



Season 3, Episode 2

Handpicked Presents: Indigenous Health and Food Systems

Podcast – “What are Indigenous Foods?”

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Glossary of Terms

Bannock

“Bannock has meant many things to many Indigenous people throughout history, from pre-contact to the fur trade to present times. Before contact, Indigenous people made their own types of bannock and breads using camas bulbs, lichen, moss, cattails, roasted acorns and other plants and roots that were Indigenous to their traditional territories. After contact, Indigenous people began to use wheat and oat flour brought over by the Scottish during the fur trade. Flour was a non-Indigenous food but soon became the staple ingredient in bannock, and in the lives of Indigenous people.”

<https://martlet.ca/bannock-consuming-colonialism/>

Colonialism

“Colonialism has been defined as systems and practices that ‘seek to impose the will of one people on another and to use the resources of the imposed people for the benefit of the imposer’ (Assante, 2006). Colonialism can operate within political, sociological, cultural values and systems of a place even after occupation by colonizers has ended. Colonization is defined as the act of political, physical and intellectual occupation of space by the (often forceful) displacement of Indigenous populations, and gives rise to settler-colonialism, colonial and neo-colonial relations, and coloniality.

<https://www.yorku.ca/edu/unleading/systems-of-oppression/coloniality-and-settler-colonialism/>

Dish with One Spoon Wampum Belt

A symbol and reminder of covenants between the 5 Nations of the Haudenosaunee and the Dutch Government that guided later treaty-building and envisaged a relationship of reciprocity and sharing (that all people sharing a territory should leave enough for others), a promise that many Indigenous people feel was broken many times.

<https://futurecitiescanada.ca/portal/wp-content/uploads/sites/2/2022/02/fcc-civic-indigenous-tool3-teaching-twodishonespoon.pdf>



Handpicked: Stories from the Field

A production of the Laurier Centre for Sustainable Food Systems

Foodways

A term to describe peoples' cultural, social and economic food practices, habits and desires (Alkon et al.)

<https://www.sciencedirect.com/science/article/abs/pii/S0016718513000936>

Kanyen'kéha:ka

Mohawk language.

<https://www.thecanadianencyclopedia.ca/en/article/mohawk>

Sky Woman

The story of how Sky Woman fell from Skyworld to start life on Turtle Island, passed down and told by different Iroquoian-speaking people to describe the creation of human life on earth but also telling aspects of the Original Instructions guiding relations between humans and the natural world (Kimmerer, Braiding Sweetgrass).

<https://www.robinwallkimmerer.com/>