

# Food Security: Northern Sierra Miwok Practices and Community Well-Being Implications

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## Indigenous Food Sovereignty Movement

“If we are unable to feed ourselves, we will not survive; and if we lose our whole being to our minds, policy work, and scholarly discussions, we will have lost our direction. We need to strike a balance”  
(LaDuke, 2019).

## Northern Sierra Miwok Practices

- Are community-based and family-based!
- Not all practices are open and not all knowledge is always openly shared

*Remember: Northern Sierra Miwok Practices that are shared in this presentation are provided to exemplify a form of Indigenous Food Sovereignty practices and Food Security, not to provide a tutorial for “how-to-be Northern Sierra Miwok”. Please see presentation recording for more information.*

## Implications

- Indigenous Food Sovereignty is relevant to everyone- we all come from land!
- Food security practices benefit all communities (both within and between)
  - Enhancing health and increasing food security
  - “Sustainability, biodiversity, and conservation” (USDA Indigenous Food Sovereignty Initiative Fact sheet, 2023)

## Ways in which participants can incorporate Indigenous Food Sovereignty into their lives:

- Watch some videos and try out some recipes via:  
<https://www.usda.gov/tribalrelations/usda-programs-and-services/usda-indigenous-food-sovereignty-initiative>
- Safely practice foraging and harvesting via USDA’s “Foraging and Harvesting Indigenous and Wild Plants Best Practices” (2023)
  - “Harvest Sustainably”
  - “Asking Permission and Giving Back”
  - “Proper Identification”
  - “Consider Conditions”
  - “Follow Local Indigenous Protocols”
- Support local Indigenous chefs and restaurants!
  - Wahpepah’s Kitchen: <https://wahpepahskitchen.com/>
    - Located at 3301 East 12th St Suite #133, Oakland, CA, 94601
  - Ohlone Cafe: <https://www.makamham.com/>
    - Located: 2430 Bancroft Way, Berkeley, CA 94704

### References

LaDuke, Winona. (2019). *In Praise of Seeds and Hope*. In D. A. & Mihesuah & E. Hoover (Eds.), *Indigenous food sovereignty in the United States*. University of Oklahoma Press.  
Foraging and harvesting indigenous and wild plants best practices. (n.d.). Retrieved April 10, 2023, from <https://www.usda.gov/sites/default/files/documents/foraging-harvesting-indigenous-wild-plants-best-practices.pdf>  
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