

Journey to Health: Embracing the Nativevore Lifestyle



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Thursday, February 8th, 2024

Health Board's Journey to Health
ECHO

Gifts of the Ancestors: Indigenous Knowledge & Cultures



Feed the Body, Nurture the Soul



Going Back to the Past to Move towards the Future

By using ancient ancestral foods in contemporary kitchens, Native communities can reclaim a new Native American cuisine from the foods of the past for health, wellness, and to solve contemporary health problems, now and in the future.





Food is More Than Just Something to Eat:

- Food is medicine.
- Food is a sovereign right.
- Food is the key to health and wellness.



History of Native American Cuisine

Timeline of Native American Cuisine

1. Pre-Contact Period

2. First Contact Period

3. Government Issue Period

4. New Native American Cuisine

Four Food Stages

- (1) Pre-Contact Foods: Ancestral cultivated and wild plants and animals (approximately 15,000 BC to 1492 AD).**
- (2) First European contact: Traditional foods introduced but now inseparable from the group's identity, such as sheep for the Diné (Navajo) People (1492 AD to the 1800's).**
- (3) Government issue: Commodity foods introduced by the U.S. government during the Reservation period and still being distributed today (beginning in the middle to late 1800's during the relocation period).**
- (4) New Native Cuisine: Foods sharing components of the previous three categories that are innovatively combined or "fused" into a new Native American Cuisine (where we are now).**

1. Pre-Contact Period



Pre-Contact Foods

Domesticated Crops:

Including Corn, Beans, Squash, Chiles, Tomatoes, Potatoes, Vanilla, Cacao, Cassava, and many others.

Wild Foods Include:

Wild Vegetables –Carrots, Celery, Onions, Garlic, Turnips, Salad Greens, Wild Spinach, Wild Mache Lettuce, Fiddlehead Ferns, Purslane Greens, Root Vegetables, Cacti, Cholla Buds, Nopal Cactus leaves and Prickly Pear fruits, Saguaro Fruits and Seeds, Ocotillo Cactus, Agave, different types of Seaweed, Sea Beans, Wild Mushrooms, and many more.

All Types of Fruits - Wild Strawberries, Wild Blackberries, Red and Blue Huckleberries, Blueberries, American Red Raspberries, Chokecherries, Wild Cherries, Wild Currents, Wild Grapes, Cranberries, Banana Yucca Fruits, Avocados, Bananas, Coconuts, and many more.

Grains and Nuts – Wild Rice, Sunflower Seeds, Piñon Nuts, Acorns, Pecans, Mesquite Beans, Cattails, Amaranth, Quinoa, and many more.

Wild Animals – Bison, Elk, Venison, Turkey, Quail, Rabbit, Dove, Robin, Fish, Shellfish, and many more.

Medicinal Plants – Arnica, Barberry, Chia, Common Mullin, Creosote Bush, Desert Sumac, Epazote, Four-o'clock, Globe Mallow, Golden Rabbit brush, Horehound, Navajo Tea/Cota, Osha, Rocky Mountain Bee plant, Sagebrush Sand Verbena, Three leaf Sumac, Wolfberry, Wormwood, and many more.



America's Place-Based Food Traditions from "Renewing America's Food Traditions (RAFT)" by Gary Paul Nabhan

The Magic Eight:

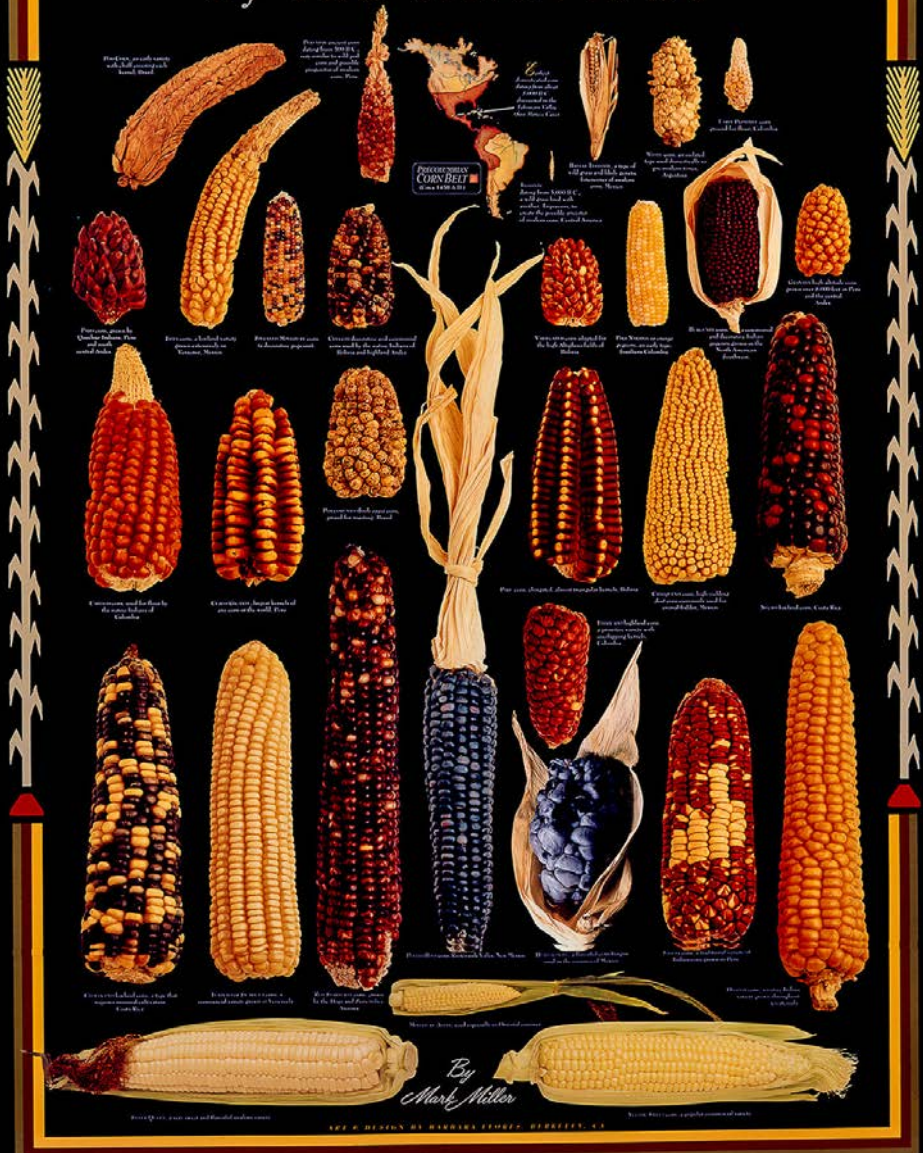
- Corn
- Beans
- Squash
- Chiles
- Tomatoes
- Potatoes
- Vanilla
- Cacao



Foods that Native People gave to the world.

INDIAN CORN

of the Americas



Corn is thought to be about 9,500 years old. The ancestor of corn, teosinte, started as a grass and is now one of the worlds most important grains.



Zea is a genus of flowering plants in the grass family. Zea Mays, Maize, Corn, and Indian Corn. It is a perennial that is dependent on man to cultivate, indigenous to the Americas, and considered to be a gift from the Creator by many tribes.

Corn has many layers of meaning:

- Corn is a creation.
- Corn is a gift from creator.
- Corn is a storyteller.
- Corn is ceremony.
- Corn is song.
- Corn is prayer.
- Corn is maiden.
- Corn is Mother.
- Corn is sister.
- Corn is healer.
- Corn is medicine.
- Corn is sustenance.
- Corn is food.
- Corn is cuisine.
- Corn is art.
- Corn is the essence of life.



