



# Food Security

Scarcity in the Midst of  
Abundance



Advancing Traditional Knowledge

Center for World Indigenous Studies



# Food Security

Ritual Feasting and Adequate Food

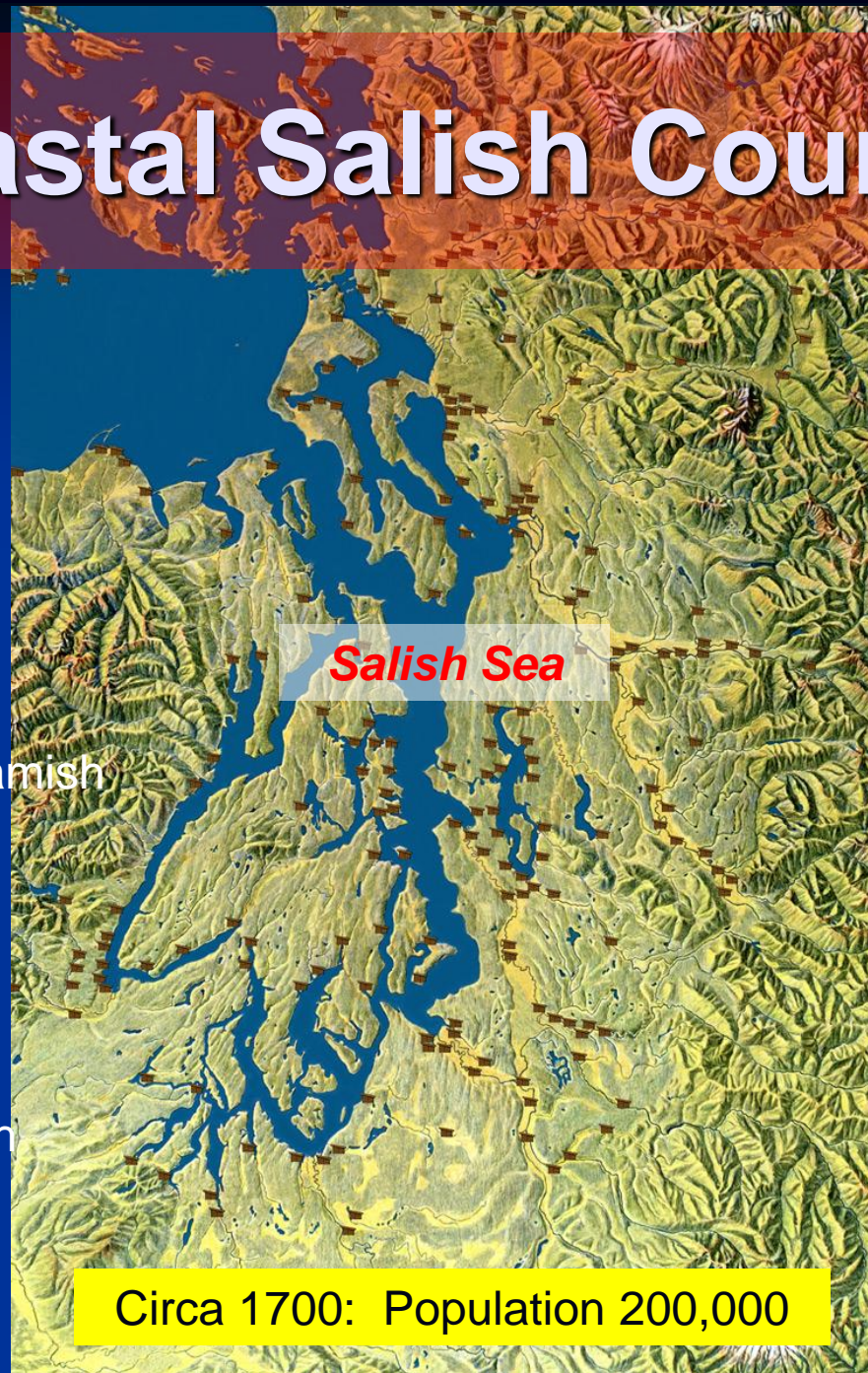
by Rudolph C. Rýser, Ph.D.



