



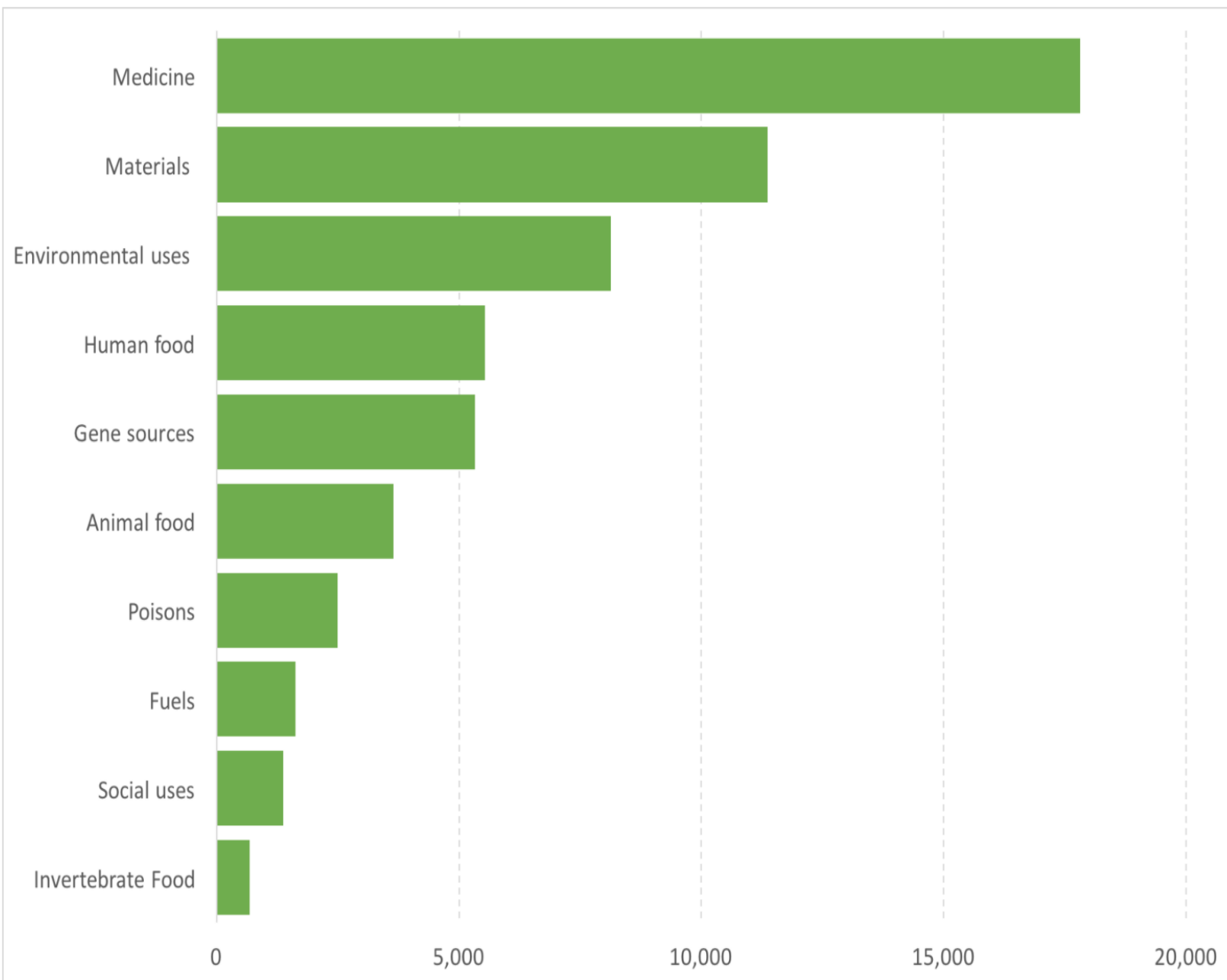
Gardening and Gathering – Practicing Relationality











Top documented uses of plant species. Graphic: Mongabay; Source: Royal Botanic Gardens Kew: State of the World's Plants.