Corn is considered sacred. It is revered by young women, such as Calandra Dawn Willie pictured here, as she transitions into adulthood and will use corn in her own kitchen and a part of the *Kinaaldá*, a coming-of-age Navajo puberty ceremony.



Beans:

- Excellent source of fiber
- High in protein
- Low in Fat
- Contains Vitamin B-6
- High in Potassium
- Contains Magnesium, Iron, and Calcium
- Slow-Release Food
- Reduces Blood Sugar
- Good for Blood Pressure
- Improves Cholesterol Levels
- Helps Maintain a Healthy Gut



Tepary Bean (*bavi*)



- Native American bean indigenous to the Akimel O’odham and the Tohono O’odham People
- Drought Tolerant; Perfect to grow in desert environment
- 23-30% Higher protein than other beans – True Energy Food
- Perfect food to keep blood sugar balanced

Squash



- High in Fiber
- Loaded with Antioxidants
- Rich in Manganese:
 - Manganese Boosts Bone Strength, and Helps the Body's Ability to Process Fats and Carbohydrates*
- High in Vitamin A, Vitamin C, and Vitamin B-6
- Rich in Folate, Magnesium, Phosphorus and Potassium
- Butternut squash is the healthiest squash

Squash is considered a Superfood!

There are many different kinds of Squash



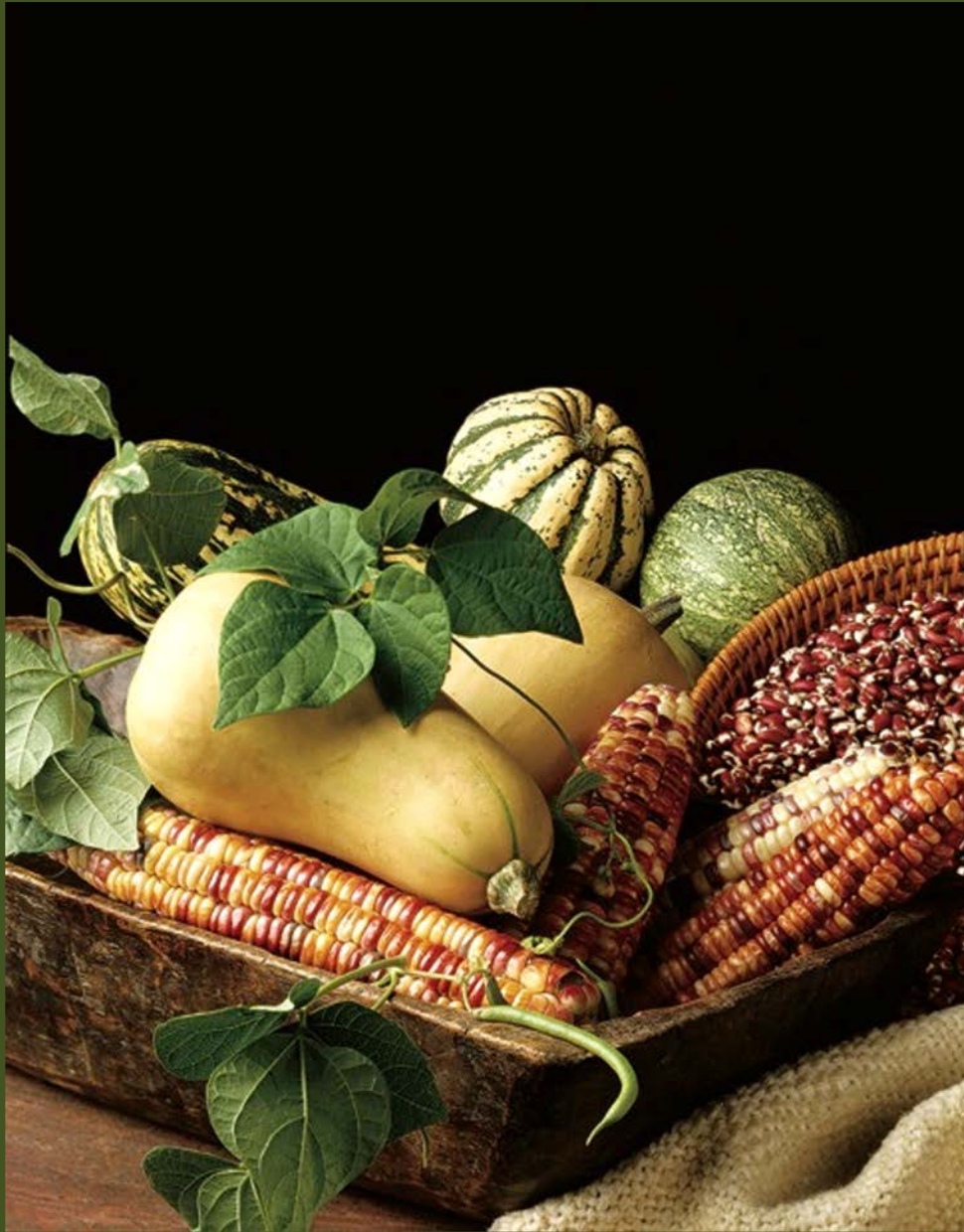
Mexican Squash
(Winter Squash)



