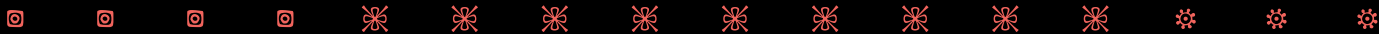


Photographic section

		Inuit	xvi
Awajún	iv	Karen	xix
Dalit	vii	Nuxalk	xxii
Gwich'in	x	Pohnpei	xxv
Inga	xiii	Ainu	xxviii



Our book is dedicated to all children in communities of Indigenous People who will continue to face the challenges to protect their traditional knowledge and use of their local foods for physical, social and environmental health. We know our work gives you power and strength.



Awajún

“Before I didn’t eat well;
now I can get fish from my fish pond
until the river is full of fish again and
I can eat the food that I have
in my farm.”

Awajún mother



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▲
Awajún children
(kp-studios.com)



▲ Awajún child
(kp-studios.com)

◀ Palm fruit – *Achu*,
Mauritian flexuosa,
an excellent source
of carotene
(kp-studios.com)

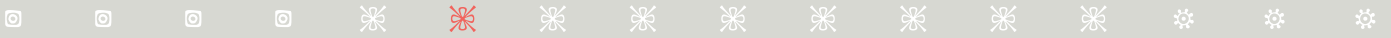
▲ Peach tomato –
Kukush, *Solanum* sp.
Awajún mother
and child

▲ Pumarosa, a popular
Awajún fruit
Pituca – Kiyam
(a tuber)
(kp-studios.com)



▲
 Sra. Agchuin, Awajún Elder
 Palm heart – lju
 Irma (Chinita) Tuesta
 Fermin Apikai, Awajún leader
 Francisco Quiaco, Awajún
 community leader
 (kp-studios.com)

▲
 Awajún girls
 (kp-studios.com)
 ▶
 Sr. Kinin, Awajún Elder
 (kp-studios.com)

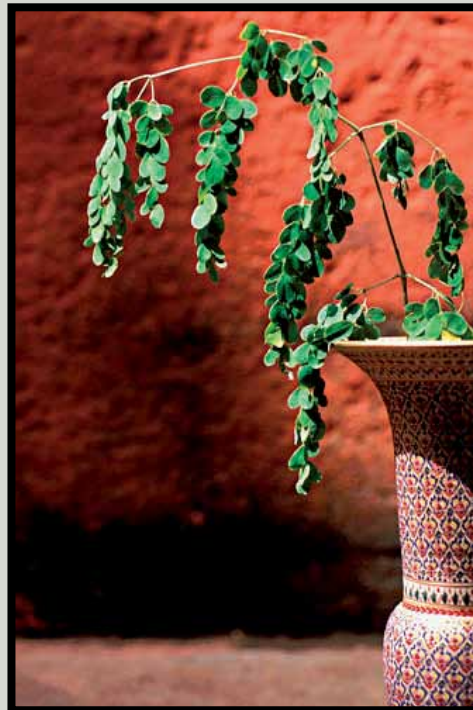


“Today, if I look back, I can sense a sea-change in my life, and what is so exhilarating about it is the feeling of control that we are experiencing...”

Susheelamma, Raipally village

Dalit

Chapter 6 >> 75



▲ Dalit boys and girls from Humnapur village, Nyalkal mandal, Medak district, Zaheerabad, India (kp-studios.com)

◀ Drumstick leaf – *Moringa oleifera* (kp-studios.com)



▲
Sorghum in a mixed farm –
Sorghum vulgare
(kp-studios.com)
Dalit child (kp-studios.com)
Dalit women farmers
weeding and collecting
greens, near Zaheerabad,
India (H.V. Kuhnlein)



▲
Bachali – *Basella* sp., a popular leafy
green vegetable (kp-studios.com)
◀
Shakunthalamma, Dalit assistant,
in mixed crop field (kp-studios.com)



▲ Humnapur Laxamma,
Dalit farmer and seed keeper
(kp-studios.com)