Center for World Indigenous Studies

Advancing Traditional Knowledge

# Coastal Salish Country



S'Klallam

Suquamish

Skokomish

staht-SAHS-ahbsh  
(Squaxin)

Snohomish

Duwamish

Snoqualmie

Puyallup

Muckleshoot

buhts-AHL-ahbsh  
(Nisqually)

Circa 1700: Population 200,000

[WWW.CWIS.org](http://WWW.CWIS.org)

# Coastal Salish Country

Skokomish

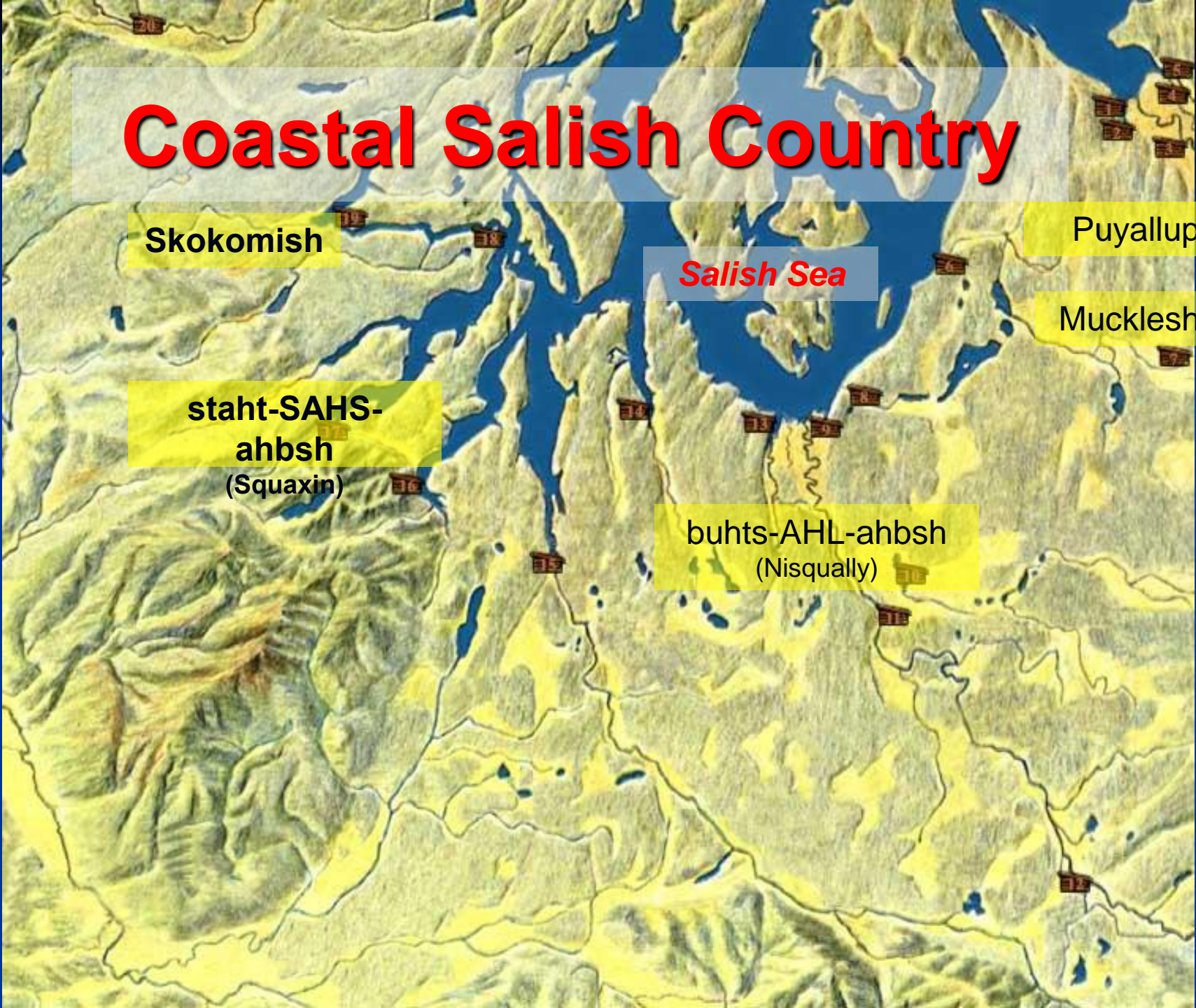
Puyallup

*Salish Sea*

Muckleshoot

staht-SAHS-  
ahbsh  
(Squaxin)

buhts-AHL-ahbsh  
(Nisqually)



# Skagit Longhouse 1902



# Open Sea Fishing



S'Klallam Canoe - 1914

# Coastal Salish Country



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(Nisqually)

YOU ARE HERE

# Ritual Feasting: Give Away

Tatoosh - 1893



- Every Longhouse was represented
- Clow-How-ya... Hello, greetings.
- Speeches extolling the generosity of the host..feasting and gifts.