Baby Yellow
Zucchini with
Female Squash
Blossom
(Summer Squash)

American Pumpkin
Pie Squash
(Winter Squash)





The Three Sisters

- **Corn**
- **Beans**
- **Squash**

Considered by many tribal communities to be sacred gifts from the Great Spirit. The way these vegetables grow in the garden exemplifies the notion of interconnectedness, as do the nutrients they provide.

Chiles



- Chiles have medicinal qualities
- One Green Chile has the equivalent in Vitamin C of 6 oranges
- Chiles are both antifungal and antibacterial
- Chiles can be used topically to help arthritis, sore muscles, aches and pains
- Chiles release endorphins in the body

New Mexico Chiles

- Add Flavor,
- Add Vitamins,
- and Nutrients



Fresh New Mexico Red Chiles



Fresh New Mexico Green Chiles



Yellow Hot Chiles



Chile de Arból



Habanero Chiles



Jalapeño Chiles



Variety of New Mexico Chiles



Hungarian Paprika Peppers



Sunset Cayenne Chiles



Hot Banana Chile Plant

As the body defends itself against the heat of a hot chile when eaten, it releases Endorphins, which are the body's natural painkillers, leaving you with a "high" and boosting a feel good response.



Potatoes

- Carbohydrates
- Protein
- Fiber
- Vitamin C
- Potassium

The potato was first cultivated and domesticated by the Inca approximately 7,000 to 10,000 years ago

NUTRITION FACTS

Serving size: 1 medium sweet potato (114g) cooked, baked in skin, without salt

Amount Per Serving

Calories	103	Calories From Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	40mg		4%
Total Carbohydrate	24g		7%
Dietary Fiber	4g		15%
Trans Fat	0g		
Vitamin A	438%	Vitamin C	37%
Calcium	4%	Iron	4%

*Percent Daily Values are based on a 2000 calorie diet.

Sweet Potato

Benefits of Sweet Potatoes

Organic Facts

Help to treat cancer

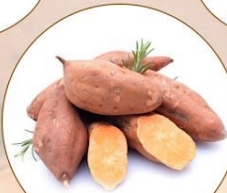
Boost immune system

Provide relief from arthritis

Aid in curing stomach ulcers

Excellent facilitator for digestion

Maintain water balance in the body



www.organicfacts.net

10 HEALTH BENEFITS OF

Sweet Potato



1 Improve Digestion

Sweet potatoes are easy to digest as well since they mainly contain starch.

2 Promote Weight Gain

Excellent bulk builders for people looking to gain weight.

3 Treat Inflammation

They are equally effective in curing internal and external inflammation.

