices return basic life materials to the soil. Through caring for the land, we continue the ancient practices of our ancestors and pass down a world that supports generations to come.

LIVE WITH THE SEASONS PODCAST

Live with the Seasons is about plants, seasonal changes, Indigenous traditions, and community health. Join them as they discuss the remarkable connections we share with the seasons

and skill sets to help us thrive. Live with the Seasons collaborates with the Urban Indian Health Institute, Feed Seven Generations, and Tahoma Peak Solutions. It is hosted by Valerie Segrest and Elise Krohn and produced and edited by Maria Givens. The music is River Spirit by Chenoa Egawa.



NATIVE PLANTS & FOODS STORY MAP

CHECK IT OUT

Generations of Indigenous Peoples in Coast Salish communities and beyond have passed down knowledge of how to stay healthy and well through traditional foods and medicines. In this story map, they document the work that educators, Elders, and community members are doing through programs and partnerships. Sharing these

stories can help spread good health and wellness among networks of Indigenous Communities. This StoryMap was developed in partnership between the Swinomish Community Environmental Health Program, Feed Seven Generations, GRuB Wild Foods and Medicine Program, and Urban Indian Health Institute. The stories illustrate how environmental health teachings have spread throughout Coast Salish communities.

NATIVE PLANTS AND FOODS CURRICULUM PORTAL

CHECK IT OUT

Within this website, you will find five educational toolkits that explore native and naturalized plants and foods of the Pacific Northwest region. A partnership between The Swinomish Community Environmental Health Program, GRuB Wild Foods, and Medicine Program, Feed Seven Generations,

Urban Indian Health Institute, and Oregon State University created this portal. They developed the curricula to serve Native communities and include Indigenous knowledge, stories, and traditions. Available resources include The Thirteen Moons, Cedar Teaching Box, Native Infusion: Rethink Your Drink, Tend, Gather and Grow, and Plant Teachings for Growing Social Emotional Skills.



CONTACT US

Submit a Producer for our Guide!

CLICK HERE

Are you a Native producer in Washington State, or do you know a Native producer? Would you like to be added to the guide for other Natives to support your business? Would you like to contribute to our research on financial and technical assistance needs for Native food producers?

Contact us at valerie@tahomapeak.com

Submit a Recipe

Do you have a recipe to share with the community that features products from Native Food Producers featured in Native Grown and Gathered? We'd love to feature how you integrate these foods into your diet!

Contact us at valerie@tahomapeak.com



FEED SEVEN
GENERATIONS