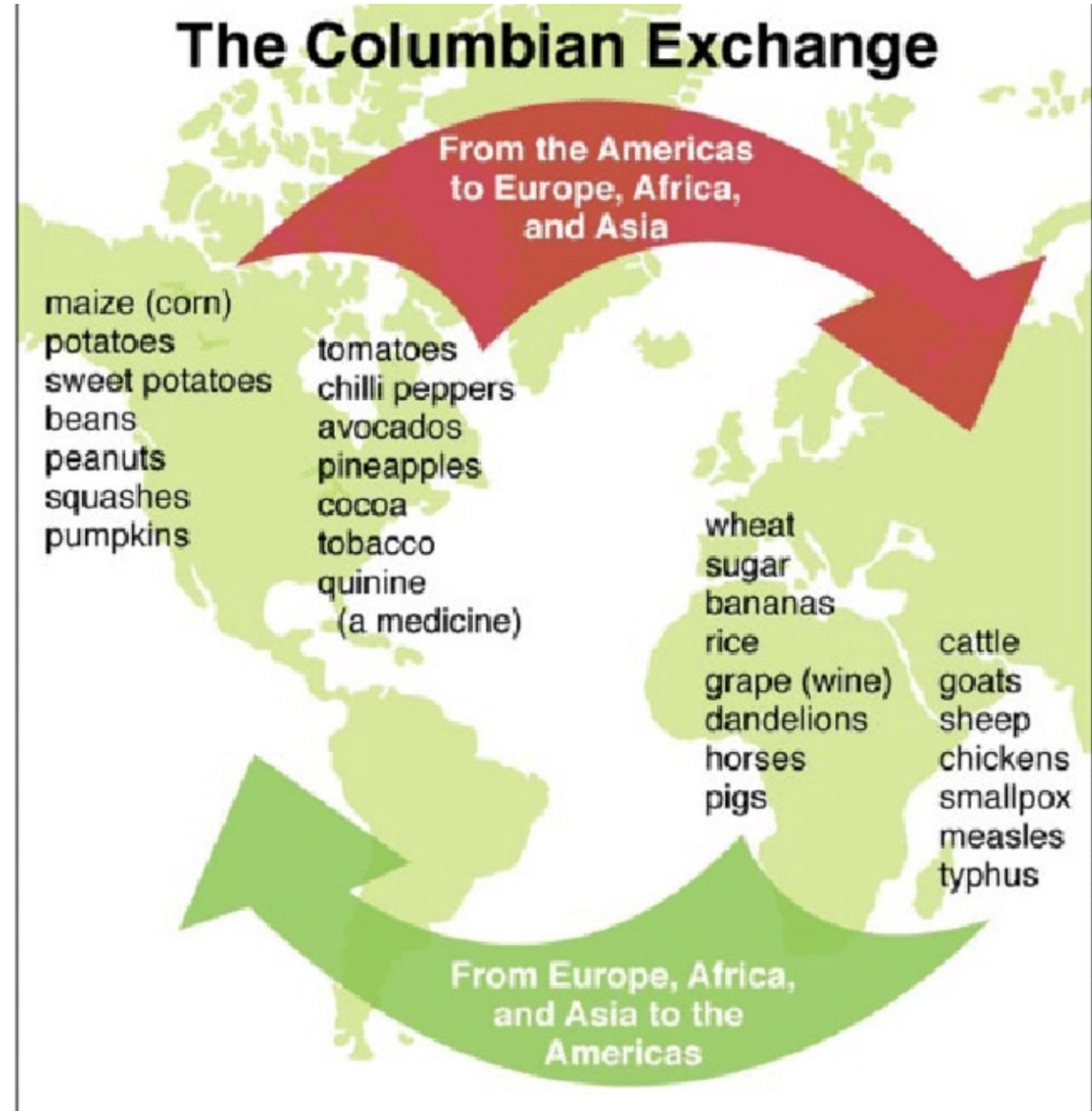
- About 391,000 species of vascular plants identified.
- Most are flowering plants.
- 21% of all plant species are threatened with Extinction.