4 Boost Immune System

Excellent immune system boosters that can defend your body.

5 Relieve Asthma

Sweet potatoes are effective for curing congestion of the nose, bronchi, and lungs.

6 Treat Bronchitis

Beneficial for people suffering from bronchitis, along with its powerful effect on congestion.

7 Reduce Arthritis Pain

Highly important food source for managing arthritis.

8 Treat Stomach Ulcers

Sweet potatoes have a soothing effect on the stomach and the intestines.

9 Prevent Dehydration

The fiber or roughage present in sweet potatoes helps the body retain water.

10 Control Diabetes

Effective in regulating blood sugar levels.



www.OneMinuteJuice.com





Vanilla



- Vanilla is highly valued for its flavor
- Derived from orchids of the genus *Vanilla*, primarily from the Mexican species where vanilla originated

Cacao



- Fresh Cacao Pods are dried and roasted
- Roasted Cacao Beans are made in Cocoa Powder for chocolate
- Dark chocolate is rich in Fiber, Iron, Magnesium, Copper, Manganese and other minerals
- Releases Endorphins



**Wild Foods
in the
Native American Diet**

Wild Mushrooms



Chicken of the woods



Lactarius



Some Edible Mushrooms

- Chanterelle
- Chicken of the Woods
- Lactarius
- Lion's Mane & Bear's Head
- Maitake
- Morels
- Oyster
- Reishi



Oyster



Chanterelle



Morels



Pecan

- (Not truly a nut)
- The fruit of the hickory genus
- Fruit with a single pit surrounded by a husk



**½ cup of Pecans
provides 691 calories:**

- Over 100% of the Daily Value for total fat
- Rich source of Protein and Fiber
- Contains Manganese, Magnesium, Thiamine, Phosphorus, Zinc, Iron, and B Vitamins

Pine Nut or piñon

- Edible seeds of pinecones
- Very important wild food
- 20 different species that produce seeds fit for harvesting



½ cup of Pinon Nuts provides 673 calories:

- 13.69 g of protein
- Contains good fats and oils



Chokecherry

- Excellent source of fiber
- Good source of Vitamin B-6
- Contains Vitamin K
- Rich in Potassium and Manganese

- Can be eaten fresh
- Commonly made into a syrup
- Dried fruits are stored for later use
- Purple berries are used for traditional dyes





Hand Harvested Wild Rice



- Healthier
- Sustainable
- Vitamins
- Minerals
- Proteins
- Amino acids

Purslane

- Called *Verdolagas* in Spanish
- A vital ingredient of prehistoric Pueblo diets
- Contains dietary minerals including: Potassium, Magnesium, Calcium, Phosphorus, and Iron
- Is rich in heart healthy Omega-3 fatty acids
- Contains Vitamins A and C
- Greens can be eaten raw like spinach
- Can be cooked and eaten with green chile, meat, or a broth made from animal bones
- Can be dried, stored, and used in the winter
- Has medicinal benefits



Cota Tea



- Calandra Willie harvesting Cota
- Also called *Navajo Tea* or *Indian Tea*
- Cota is an Indigenous, pre-contact beverage
- Medicinal uses include kidney stimulant, and as a blood purifier if consumer without sugar

2. First Contact

- **Sheep**
- **Pork**
- **Beef**
- **Chicken**
- **Eggs**
- **Dairy including Cheese, Milk, Yogurt, Ice Cream**
- **Apples**
- **Peaches**
- **Apricots**
- **Cherries**
- **Watermelons**
- **Cabbage**
- **Wheat**
- **Wine grapes**
- **And others**



Traditional locally grown cultivated and wild harvested foods from both the pre-contact period and the first contact period. Illustrated here are some heirloom foods, including cultivated crops and shearings from Navajo Churro Sheep that were introduced by the Spanish upon first contact.