◀ Young Dalit girls (H.V. Kuhnlein)

▲ Chinna Narsamma, sorting edible greens collected as “weeds” in fields (H.V. Kuhnlein)

Mayalu, *Basella rubra*, a nutritious green vegetable (kp-studios.com)
Millet, legumes, oil seeds (kp-studios.com)

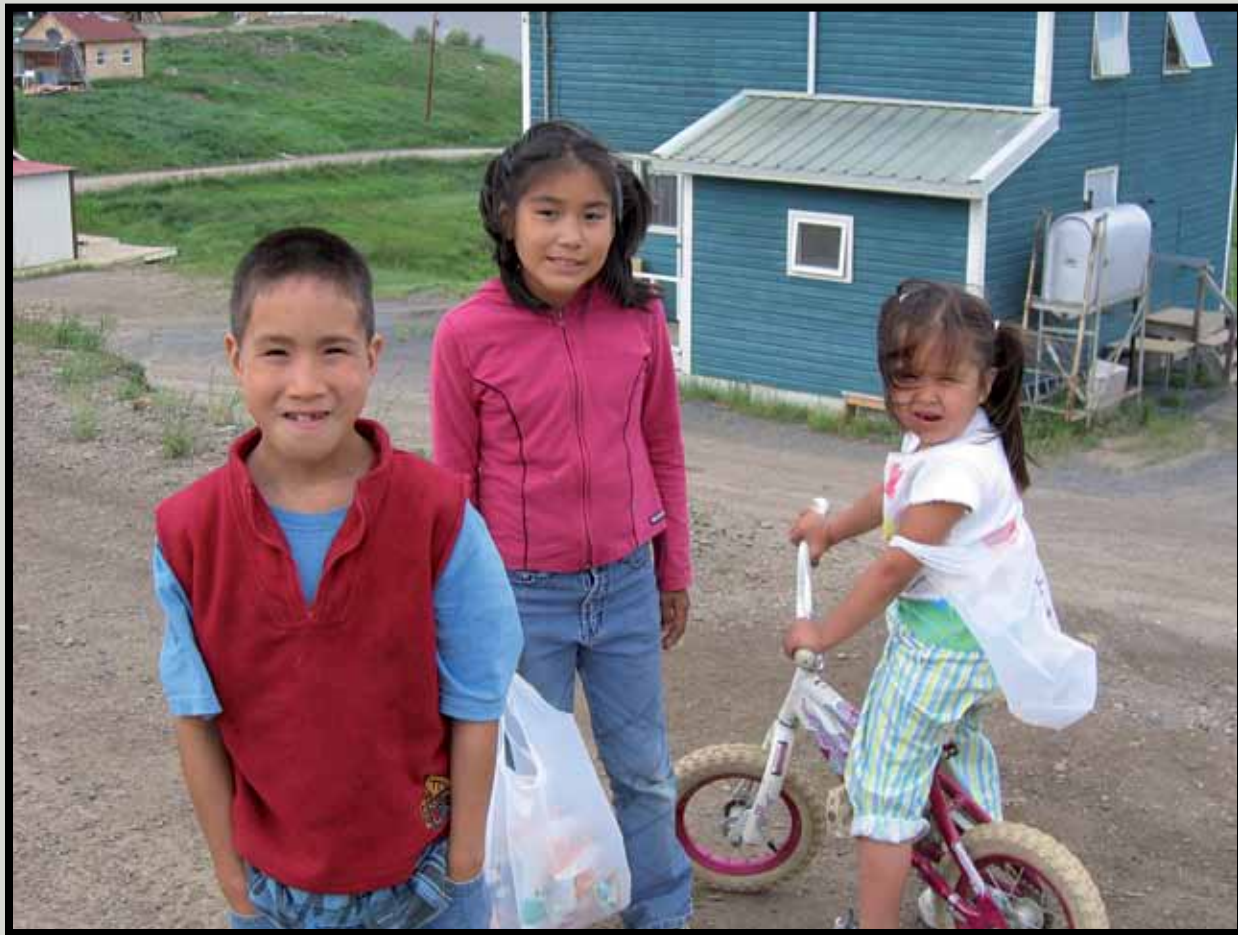
◀ Dalit women cleaning food grain (kp-studios.com)

