

# Muckleshoot Food Sovereignty Project



# Guiding Principles

- ◆ Strengthens pre-existing and helps build new partnerships.
- ◆ Create platforms for people to share their gifts.
- ◆ Includes everyone and honors all efforts.
- ◆ Offers and supports community education and involvement.
- ◆ Fair and equitable access to healthy foods.



# MUCKLESHOOT TRADITIONAL FOOD MAP

## HOW TO NAVIGATE YOUR FOOD RESOURCES

LOCATIONS IN PARENTHESES ARE PROPOSED OR FUTURE FOOD RESOURCE SITES AS OF APRIL 2011.



NORTHWEST INDIAN COLLEGE  
Auburn WA • Tulalip WA

This map was produced with the guidance of Muckleshoot community members, organized by Valerie Degroot, artwork by Roger Fernandez, graphic design by Annie Krull, and supported through the Northwest Indian College, United States Department of Agriculture, and the Honor the Earth Foundation.



**Traditional & Accustomed  
Hunting & Harvesting Grounds**

Managed, protected and preserved by the Muckleshoot Preservation and Wildlife Programs, whose mission is to assist in the perpetuation of game resources within the Point Elliott and Medicine Creek Treaty reserved areas and within traditional hunting areas for current and future generations of Muckleshoot Tribal members. Hunting tags are available to eligible tribal members. Designated hunters can hunt on behalf of single parent mothers, seniors or others in need upon approval by the Wildlife Committee. Meat requests for tribal ceremonies are available upon approval by the Wildlife Committee and per the Ceremonial Meat Guidelines. Meat requests for tribal member funerals do not require committee approval.

Contact: ATOM-ACS Phone: 253-939-3311 Location: Philip Starr Building

**Muckleshoot Fisheries Division**

Includes: Washon Clam Beds, Keta Creek & White River Hatchery

**Current Fish/Shellfish Openings**

Information regarding what fisheries are open to fishing, specific dates, times and gear and area restrictions. Contact: Fisheries Hotline Phone: 800-FISH-NOW

**Fisher Registration & Vessel Registration**

Registration of Tribal members who wish to fish and annual validation of those previously registered. For annual validation as a fisher, you must be an enrolled Tribal member, have a current enrollment card, at least 16 years of age, with no outstanding fishery violation penalties or fish tax owed. For vessel registration you must provide proof of ownership. Contact: Fisheries Personnel Phone: 253-876-3111

**Shellfish Issues**

Information regarding training opportunities (spot shrimp in Elliott Bay and clam digging at Washon Island), shellfish enhancement, harvest management and monitoring for biotoxins ("red tide") is available. Tribal members who wish to harvest shellfish must be registered fishers. Information on access to Tribal property on Washon Island is also available. Contact: Fisheries Personnel Phone: 253-876-3111

**Fishing Derbies**

The June Kid's Derby, August Family Derby, and Fall Fishing Classic are three fishing derbies sponsored each year at the ponds of the Keta Creek Hatchery, which are specially stocked for this purpose. Breakfast and lunch are served, prizes are awarded and there is plenty of fun for Tribal members and their families of all ages. Contact: Fisheries Personnel Phone: 253-876-3111

**Fish Dinners**

Fisheries sponsors two dinners per year, to which all community members are invited. These are the First Salmon Dinner typically in the second half of June, and the End-of-Season Fish Dinner, which is after Steelhead season in January or February. Both feature salmon, clams, oysters and other traditional foods. Contact: Fish Commission Members Phone: 253-876-3111

**Traditional Springer Drive**

Each spring a traditional White River Spring Chinook Drive is scheduled. This is an event for Tribal members and families. Contact: Fisheries Personnel Phone: 253-876-3111

**Ceremonial and Subsistence Fish**

Fisheries provide fish for ceremonial functions such as dinners and funerals to Tribal members subject to availability. Subsistence fisheries provide fish distribution to elders and Tribal members when available. Contact: Fish Commission Members Phone: 253-876-3111