3. Government Issue

- **Forced relocation onto reservations**
- **Native communities lost their agricultural and hunting bases**
- **U.S. Government-issued commodity foods**
- **These originally included: Flour, Lard, Coffee, Sugar, and Canned Meats such as Spam**
- **Today it includes:**
 - **Peanut Butter**
 - **Dried Fruits**
 - **Canned Soups**
 - **Pasta**
 - **White Rice and others**





Example of a Government Issue Dish

- Indian Taco
- A Native American contemporary dish featuring frybread, some type of meat, usually ground beef, beans, cheddar cheese, lettuce, tomato, and green chile.



574 Federally Recognized Tribes

Almost every tribe and many of the State Recognized Native American communities in the United States knows how to make, and has a recipe for, Frybread and the iconic Pan-Indian Indian Taco.

Recent History

- Within approximately the last 150 to 200 years
- Foods forcibly introduced and distributed on reservations
- Health and wellness has been drastically changed



4. New Native American Cuisine

- Foods that share components of the previous three historic periods
- Foods are combined or “fused” into a new Native American cuisine
- Foods are based on our Ancestral foods of the past
- Foods that reclaim our health and wellness
- **Food as Medicine** for our well-being
- Each community defines what foods are indigenous to their specific bio-region
- What foods are available to each community
- Create a diet designed to fit their community’s needs and that is healthy for their community members



Bison meat dish featuring juniper berries, wild mushrooms and scented with pine. Bison is a very lean and healthy meat to consume



Easy to
make
sunflower
cakes with
homemade
herb jelly



Contemporary Ancestral Native American dishes



Sautéed zucchini and
yellow summer squash
with sunflower seeds
(Calabacitas)



Guacamole

Food is Medicine- It Nurtures and Sustains All People





Food Sovereignty

Abiquiu farm growing crops
from the Pre-Contact and First
Contact Periods.

*Food Sovereignty—the right to sufficient,
healthy, culturally appropriate food.*