Gwich'in

“Through harvesting traditional foods you practice your culture and live your heritage.”
Gwich'in community member

Chapter 7 >> 101





▲
 Gwich'in children
 (kp-studios.com)

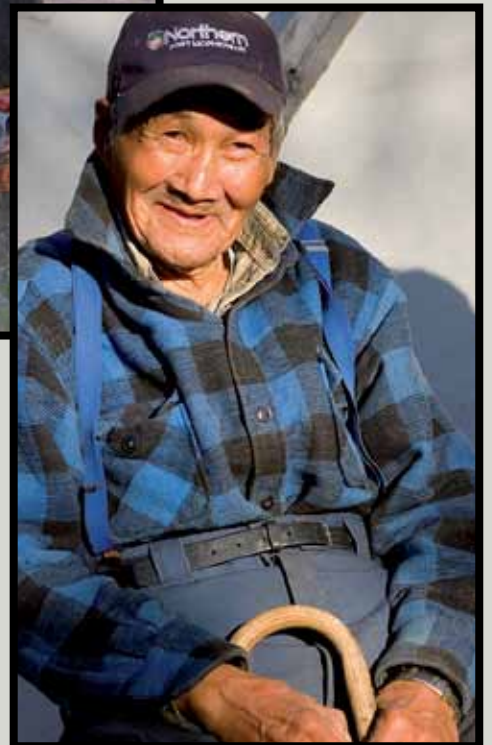
▼
 Drying caribou meat and fat
 (kp-studios.com)

▲
 Northern lights
 Winnie Greenland,
 Community Health Representative
 Elizabeth Vittrekwa,
 Gwich'in Project leader
 Olive Itsi, Gwich'in assistant
 Hazel Nerysoo, Gwich'in leader
 (kp-studios.com)



▲ Mary Snowshoe, Gwich'in Elder (kp-studios.com)
 Caribou meat as "stirfry" with vegetables (H.V. Kuhnlein)
 Home freezer with fish and meat (H.V. Kuhnlein)
 Gwich'in girl (kp-studios.com)

▼ Andrew Neyando, Gwich'in Elder (kp-studios.com)



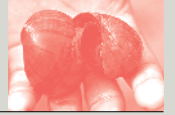
▲ Alice Andre, Gwich'in Elder, cutting fish (H.V. Kuhnlein)
 ▲ Shawn Vittrekwa, Gwich'in hunter (kp-studios.com)



“I [...] promote traditional foods and crops so that families are able to recover traditional foods, recipes and drinks, seeking to make them less dependent on markets when it comes to health and food.”

Libia Diaz, Inga local promoter, San Miguel Indigenous Reserve

Inga



Chapter 8 >> 121





▲
 Antonia Mutumbajoy, Inga leader (kp-studios.com)
 Eva Yela, Inga leader (kp-studios.com)
 Ana Maria Chaparro, Amazon Conservation Team, Bogota (kp-studios.com)
 Inga girl (Inga Research Team)

Sonia Caicedo, Amazon Conservation Team, Bogota (kp-studios.com)

◀◀
 Previous page, Children squashing chontaduro, a palm tree fruit (*Bactris gasipaes* Kunth) for making *chichi* (Inga Research Team)

▲
 Food plant identification session (Inga Research Team)

▶
 Smoked river sardines (Inga Research Team)



▲
Arazá – *Eugenia stipitata*
McVaugh
Churu – Snails
Cucha – Small fish (Inga
Uchumanga de menudo,
served at culinary festival
(Inga Research Team)

▲ Taita Jose Becerra,
Shaman,
with two young people
(Inga Research Team)
◀ Alvaro Mutumbajoy's
grandson eating fish
soup with vegetables
(Inga Research Team)

Inuit

“Our past is preserved and explained through the telling of stories and the passing of information from one generation to the next...”