# PUGET SOUND TRADITIONAL FOOD PRINCIPLES

*In our conversations with elders and traditional foods specialists about what a modern traditional foods diet might look like, we noticed that many Indian people hold common values that are as applicable today as they were generations ago. We call these Traditional Food Principles. They address the physical and spiritual health of individuals and communities, in conjunction with the wellbeing of the land.*



## Cook and Eat with Good Intention

The way we eat is just as important as what we eat. Eating is a reminder that we are human. Cooking is a time to honor the foods we eat, and to pay respect to the life that has been given to nourish our bodies. The food we consume ties us to our place and our purpose in that place. Good intention becomes a part of what we prepare, serve and consume. It is important to thank the plants and animals that gave their life for you to sustain yours.

## Food is at the Center of Culture

People traditionally harvested, processed, prepared and shared meals together. This unity is an integral part of cultural identity, but during colonization, many foods and cultural and family traditions around food were suppressed. Eating helps feed the desire for wholeness within us, and it is amplified when the entire family participates in a meal together. Eating collectively can also be a time when traditions are passed from one generation to the next. Individuals are nourished and enriched, not only by their traditional foods but by sharing with the ones they love.



## Wild and Organic Foods are Better for Health

Wild foods are dense in nutrients and lower in calories, and guarantee that we are getting all the nutrients our bodies need. Processed and refined "foods" (like high-fructose corn syrup) tend to provide empty calories and may only offer part of a food. This contributes to weight gain as our body, in its natural wisdom, craves all the missing parts of processed and refined foods. Intensive agricultural practices deplete mineral content in both the soil and the plants that grow from it. When we eat wild and organic foods, we are supporting a healthier body and a healthier environment.

## Eat Local Foods

Plants breathe, respire and require water. After they are cut off from their food source they begin to die, which means they are losing nutrients and flavor. So, eating fresh food is really important. Think of how you feel after traveling (exhausted, dehydrated, drained, low energy). Food gets tired from travel as well. Eating local is also good for the environment as it reduces the amount of fossil fuels used to get the food to us, and helps support our local economy.

## Traditional Foods are Whole Foods

Traditional foods are "real foods" that have grown in nature—not industrialized foods that have been refined or contain additives, dyes or chemicals. A whole food is alive, and consists of one ingredient: itself. If you read the ingredients list on a pre-packaged food and do not understand the words, or if you cannot picture an ingredient growing in nature, it most likely is not food at all. Think of going to the grocery store with your Great-Grandmother. What would she recognize as food?

## Honor the Food Web & the Food Chain

Living in harmony with nature is a Native teaching. As we know, everything is connected. It must be remembered that the ramifications of polluting our soil and our water can be seen in the health of plants, animals, and ultimately ourselves. We have a responsibility to maintain the health of our food system as our ancestors did, so that we pass down a world that will support generations to come.

## Eat with the Seasons

A traditional food diet is diverse and is based on the seasons. The power of being in the moment and harvesting what is available ensures that a variety of foods will always be on the menu. Seasonal foods prepare people for seasonal changes as well. For example, eating nettles in spring helps your body to cleanse and detoxify after eating heavy winter foods.



### TREATY OF MEDICINE CREEK, 1854

ARTICLE 3. *The right of taking fish, at all usual and accustomed grounds and stations, is further secured to said Indians in common with all citizens of the Territory, and of erecting temporary houses for the purpose of curing, together with the privilege of hunting, gathering roots and berries, and pasturing their horses on open and unclaimed lands: Provided, however, That they shall not take shellfish from any beds staked or cultivated by citizens, and that they shall alter all stallions not intended for breeding-horses, and shall keep up and confine the latter.*

Treaty of Point Elliott, in 1855, guaranteed many of the same rights.

## Eat a Variety of Foods

Our ancestors ate more complex foods and so received a greater variety of vitamins and minerals in their diet. Eating many types of foods also helped preserve the diversity of the environment, upholding the entire ecosystem by avoiding over-harvesting of any one resource. We know that diverse ecosystems are healthy ones. Now that people are eating very few foods, due to widely produced crops like corn, wheat and soy, we are losing both our environmental diversity and diversity within our own bodies.

