

Photographic section

Inuit	III	Ainu	XXI
Nuxalk	VI	Karen	XXIV
Gwich'in	IX	Dalit	XXVII
Awajun	XII	Bhil	XXX
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Pohnpei	XVIII	Igbo	XXXIV

“Give thanks
to our food,
Elders and
ancestors daily.”

Inuit

Chapter 1 >> 9





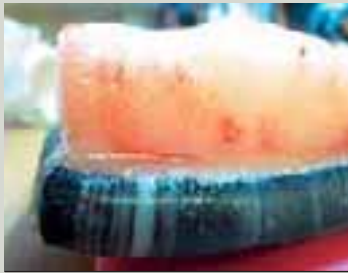
▲ Pangnirtung
 (G. Charbonneau-Roberts)
 Data collection – card sorting
 (H.V. Kuhnlein)
 Butchering seal meat
 (H.V.K.)
 Butchering a caribou head
 (H.V.K.)

◀◀
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 Inuit blackberries, 'paurngat'
 (Inuit Research Team)

◀
 Jonah Kilabuk with arctic char
 (I.R.T.)

▼
 Pangnirtung Fjord
 facing Kuulik in winter
 (I.R.T.)





▲
Narwahl 'maktaaᑦ'
(L. Goodman)
High cost of groceries
(I.R.T)
Beluga 'maktaaᑦ'
(H.V.K.)

▲
'Inuksuk overlooking Iqaluit'
(I.R.T.)
▶
Coke can (S. Yohannes)



■ Nuxalk

“The old foods are
the new foods!”



Chapter 2 >> 23

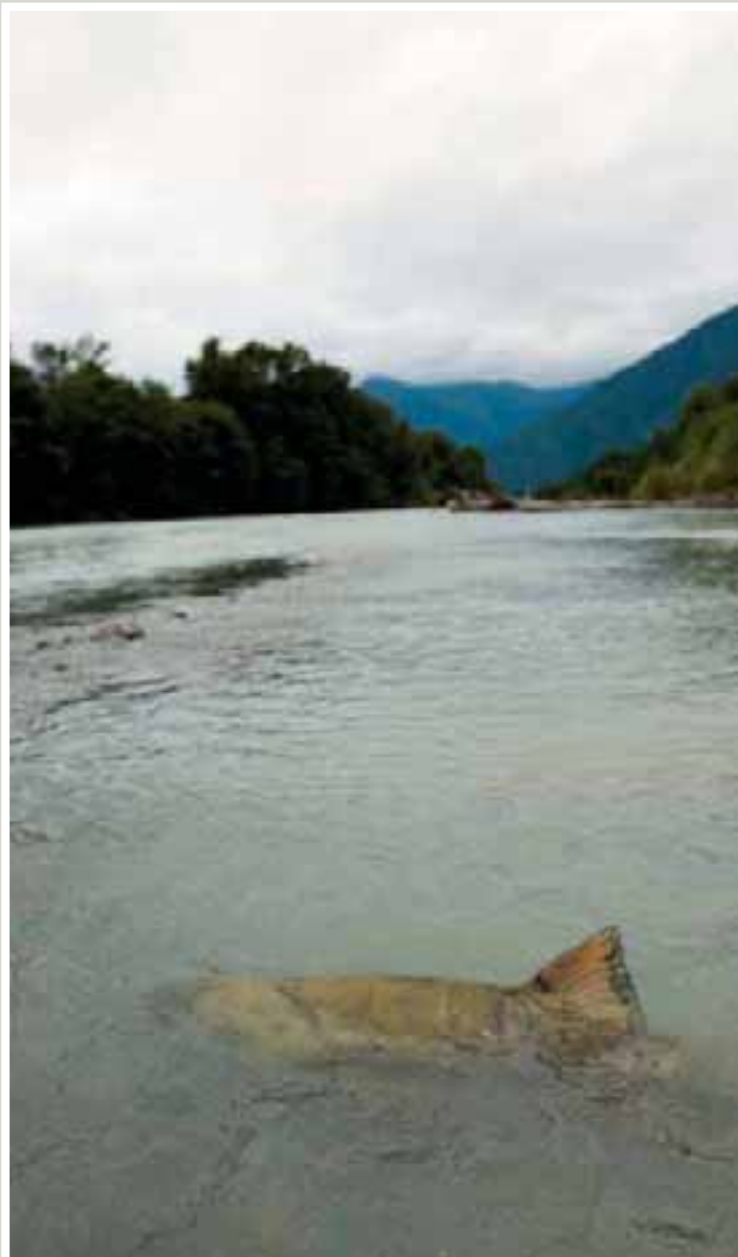




- ▲ Spring salmon roe and steaks (kpstudios)
- ▲ Salmon fillets hung for smoking (k.)
- ▲ Clayton Creek waterfalls (k.)
- ▶ Chief Andy Siwallace, Hereditary Chief and Elder (k.)
- ▶ Bill Tallio, a proud Nuxalkmc (k.)

