

LOVE, LAND & SPIRIT PODCAST

Episode 4: Food, Connection, and Sovereignty “Food as Medicine” Show Notes

The Guests

Inez (Snitsmana) Cook: Co-Founder and owner of Salmon n’ Bannock Bistro. [Biography on Women Entrepreneurship Knowledge Hub.](#)

Jess Háustí: Mother, Writer, and Educator. More info on [her website](#).

People, Organizations and Terms Mentioned

- Salmon n’ Bannock Bistro: <https://www.salmonandbannock.net/>
- Indigenous Tourism BC: <https://www.indigenousbc.com>
- Tourism Vancouver: <https://www.destinationvancouver.com/>
- Qqs [Eyes] Projects society: <https://www.qqsprojects.org/>
- Heiltsuk Nation: <http://www.heiltsuknation.ca/>
- Bella Bella: <http://www.heiltsuknation.ca/about-2/history/>
- Gitchi Manitou: [Cree translation for Almighty Voices, Tom Jackson’s artist-led benefit to support the music community affected by Covid-19](#)
- Spot Prawns: [Largest shrimp species found in North America](#)
- Sea Asparagus: [Edible plant that grows along shorelines, salt marshes, and tidal flats](#)
- Potlatch: A ceremony integral to Indigenous Peoples of the Northwest Coast where food and wealth were shared. [More information of the Potlatch Ban.](#)
- Sweat Lodge: [A dome shaped structured used during certain purification rites.](#)
- Heiltsuk Radio: <https://coastalfirstnations.ca/heiltsuk-radio-bringing-the-community-together/>
- Bella Bella Community School: <https://bellabellacommunityschool.ca/>
- Non-Human Kin: More from Jess on the topic [here](#).
- Haítzaqv̓la is the language of the Haítzaqv̓ (Heiltsuk) people
- ġiáxsiḵa: thank you in Haítzaqv̓la

Books, Films and Other Information Sources Mentioned

- Cook, Inez, and Jason Eaglespeaker. Sixties Scoop. CreateSpace Independent Publishing Platform. 2018.
- Kuhnlein, H. V., and H. M. Chan. “Ooligan Grease: A Traditional Food Fat of Western Canada and Alaska.” *International Journal of Circumpolar Health*, vol. 57, suppl. 1, 1998, pp. 211-214.

Some of the Big Ideas Discussed

American Tug and Barge Oil Spill off the coast of Bella Bella in 2016: In 2016 a tug and articulated barge, known as Nathan E. Stewart, ran aground in Heiltsuk territory and spilled 110,000 litres of diesel fuel, lubricants, and heavy oils into Gale Pass, and important Heiltsuk food, village, and cultural site. More information:

- “Nathan E. Stewart Oil Spill.” Heiltsuk Nation, n.d., <http://www.heiltsuknation.ca/the-nathan-e-stewart-oil-spill/>
- Hunter, Justine. “The Sinking of the Nathan R. Stewart.” *The Globe and Mail*, 3 November, 2016, <https://www.theglobeandmail.com/news/british-columbia/inside-the-response-to-a-tug-boat-sinking-off-bcs-northerncoast/article32672711/>

Regulating of restaurants and Indigenous Food: Legal and other barriers limit the Indigenous foods that can be sold in restaurants in Canada. More information on the regulations [here](#).

Further Reading

Adams, Megan S., et al. “Toward Increased Engagement Between Academic and Indigenous Community Partners in Ecological Research.” *Ecology and society*, vol. 19, no. 3, 2014, pp. 5.

Artelle, Kyle A., et al. “Supporting Indigenous-Led Governance: A Nascent Mechanism for Just and Effective Conservation.” *Biological Conservation*, vol. 240, 2019, pp. 1-10.

Atlas, William I., et al. “Indigenous Systems of Management for Culturally and Ecologically Resilient Pacific Salmon (*Oncorhynchus* spp.) Fisheries.” *Bioscience*, vol. 71, no. 2, 2021, pp. 186-204.

Cidro, Jamie, Bamidele Adekunle, Evelyn Peters, Tabitha Marten. “Beyond Food Security: Understanding Access to Cultural Food for Urban Indigenous People in Winnipeg as Indigenous Food Sovereignty.” *Canadian Journal of Urban Research*, vol. 24, no. 1, 2015, pp. 24-43.

City of Vancouver. “First Peoples: A Guide for Newcomers.” *City of Vancouver*. 2014. <https://vancouver.ca/files/cov/First-Peoples-A-Guide-for-Newcomers.pdf>

Cote, Charlotte. *Drum in One Hand, a Sockeye in the Other: Stories of Indigenous Food Sovereignty from the Northwest Coast*. University of Washington Press, 2022

Hopkins, Zoe. "Impossible to Contain: Experience the Aftermath of a Diesel Spill (360 Video) | Short Docs." *YouTube*, uploaded by CBC, 2 May, 2017, <https://www.youtube.com/watch?v=7RLRnQtQT8o>

Húyat. Húyat. N.D. <http://www.hauyat.ca/home.html>. Accessed 3 March, 2022.

"Kayak To Klemtu (2017) | Full Movie } Evan Adams | Jared Ager-Foster | Carmel Amit." *YouTube*, uploaded by TriCoast Worldwide, 8 October, 2021, <https://www.youtube.com/watch?v=3Wm6LeO75vU>

Kouri, Lise, Rachel Engler-Stringer, Tenille Thomson, and Melody Wood, "Chapter 10: Food Justice in the Inner City: Reflections from a Program of Public Health Nutrition Research in Saskatchewan." *Indigenous Food Systems: Concepts, Cases and Conversations*, edited by Priscilla Settee, and Sailesh Shukla, 2020, pp. 173-194.

Levi, Elisa, "Chapter 3: Indigenous Philosophies and Perspectives on Traditional Food Systems Including Food as Cultural Identity: Maintaining Food Security in Elsipogtog First Nation, New Brunswick." *Indigenous Food Systems: Concepts, Cases and Conversations*, edited by Priscilla Settee, and Sailesh Shukla, 2020, pp. 39-56.

Levkoe, Charles Z., Jessica McLaughlin, and Courtney Strutt. "Mobilizing Networks and Relationships Through Indigenous Food Sovereignty: The Indigenous Food Circle's Response to the COVID-19 Pandemic in Northwestern Ontario." *Frontiers in Communication*, vol. 6, 2021, pp. 1-7.

Mihesuah, Devon. "Indigenous Health Initiatives, Frybread, and the Marketing of Nontraditional 'Traditional' American Indian Foods." *Native American and Indigenous Studies*, vol. 3, no. 2, 2016, pp. 45-69.

Mihesuah, Devon, Elizabeth Hoover, and Winona LaDuke. *Indigenous Food Sovereignty in the United States: Restoring Cultural Knowledge, Protecting Environments, and Regaining Health*. University of Oklahoma Press, 2017.

Ray, Lana, et al. "Examining Indigenous Food Sovereignty as a Conceptual Framework for Health in Two Urban Communities in Northern Ontario Canada." *Global Health Promotion*, vol. 26, no. 3, 2019, pp. 54-63.

Settee, Priscilla, and Sailesh Shukla, *Indigenous Food Systems: Concepts, Cases and Conversations*. Toronto: Canadian Scholars' Press, 2020.