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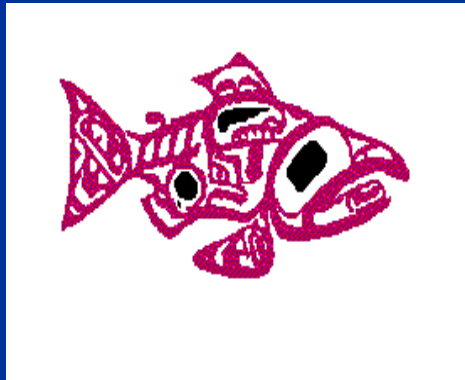
buhts-AHL-ahbsh  
(Nisqually)



# **SALISH FOOD GATHERING & PREPARATION**

**Balance and Health  
The living world**

Sacred  
animals of  
the  
Northwest  
peoples



Salmon and  
Eagle



# PEOPLE ORIGINS



The Earth and the self are  
of one mind, the measure  
of the land and the  
measure of our bodies is  
the same.

*Hin-mah-too-yah-lat-kekt (Thunder Rolling  
down the Mountain) (Chief Joseph)  
(1840-1904)*

# Classic Hunter & Gather Foods

- ◆ Greens

- ◆ Roots

- ◆ Berries

- ◆ Tree  
Bark

- ◆ Flowers

**High in  
Fiber,  
complex  
sugars,  
vitamins,  
and  
potassium**

- ◆ Large  
animals

- Elk
- Moose
- Buffalo
- Deer
- Bear

- ◆ Small  
animals

- ◆ Fish



"Robins" - Jackson Beardy

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# PREPARATION METHODS

- Fresh
- Dried (air/heat), water soaked
- Smoke, Ferment, Salt
- Steam, Boiled
- Roast

# FRESH

- Berries, (Blackberry, Huckleberry, cranberry, blue berry, salmon berry, thimble berry, sala, currant, saskatoons, etc)
- Plumbs, Choke cherries, Crab apples
- Spruce Tips, sorel, salmon berry sprouts, fern sprouts
- Clams, fish, deer liver, elk heart
- Greens, tree sprouts (spruce, fir, alder) tree sap, leaves

Peeling  
Salmonberry  
Shoots in the  
springtime





# DRIED

- Quamash, bitter root
- Berries (Cakes in Grease)
- Clams (razor, mud clams, geoduck, etc)
- Fish (salmon, cod, halibut etc.)
- Deer, Elk, Moose, Bear, rabbit, goat
- Nuts, seeds and tree bark
- Fowl (duck, grouse, pheasant,)

# DRYING DEER MEAT OVER THE FIRE

Smoking/curing  
increases fatty  
acid content in  
salmon and  
ooligan



# DRYING

- **Sun and Air Drying:** Spread across twine or sticks with all parts exposed to the air...taken in at night if in more humid regions.
- **Heat Drying:** At no more than 140 degrees Fahrenheit in an oven or draped over a rack above a moderate wood stove.

# PRESERVING SEA VEGETABLES

- Fresh sea vegetables should be soaked for a few hours.
- Dried sea vegetables may reconstitute in 15 to 30 minutes.
- No need to add salt to your dishes.
- Kelps may be smoked like fish.
- Fresh sea vegetables may be cured in sea salt

# SMOKE, FERMENT & SALT

- Fish (Salmon, Oolichan, Cod, Halibut)
- Clams, oysters, mussels, snails
- Deer, Elk, Moose, Bear, Goat, etc.
- Eggs (Seagull, sparrow, swift, pheasant)



