



# Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture

*Elise Krohn, Valerie Segrest*

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*Feeding The People, Feeding the Spirit* is an indigenous foods resource for Native Americans in the Pacific Northwest. Northwest Indian College Traditional Plants and Foods Program staff worked with archaeologists, tribal elders, cultural specialists, hunters, gatherers and cooks to determine what foods were eaten before European contact, barriers to accessing those foods today, and actions that native communities are taking to strengthen traditional food systems. ***This text includes culturally sensitive information; distribution is limited to native people and those who serve their health and communities.***

Author **Elise Krohn** is an educator, author, herbalist, and native foods specialist in the Pacific Northwest. She cultivates healing relationships between people, plants, place and cultural traditions. In 15 years teaching in tribal communities, she has created community gardens, food sovereignty resources, a program on healing addiction, and curricula on chronic disease prevention. Through workshops, Elise has multiplied the number of educators who are teaching about native foods and medicines in tribal communities. In over 10 years of experience as a clinical herbalist, she has authored numerous articles on this and related topics.

Author **Valerie Segrest** is a native nutrition educator who specializes in local and traditional foods. An enrolled member of the Muckleshoot Indian Tribe, she serves her community as the coordinator of the Muckleshoot Food Sovereignty Project and works for the Northwest Indian College's Traditional Plants Program. Valerie has a BS in Nutrition, and a Masters in Environment and Community. A past Fellow for the Institute of Agriculture and Food Trade Policy, Valerie inspires and enlightens about the importance of a nutrient-dense diet through a simple, common sense approach to eating.



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