Native American Food Sovereignty



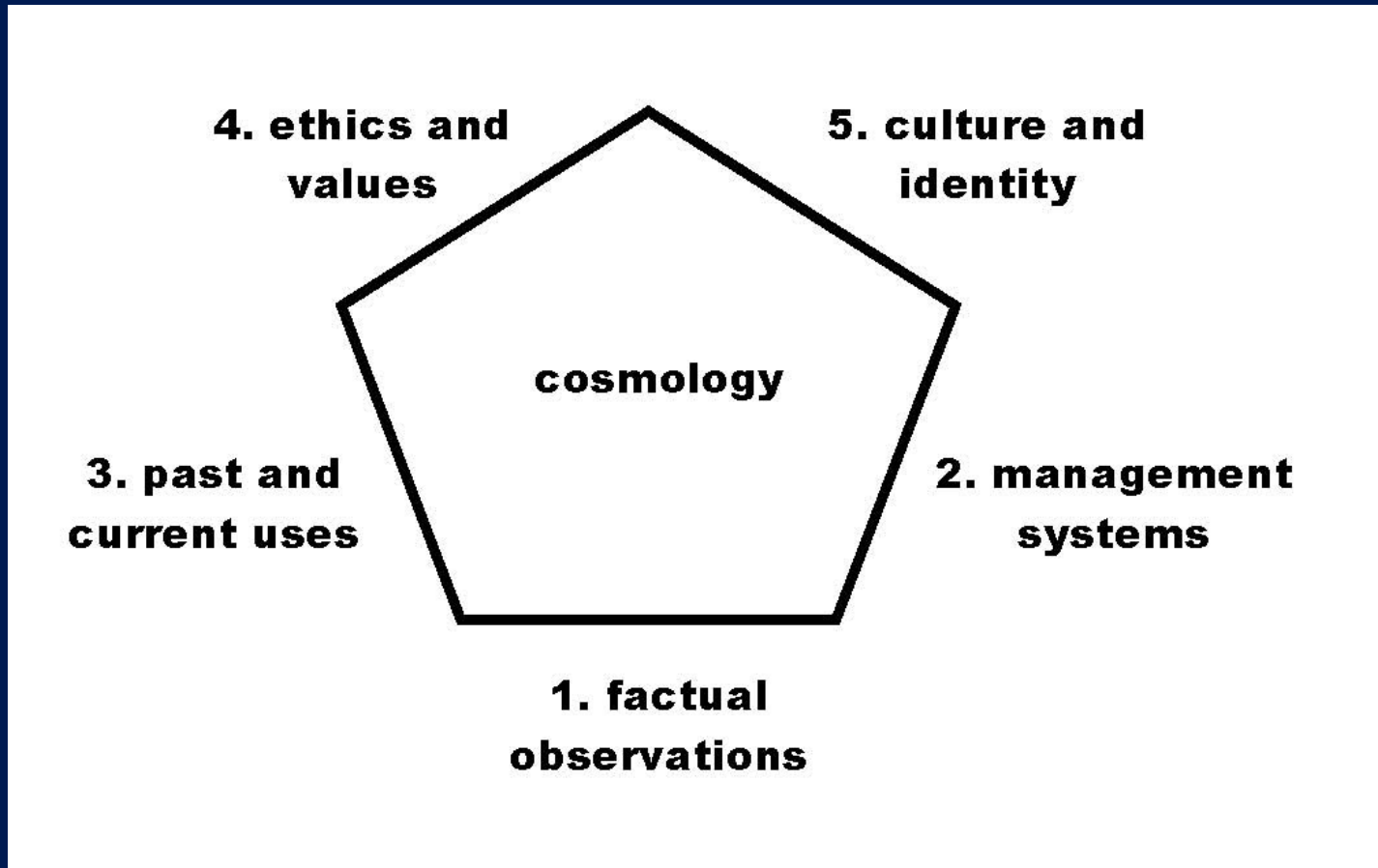
- A form of food justice
- Food Security
- Environmental justice
- Dependent on Traditional Ecological Knowledge (TEK)
- Communities can produce, grow, and harvest their own food and buy these foods from Native vendors and growers
- This reconnects us to our land, community, and culture



Traditional Ecological Knowledge (TEK)

perpetuating the wisdom of the ancestors that is handed down through generations through traditional songs, stories, beliefs. This is a part of our mental and spiritual wellness.

Traditional Ecological Knowledge or TEK Model in Indigenous Communities



Traditional Ecological Knowledge (TEK) describes indigenous form of traditional knowledge regarding sustainability of local resources. TEK refers to a cumulative body of knowledge, belief, and practice, evolving by the accumulation of TEK and is handed down through generations through traditional songs, stories, beliefs. This includes knowledge about agriculture, harvesting techniques, gathering and growing food and food practices. TEK involves the relationship of living beings with their traditional groups with their environment.

Ceremonies have always honored many sacred foods giving gratitude to everything that is harvested. This is a form of food sovereignty and a healthy connection to culture.



The health of the land and the people are inextricably linked. Access to traditional foods are attached to cultural foods for Native American communities. The American buffalo (bison) is a pre-contact food that is being re-introduced, reclaimed and revitalized to the Native diet after herds were almost completely wiped out by western European settlers.





A specialized corn used for making chicos shown here growing in Truchas, New Mexico at almost 8,000 feet.



Drying roasted corn to be used for chicos. Chicos are corn kernels that swell up and taste like freshly smoked corn. A specialized field corn is dried by roasting the cobs overnight in an adobe oven.





Processing chicos corn by rubbing two dried cobs together to remove kernels for storage and later use. This process has been used for centuries by both the Native American and the Hispano cultures from the Northern New Mexico region.



Cooking with Ash is still used today in many Native American Communities throughout the United States.

The significance of ash in Puebloan culture



- Use of culinary ash dates back thousands of years
- Used in the nixtamalization process of corn
- Ash is not only used for cooking but when taken from the home's hearth, provides strength to wearer.