◀ *Previous page*
 Three of the main species of salmon (k.)





- ▲ Red huckleberries, sweet and tart (k.)
Bella Coola Valley, Table Mountain (k.)
- ▲ Wild grey currants (k.)
- ▲ The sacred bald eagle (k.)
- ◀ Salmon in habitat (k.)
- ▶ Typical Nuxalk carving style (k.)



“Caribou blood gives strength and warmth, and it keeps you from getting hungry for a long time.”

Gwich'in



Chapter 3 >> 45





- ▲ Fish camp (kpstudios)
- ▲ Cutting fish (H.V. Kuhnlein)
- ▲ Cranberries (k.)
- ▲ Smoking fish (k.)
- ▲ Alice Vittrekwa, Gwich'in Elder (k.)
- ▲ Lakes in Gwich'in territory (k.)
- ◀◀ Previous page
- ◀◀ Northern lights (k.)





▲ Fish and hotdog: modern contrast (k.)
Agnes Neyando, Gwich'in Elder (k.)
Conne fish roe (k.)

▶ Hunting grounds near Yukon border (k.)

▼ Sacred mountain and Peel River (k.)



Awajun

“With our foods from the wild, the river and our fields we are strong and alert.”



Chapter 4 >> 59





◀▲ From fields to home: the daily journey (kpstudios)

◀ Fish and snails are cooked together (k.)

▲ Research to select food attributes (Awajun Research Team)

▲ A meal of cassava, *pituca* and soup of palm hearts and chicken (k.)

▲ Interviews about food patterns (A.R.T.)

▲ *Cocona* from our fields (A.R.T.)

◀ *Ugkush*: a valued vegetable (k.)

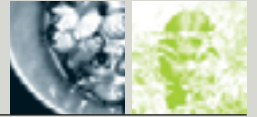


▲
Macambo seeds (k.)
The community of Mamyaque (k.)
Suri: a favorite food (M. Roche)
▲
Sr. Kinin: the walking library of Cenepea (k.)
▶
Rosita and Maria:
two research partners (k.)

“... We need our plants
and our jungle
in order to have strength
and to live better.”

Ingano

Chapter 5 >> 83





▲ Araza fruit (Ingano Research Team)
 Yachaicury school pupils (I.R.T.)
 Chili peppers from Ingano farm (I.R.T.)
 ◀ Ingano shaman (I.R.T.)

▲ Ingano territory – Indi Wasi (I.R.T.)
 ▼ Armadillo (I.R.T.)
 ◀◀ *Previous page*
 Child behind tomato (I.R.T.)





▲ River travel (I.R.T.)
 Ecological promoters (I.R.T.)
 ◀ Shaman with youth (I.R.T.)

▲ *Mojojoy* beetle larvae (I.R.T.)
 ▼ Working on the vegetable farm (I.R.T.)

Pohnpei

“God made us to eat
our own foods.
We need to go local!”



Chapter 6 >> 109





▲
▲
Karat, the State Banana of Pohnpei, exists as several types, including Karat Pako (left) and Karat Pwehu (right)
Karat as an infant food fed by Mihne Pretrick to her child, Tammy
Slices of eight carotenoid-rich banana cultivars of Pohnpei
Preserved breadfruit, mahr, is being prepared
(Pohnpei Research Team)

▲ Reef fishing (kpstudios)
▶ Nidia George tends her cooking on an open fire, still a common way of cooking (k.)
◀◀ Previous page
Working together is an important part of local life (P.R.T.)





▲ Breadfruit (center front), different types of taro (left and right back), bananas and other food displayed by Merlain Alik (P.R.T.)

Rose apple, a traditional fruit in Pohnpei

Adelino Lorens shows a huge yam from Pohnpei (P.R.T.)

◀ Merlain Pony with a corm of giant swamp taro (*Cyrtosperma* sp.) (k.)

▼ Chestnut is a popular seasonal crop (P.R.T.)

Pandanus is a popular fruit and is especially important on the atoll islands (k.)



“Revitalizing the Ainu food culture will help to re-establish the dignity of the Ainu in the present society.”

Ainu

Chapter 7 >> 139





- ▲ Cutting salmon demonstration (Ainu Research Team)
- ▲ Drying *pukusa* (A.R.T.)
- ▲ Japanese market food (kpstudios)

▶ *On turep akam* (k.)

