**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 Háusíl: Mother, Writer, and Educator. More info on her website.

**People, Organizations and Terms Mentioned**

- Salmon n’ Bannock Bistro: [https://www.salmonandbannock.net/](https://www.salmonandbannock.net/)
- Indigenous Tourism BC: [https://www.indigenousbc.com](https://www.indigenousbc.com)
- Tourism Vancouver: [https://www.destinationvancouver.com/](https://www.destinationvancouver.com/)
- Qqs [Eyes] Projects society: [https://www.qqsprojects.org/](https://www.qqsprojects.org/)
- Heiltsuk Nation: [http://www.heiltsuknation.ca/](http://www.heiltsuknation.ca/)
- 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.
- Bella Bella Community School: [https://bellabellacommunityschool.ca/](https://bellabellacommunityschool.ca/)
- Háíɫzaqvḷa is the language of the Háíɫzaqv (Heiltsuk) people
- ǧiáxsix̌a: thank you in Háíɫzaqvḷa

**Books, Films and Other Information Sources Mentioned**

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:


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


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