### THE TREATY TODAY

Part of tribal sovereignty is a community's ability to harvest and enjoy foods that are culturally and nutritionally important. Food sovereignty means "the inherent right of a community to choose its own food system". The treaties of Point Elliott and Medicine Creek illustrate our Ancestors' desire to ensure that future generations have access to traditional foods. Harvesting, fishing and hunting our traditional foods is more than just a treaty right, it is also our responsibility as Indian People.



**Muckleshoot Community Gardens**

In 2010, the Tribal Council initiated a new program to provide gardening opportunities for tribal members, a Community Garden/Pumpkin Patch Program. A fenced area was filled with topsoil plowed and fertilized to provide a nutrient base for the garden. Tribal members can sign up in the spring for one of the 32 plots available. Plots come in 15'x20' or 20'x20' dimensions. Water is provided to the site. Tribal members are responsible for tools and planting materials. The site has been enhanced with apple and plum trees, strawberries, raspberries and blueberries. Contact: Director of Planning Phone: 253-939-3311

**Muckleshoot Utility District**

Provides water treatment and safe distribution of plentiful drinking water to all Muckleshoot Utility District residents located within the reservation boundaries south of 368th Street, Auburn, WA. Contact: Public Works Department Phone: 253-876-3030 Location: 39620 176th Lane SE, Auburn, WA 98002

**\*Muckleshoot Seafood Products**

MSP mission is to provide all the necessary services to support fisheries within our usual and customary fishing grounds as designated by the Treaty rights. This includes providing trucking, totes, labor and ice to insure that the fisher's can promote their product as a quality seafood item that is well known and sought after by all consumers. In addition, MSP is instrumental in providing a variety of Seafood items for the Muckleshoot Casino and assists Tribal programs providing seafood items for special events. Contact: Muckleshoot Seafood Products Phone: 253-876-3301

**\*Tribal College Berry Garden**

In 2011, the Muckleshoot Tribal College and Northwest Indian College partnered with the Fruit Tree Planting Foundation to implement a berry garden on the college campus. The program is oriented toward increasing knowledge of handling traditional plants as well as facilitating access to fresh, nutritious foods for tribal members. Contact: Tribal College Administrator Phone: 253-876-3183 Location: 39811 Auburn-Enumclaw Rd. SE Website: www.muckleshoottribalcollege.org

**\*Tribal School Fruit Orchard & Organic Garden**

In 2011, the Muckleshoot Tribal School and Northwest Indian College partnered with the Fruit Tree Planting Foundation to implement a fruit tree orchard. They also developed an organic garden to increase environmental as well as edible education opportunities at the tribal school. Contact: Tribal School Superintendent Phone: 253-931-6709

**Muckleshoot Senior Center Farm-to-Table Program**

In 2011, the Muckleshoot Senior Center is partnering with King County in a pilot-project that makes healthy foods accessible to seniors by bringing local produce straight from local farms to senior homes. This is a very exciting opportunity to use our local food resources to create new, sustainable market opportunities for local food producers while feeding people most in need.

**Auburn & Enumclaw Farmers Market**

We are lucky to have two farmers markets nearby. At these markets many fresh foods are offered. Fresh locally grown produce far surpasses the quality and flavor that you will find in the typical grocery store. Shopping at farmers markets are a great way to support your local food producers and economy! More information about farmers markets including location & hours can be found at: www.wafarmersmarkets.com

**Recovery House Medicinal Garden**

At the request of residents of the Muckleshoot Recovery House a medicine wheel garden was planted in October 2010. The garden program is just budding, but hopes to support the demand for medicinal teas in our community.

# Tribal School Orchard





# Tribal College Native Berry Garden



**BERRY  
FESTIVAL**

The logo for the Berry Festival is displayed on a light blue background. The words "BERRY" and "FESTIVAL" are written in a bold, white, sans-serif font with a thick black outline. To the right of the text is a stylized black leaf with a white outline, containing several red berries and a small yellow flower.



# Honor the Gift of Food





# Muckleshoot Tribal Cooks Retreat