▼ Soup using Ainu greens as garnish (k.)

◀◀ *Previous page*
Ainu soup (k.)





▲ Koichi Kaizawa demonstrating traditional plant (k.)
 ▲ Traditional Ainu ceremony (k.)
 ▲ *Pukusa* (A.R.T)
 ▲ *Muncio* (k.)
 ▲ Cutting *yuk* (A.R.T)
 ▲ Dried seaweed (k.)



Karen

“...All the foods we eat belong to Mother Nature – the Karen are grateful to her...”



Chapter 8 >> 159





▲
Buddhist temple where people pray and chat (Karen Research Team)

Children enjoy ripe mango from the home orchard. (K.R.T.)

Breast feeding takes place for at least one year after birth. (K.R.T.)

A home in Sanephong (K.R.T.)

▲
Feeding grandson with rice and stir fried dark green leaves (K.R.T.)

▶
The Karen main diet is rice, chili paste and vegetables. (K.R.T.)

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Previous page
Two girls trek to the farm (K.R.T.)



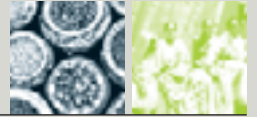


- ▲ Pile sorting food cards for perceptions about food for children (K.R.T.)
- Karen research team participants (K.R.T.)
- Ma-waeng- Karen vegetable (kpstudios)
- ▲ Husband and wife collecting Karen red chilis (K.R.T.)
- ◀ Preparing local fish before cooking. (K.R.T.)

“Greens give us strength,
we grew up on them.”

Dalit

Chapter 9 >> 185





- ▲ Storing seed grain (kpstudios)
- ▲ Crop diversity in Dalit field (k.)
- ▲▶ Research work at night (k.)
- ▶ Dalit bullock (k.)

- ◀◀ *Previous page*
- Dalit research team members (H.V. Kuhnlein)
- Dalit kitchen (k.)
- Wild fruit, kaki pandu (Dalit Research Team)



▲ Dalit Elder woman (k.)
 ▲ Dalit chicken in nest (k.)
 ▲ Research to understanding Dalit food meanings (k.)

▲◀ Market food in Dalit area (k.)
 ▲ Millet, legumes, oil seeds (k.)

◀ Cleaning grain (k.)

Bhil

“Thank you Mother
for the food
that you’ve given us!”



Chapter 10 >> 209





▲
 Millet chapatti and vegetable – a typical Bhil meal (kpstudios)
 Junglikand and cooked slices (k.)
 Adult portion sizes of meat curry and rice (k.)
 ▲
 Bhil leaders (k.)
 ▲▲
 Bhil women (k.)
 ▶
 Active Bhil youth (k.)
 ◀◀
 Previous page
 Bhil women in rice field (H.V. Kuhnlein)



- ▲ Dry land rice and bullock (k.)
- ▲ Doli mahooda seeds (k.)
- ▲ Bhil root food (k.)
- ▲ Bhil men in group meeting (k.)
- ▶ Bhil mother and child (k.)

“Our culture and traditional knowledge of our food systems are the pillars of our heritage. Please join us to promote and protect them. Thank you very much.”

Maasai

Chapter 11 >> 231





- ▲▲ Lamb and potato soup (kpstudios)
- ▲ Ole Leipa with blood drink (k.)
- ▲ Oldepe soup (k.)
- ▲ Pastoralism (k.)
- ▲ Olkerei Ole Nchoki, Maasai Elder (k.)
- ▲ Nabarua, Maasai woman (k.)
- ◀◀ Previous page
- ◀ Child with calf (k.)



- ▲ Blood and meat stew (k.)
- Modern sugar beverage (k.)
- Grewia gathering (T.A. Johns)
- ◀ Dorcas Nashipai, Maasai Research Assistant (k.)
- ▼ Milking (k.)



Igbo

“People who depend on foreign food eventually die of hunger.”



Chapter 12 >> 251





- ▲ Banga soup and cassava foofoo (k.)
- ▲ Botanist in action (k.)
- ▲ Elizabeth Chinwe Okeke (k.)
- ▲ Cocoyam farm (k.)
- ▲ Igbo chiefs (k.)

◀◀
Previous page
 Yam market (kpstudios)



- ▲ Igbo woman (k.)
- ▲ Village hut (k.)
- ▲ Igbo leader (k.)
- ▶ Woman pounding foofoo (k.)
- ▲ Igbo children (k.)
- ▶ Palm oil press (k.)



Ancient Nuxalk Petroglyphs (kpstudios)