Inuit Tapiriit Kanatami



Chapter 9 >> 141





▲
Siloah Metuq, Inuit Elder
(kp-studios.com)

◀
Inuit youth and friend
(kp-studios.com)

▲
Inuit community of
Pangnirtung, Nunavut,
Canada (kp-studios.com)

▲
Cutting arctic char and caribou
meat with the Inuit *ulu* knife
Caribou meat meal with onions
(kp-studios.com)

◀
Jamesie Mike, Inuit Elder
(kp-studios.com)



▲ Mahtanah Alivaktuk, Inuit grandfather and granddaughter Briana Alivaktuk (kp-studios.com)

▶ Jaco Ishulutak, Inuit carver (kp-studios.com)

▲ Joanasie Veevee, Inuit youth (kp-studios.com)



▲ Johnny Kuluguqtuq, Regional Community Health Development Coordinator
Fish soup with market vegetables
Looe Okalik, Inuit Tapiriit Kanatami, Ottawa, Ontario (kp-studios.com)



“We work together.
We understand each other;
much more than when
we started the work.”

Suaijeemong Sangkhawimol (Sanephong traditional healer)

Karen



Chapter 10 >> 159





▲
Sinee Chotiboriboon and
Mailong-ong Sangkhachatarn
(kp-studios.com)

Karen family (H.V. Kuhnlein)
Karen traditional dishes
(Mahidol team)

Harriet V. Kuhnlein and Solot
Sirisai (kp-studios.com)

◀◀
Previous page, Karen vegetables
(Mahidol team)

▲
Sompop Sangkhachatarn,
Karen community,
Kanchanaburi, Thailand
(H.V. Kuhnlein)

▶
Mainia Sangkhathiti, Karen
community (H.V. Kuhnlein)





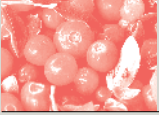
▲ Suttalak Smitasiri, Mahidol University, Salaya, Thailand (kp-studios.com)
 Prapasri Puwastien, Mahidol University, Salaya Thailand (Prangtong Doungnosaen)
 ▲ Nipaporn Sangkhawimol and her child (H.V. Kuhnlein)
 ▲▲ Karen traditional dishes (Mahidol team)
 Suaijeemong Sangkhawimol, Karen leader (M. Roche)
 Anon Setaphan, Karen leader, Sanephong Village, (kp-studios.com)

Nuxalk

“They came out
in droves!”

Rose Hans

Chapter 11 >> 177





▲ Red elderberries
(kp-studios.com)

◀ Clean, pure and natural water at the Nuxalk Nation (kp-studios.com)

◀◀ Richard Pollard on the Bella Coola River
Red huckleberries, a summer fruit
(kp-studios.com)

▲ Rose Hans, Nuxalk Elder, Bella Coola
(kp-studios.com)

Nuxalk Chief Edward Moody and Jason Moody, Bella Coola (kp-studios.com)
Youth barbeque and feast (H.V. Kuhnlein)
Nuxalk Chief Archie Pootlass, Bella Coola (kp-studios.com)



▲ Salmon roe (kp-studios.com)

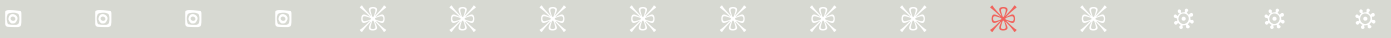
Drying salmon *sluq* (kp-studios.com)

Cow parsnip (*Heracleum lanatum*), a Nuxalk spring vegetable (H.V. Kuhnlein)

Filleting spring salmon (kp-studios.com)

▲ A bountiful catch of Nuxalk salmon (kp-studios.com)

▲ Lorraine Tallio cutting spring salmon (kp-studios.com)



“Let’s Go Local!
Grow and eat local foods for
their ‘CHEEF’ benefits:
culture, health, environment,
economics and food security.”