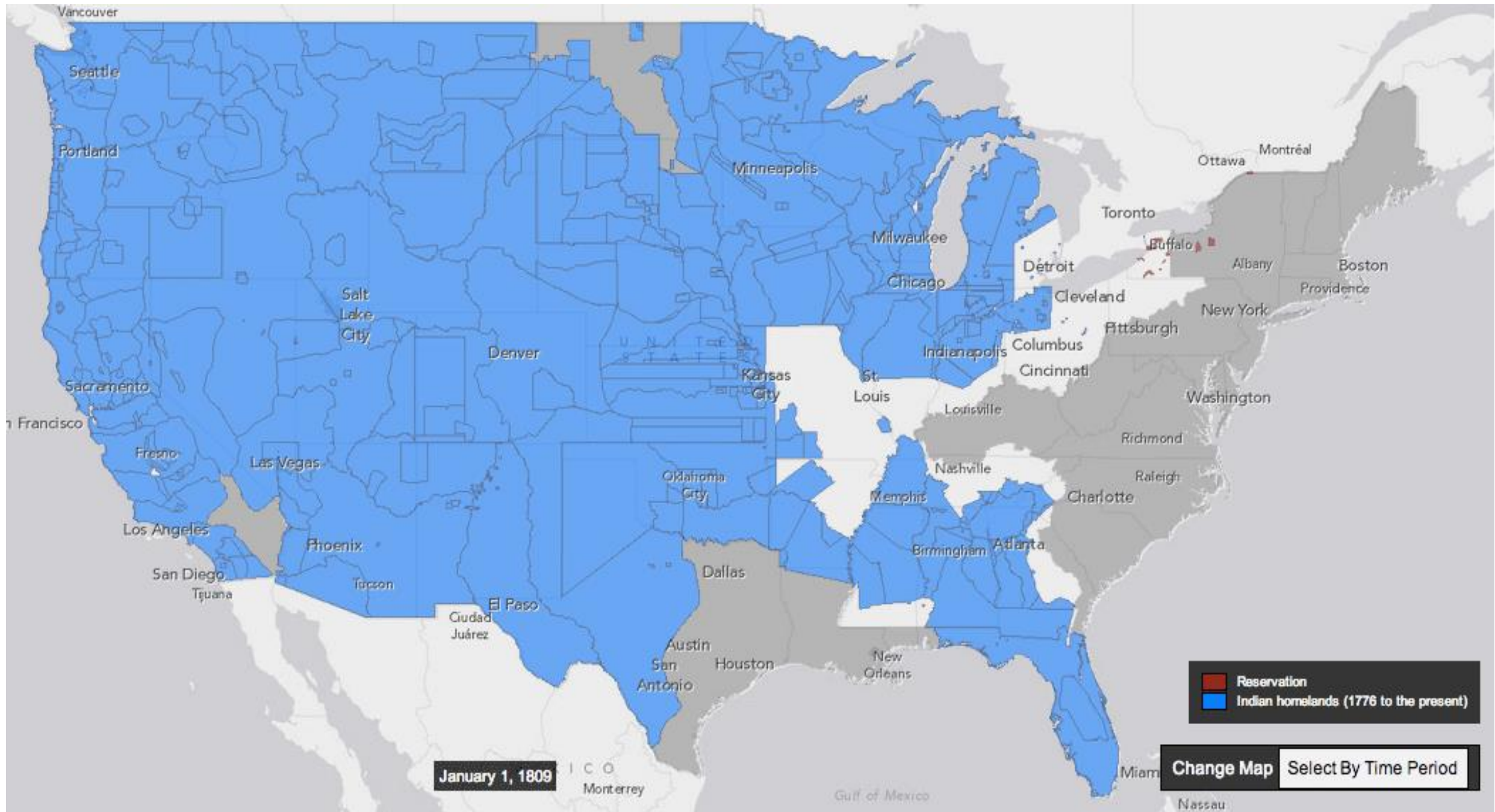
Colonialism

- Settler Colonialism- To stay, to erase and build over.
- Extractive Colonialism- To take, to control, to send resources to home country

We are in a Settler Colonial Society- The entire structure is built on the erasure of Indigenous Peoples.

60% of the world's food supply originated in the Americas





Language Diversity = Biodiversity

- Language loss in some areas, such as the Americas, has reached 60% over the last 35, and some linguists predict the disappearance of 50–90% of the world's languages by the end of this century (Language diversity strongly correlates with Biodiversity (Indigenous groups showing high diversity))
- These languages contain equally valid and essential ways of viewing the world (land and all it contains as well as the human place in it).
- Indigenous Peoples make up 5% of the world population but caretake 80% of its biodiversity.

Native food facts

- 60% of the world's food originated in Native diets including vegetables now associated with other cultures such as Tomatoes with Italy, Potatoes with Ireland and Chocolate with Germany.
- Many commonly used medicines are taken from Indigenous pharmacopeias.
- Indigenous Peoples were not just “hunter-gatherer societies” but engaged in many forms of agriculture, aquaculture, forestry and trade (and continue to do so).
- There are literally thousands of edible food plants that make up traditional diets and each of those plants holds an extensive history of use among different peoples. Medicinal, food, ceremonial.
- Native diets are diverse, seasonal, nutritious and delicious. Fungi, insects, land and sea animals, birds, all manner of plants.

Food Ethics and Sovereignty

- Relatives
- Interconnected
- Placed based
- Reciprocity
- "Responsibility to protect, engage with and utilize traditional foods, not as commodified resources but as spiritual being or persons."
- "Rights to take food and practices back from a colonial political structure. A legal and political framework for place-based, indigenous food access"
- Physically, mentally and spiritually nourishing



Worldview/Reality

- Land- the health of the land is a direct mirror of our health as communities.
- Health- physical, spiritual, relational. All the ways!
- Grief- The land can handle my feelings, and it remembers.
- Connection- to our human and non-human relations, medicines, languages, bodies and places.

SSY gadugi (people coming together as one and working to help one another)

Lummi Healing Spirits Garden





Buried
treasure

Camas Meadow Planting 2023- Regeneration Lummi Nation Youth





Camas Harvest





Nettles and Salmon Berry

Summer Interns Working Hard





This produce is provided through a collaboration with the Linnell Diabetes Prevention Program, Community Food Bank.

Next steps?

- Take a walk (or a roll, or sit on your porch, deck or anywhere that allows you to see the outside world and interact)
- Ceremony and/or Mindfulness
- Practice reciprocity (giving and receiving in community). We are people of abundance.
- Learn the plant names in your language (if possible)
- Incorporate a traditional food into your diet
- Move your body
- Healing looks different for everyone, but community is essential