Cooking Food Below 140 degrees Preserves  
Enzymatic Activity

# STEAM, BOIL

- Meats
- Roots
- Vegetables
- Fowl
- Fish
- Basket Boiling & Steam on a Rack



# ROAST



- Meats
- Roots
- Vegetables
- Fowl
- Fish
- Basket Boiling & Steam on a Rack



# PYRAMID NUTRITION

Based on  
Economics

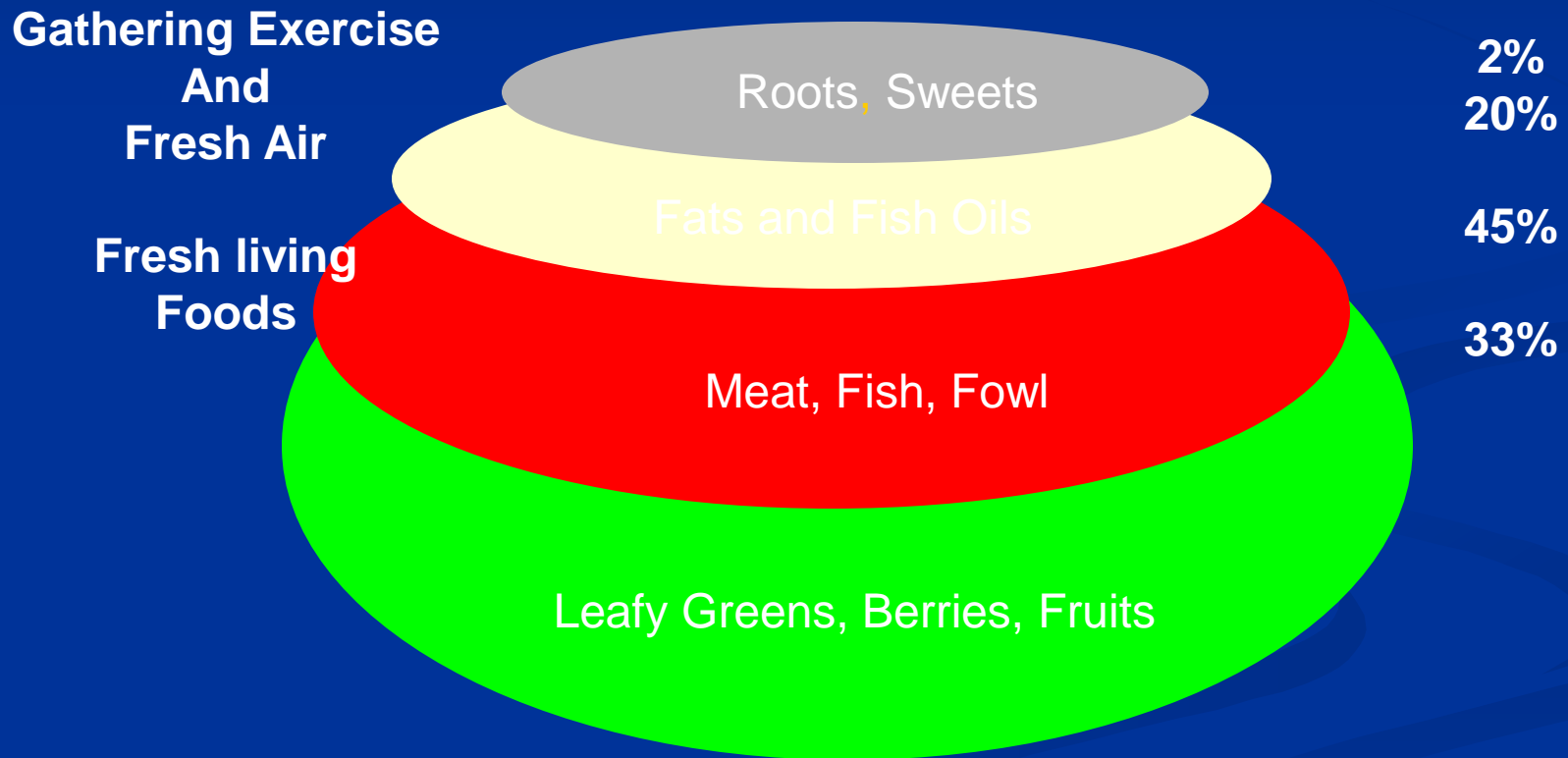


# FOOD MOUND & NUTRITION

Based on

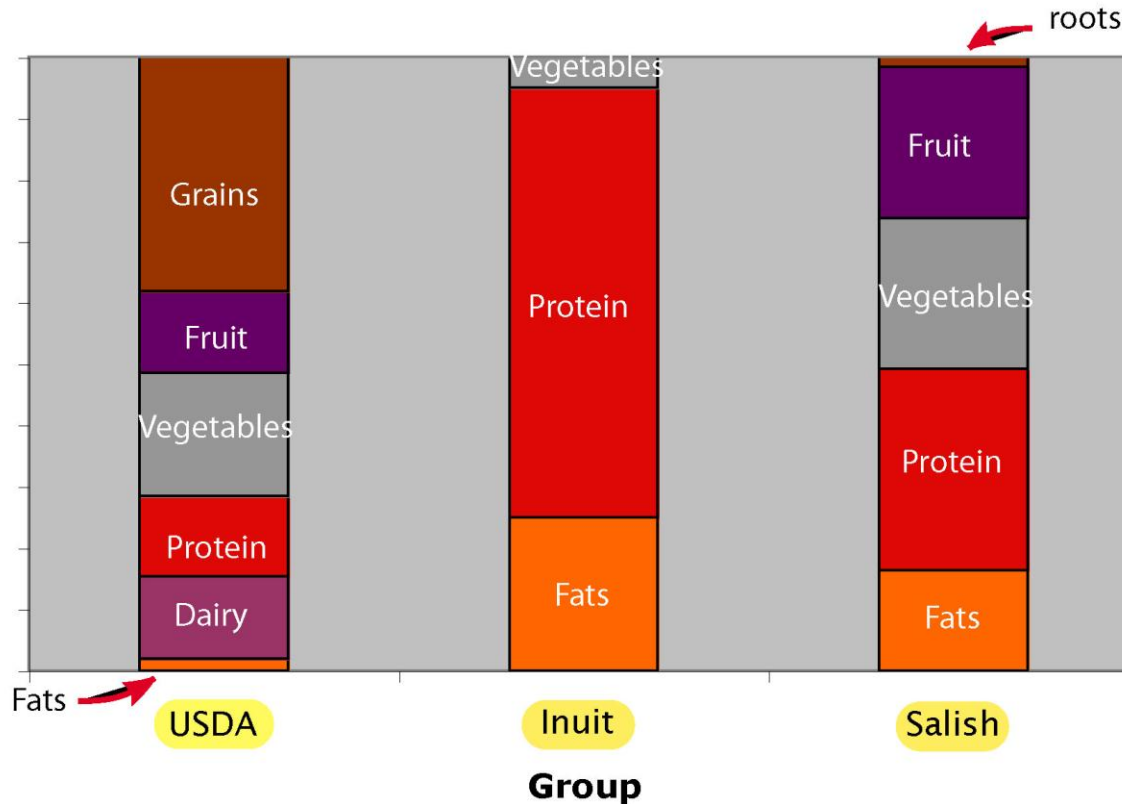
- culture,
- body type and
- the natural environment where the person and ancestors originated.
- And Preparation Method

# SALISH FOOD MOUND



# PYRAMID & MOUND

## Food Guide Differences



# SALISH NUTRITION & US RECOMMENDATION

| Nutrient  | Salish Intake | RDA         | Current U.S. Intake |
|-----------|---------------|-------------|---------------------|
| Vitamin C | 604 mg        | 60 mg       | 77-109 mg           |
| Vitamin E | 33 mg         | 8-10 mg     | 7-10 mg             |
| Calcium   | 1,956 mg      | 800-1200 mg | 750 mg              |
| Magnesium | 700 mg        | 350 mg      | 250 mg              |
