Food Security

Scarcity in the Midst of Abundance

CWIS
Advancing Traditional Knowledge
Food Security

Ritual Feasting and Adequate Food

by Rudolph C. Rýser, Ph.D.
Coastal Salish Country

Skokomish

staht-SAHS-ahbsh (Squaxin)

buhts-AHL-ahbsh (Nisqually)

Salish Sea

Puyallup

Muckleshoot
Skagit Longhouse 1902
Open Sea Fishing

S’Klallam Canoe - 1914
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.
Coastal Salish Country

Skokomish

staht-SAHS-ahbsh (Squaxin)

buhts-AHL-ahbsh (Nisqually)

Salish Sea

Muckleshoot

Puyallup
Salish Food
Gathering &
Preparation

Balance and Health
The living world
Sacred animals of the Northwest peoples

Salmon and Eagle
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
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)
- Plums, 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, Ooolichan, 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
Gathering Exercise
And Fresh Air
Fresh living Foods
Roots, Sweets
Fats and Fish Oils
Meat, Fish, Fowl
Leafy Greens, Berries, Fruits
Pyramid & Mound

Food Guide Differences

Grains
Fruit
Vegetables
Protein
Dairy
Fats

USDA
Inuit
Salish

roots
## Salish Nutrition & US Recommendation

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

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]

- sisiba’xlwa [Qul], Yarrow, Millefoil, *Achillea Millefolium*
- Tea for blood purification
- Colds
- Menses, postpartum excessive bleeding
- Muscle pain
- Joint pain
- Astringent – diarrhea, urinary
THANK YOU!

Visit the Center for World Indigenous Studies

www.cwis.org

Olympia, Washington

Center for World Indigenous Studies

www.cwis.org