Island Food Community of Pohnpei

Pohnpei



Chapter 12 >> 191





▲
 The late Dr Lois Englberger (kp-studios.com)
 Kiped Albert (kp-studios.com)
 Adelino Lorens (HV Kuhnlain)
 Billboard – The “Let’s Go Local” campaign slogan was painted on billboards to portray different Pohnpei foods and varieties, including Karat banana (left top), an important fruit to Pohnpei families. (IFCP)

Next page

▶
 The late Selihna Johnson (kp-studios.com)

▶▶
 Pohnpei child (kp-studios.com)



▲
 Pandanus, *Pandanus tectorius*, a rich source of many nutrients (IFCP)

▶
 Banana market in Pohnpei (IFCP)

◀◀
 Previous page, Pohnpei child (kp-studios.com)



▲
 Merlain Poni (kp-studios.com)
 Mand school children enjoy learning about bananas in the Youth to Youth project. Here they happily present the carotenoid-rich Karat (middle) and other banana varieties. (IFCP)
 Godwin Fritz (kp-studios.com)
 Mand Breastfeeding Club (IFCP)

Ainu

“...When the local people accept Ainu food as a part of local food, there will be no social discrimination against Ainu people.”

Miwako Kaizawa



Chapter 13 >> 221

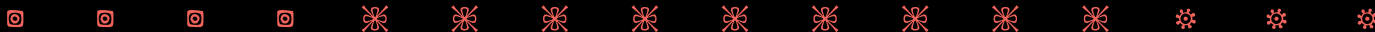




▲ Pukusa, *Allium victorialis* (2 varieties), dried (kp-studios.com)

▲ Ainu infant (kp-studios.com)

▲ Taichi Kaizawa
Pukusakina leaves
Yuk (deer) soup
Teaching about the Ainu traditional food (kp-studios.com)
Masahiro Nomoto, Ainu leader (H.V. Kuhnlein)



1. Gail Harrison (Ch. 2, Ch. 7)
2. P.V. Satheesh (Ch. 6) and Salomeyesudas (Dalit, Ch. 6)
3. Martina Schmid (Ch. 6)
4. Jonah Kilabuk (Inuit, Ch.9) and Grace Egeland (Ch. 2, Ch. 6, Ch. 9)
5. Mark Plotkin (Ch. 3)
6. Liliana Madrigal (Ch. 8)
7. Thelma Harvey (Nuxalk, Ch. 11)

8. Marion Roche (Ch. 4)
9. Margaret McDonald (Gwich'in, Ch. 7)
10. Andy Siwallace (Nuxalk, Ch. 11)
11. Group photo in Bangkok, 2009 (all chapters)
12. Nancy Turner (Ch. 3, Ch. 11) and Bill Tallio (Nuxalk, Ch. 11)
13. Arjan Sakorn (Ch. 10); Bill Erasmus; Harriet

- V. Kuhnlein and Suttalak Smitasiri (Ch. 10)
14. Siri Damman (Ch. 15) and Inga Partners (Ch. 8)
 15. Hillary Creed-Kanashiro (Ch. 4, Ch. 5) and Irma Tuesta (Awajún, Ch. 5)
 - 16 Peter Siwallace (Nuxalk, Ch. 11)
 - 17, 18. Pohnpei assistants (Pohnpei, Ch. 12)





"The walrus head [in the sculpture] represents the universe, and we all live on the earth with the sea connected. It's telling the story of climate change occurring in the North. How it's affecting the animals, the environment and ourselves... This may only look like a carving, but it depicts a lot of our lifestyles and environment and animals which are united. We have to manage the animals well today because the next generation will have to have their own meals as well."

Jaco Ishulutak,
Inuit master carver, hunter and cultural specialist,
Pangnirtung, Nunavut, speaking about
his sculpture depicting climate change.

*(kp-studios.com, from the DVD film,
The Inuit and their Indigenous Foods, 2008)*