| Potassium | 10,500 mg     | 3,500 mg    | 2,500 mg            |
| Zinc      | 43 mg         | 12-15 mg    | 5-14                |
| Fiber     | 50-104 grams  | 25-35 grams | 10 grams            |

Based in part on: Crayhon, R. (1998). The Carnitine Miracle. New York, NY, M. Evans and Company, Inc.

# Salish Herbal Medicines

Modern healing from Ancient  
Roots

# Healing and Prevention

- Alcoholism
- Allergies
- Anti-Inflammatories
- Antimicrobial
- Antiseptic
- Arthritis
- Birthing
- Coughing
- Diabetes
- Diarrhea
- Heart/Arterial
- Laxative
- Liver deficiency
- Pain
- Menopause - Menses
- Sedative

# Restoring the Balance

- Skin care
- Sore Throat
- Sprains
- Stomach problems
- Toothache
- Tranquilizers
- Urinary tract
- Uterine Fibroids
- Food
- Hair Tonic
- Incense
- Shampoo
- Spices
- Teas



# Bupesbupt (same as cranberry, because they

always grow together) [Mak]

- nuwaqwa'ntf “prairie tea,” [Qun] Labrador Tea, *Ledum glandulosum*, *L. groenlandicum*
- Blood purifier
- Rheumatism
- Alcohol hangover
- Sedative

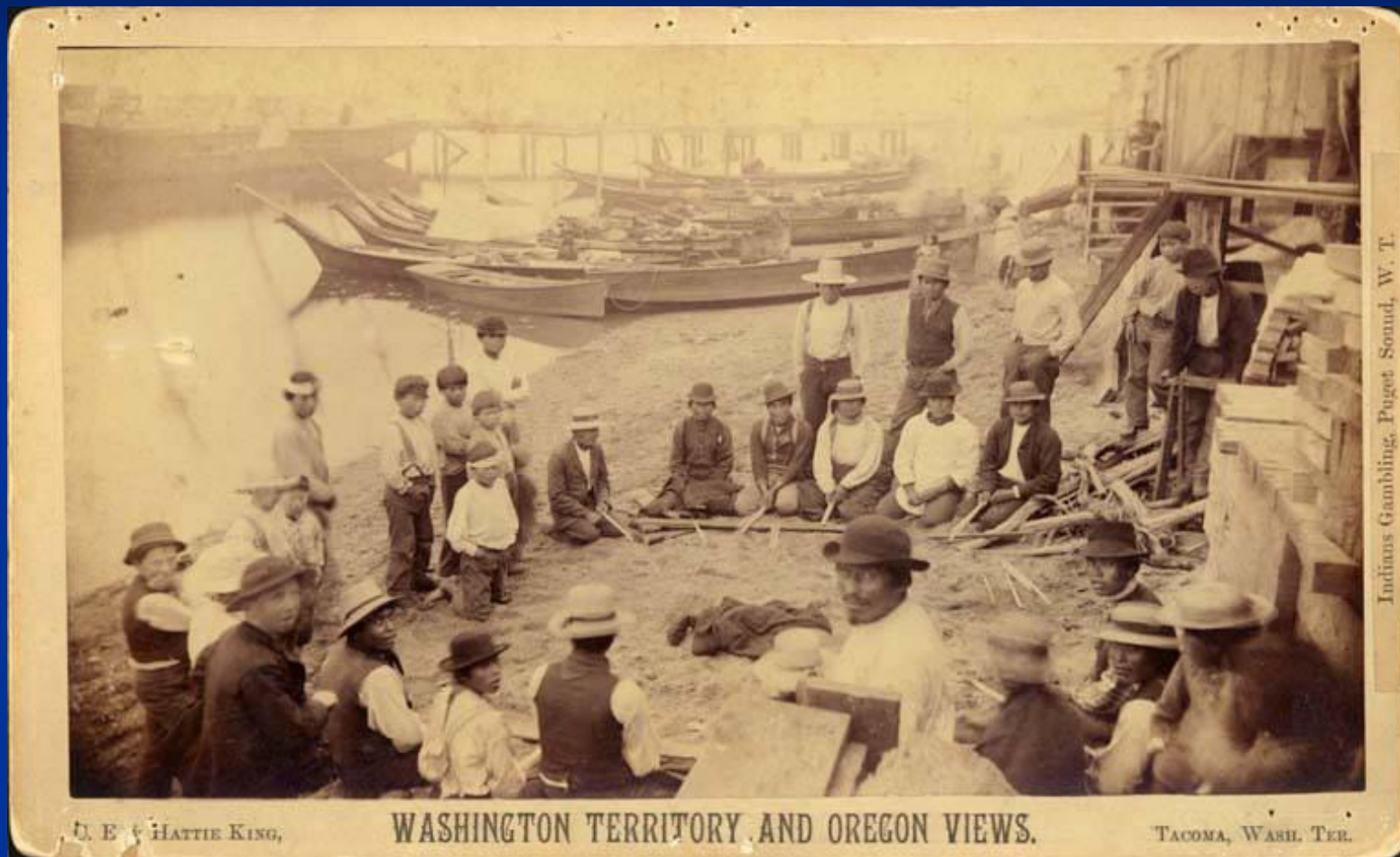


# Kla' 'stupbupt [Mak]

- sîsiba'xlwa [Qul],  
Yarrow, Millefoil,  
*Achillea Millefolium*
- *Tea for blood purification*
- *Colds*
- *Menses, postpartum excessive  
bleeding*
- *Muscle pain*
- *Joint pain*
- *Astringent – diarrhea, urinary*



# Bone Games & Feasting 1884



Indians Gambling, Puget Sound, W. T.

D. E. & HATTIE KING,

WASHINGTON TERRITORY AND OREGON VIEWS.

TACOMA, WASH. TER.

# THANK YOU!

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