Juniper, onion, and fourwing saltbush
can all be used for ash in the Pueblo
nixtamalization process

Corn made with juniper ash by Brandon Baugh from San Felipe Pueblo.





Treated hominy corn made by Juanita Tiger Kavena, author of *Hopi Cookery*



Three colors of posole, as is known here in New Mexico but it is also known as Hominy Corn. Blue and white hominy corn are the most common with red being the hardest to find but still available in Santa Fe, New Mexico at the Farmer's Market.

Making blue corn *Piki* bread, on a *Piki* stone using the traditional method, an ancient paper-thin tissue cornbread also made on many of the Pueblos and called paper bread that is made with culinary ash.



Kelly Tungovia, Hopi

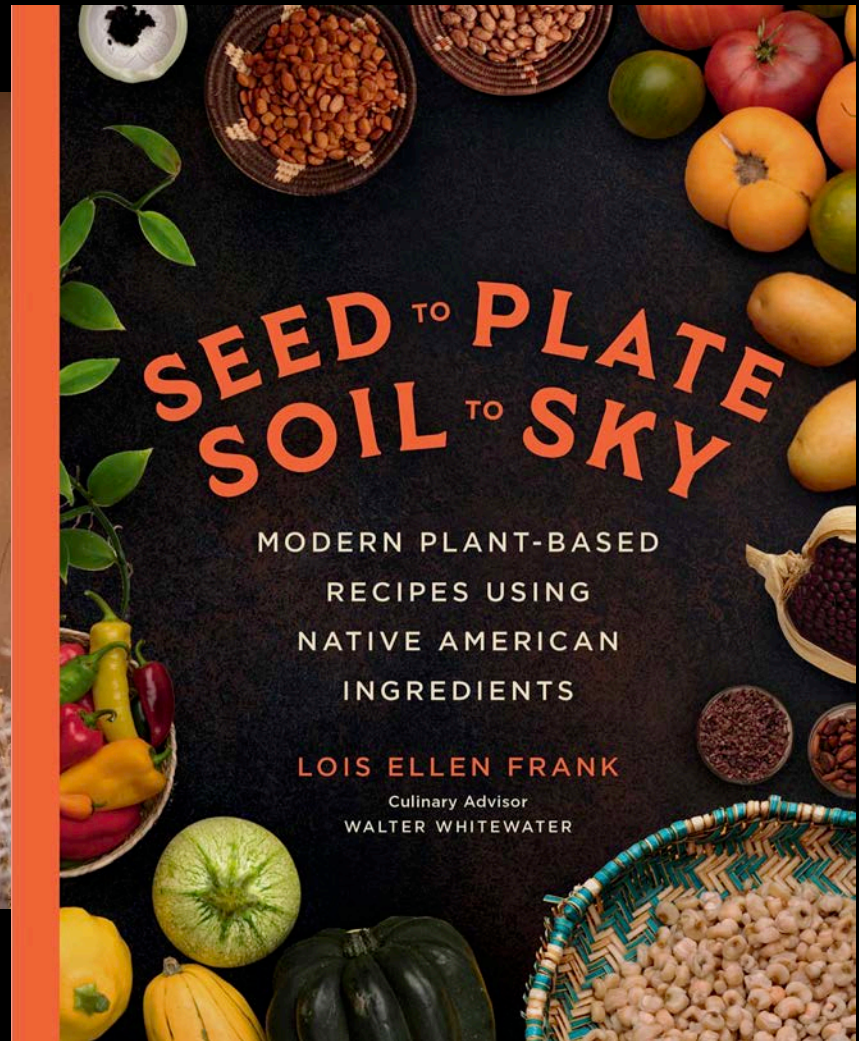


Genevieve Kaursgowva, Hopi from Hotevilla, Arizona, making blue corn *piki* bread, an ancient paper-thin tissue cornbread on a *piki* stone using the traditional method.

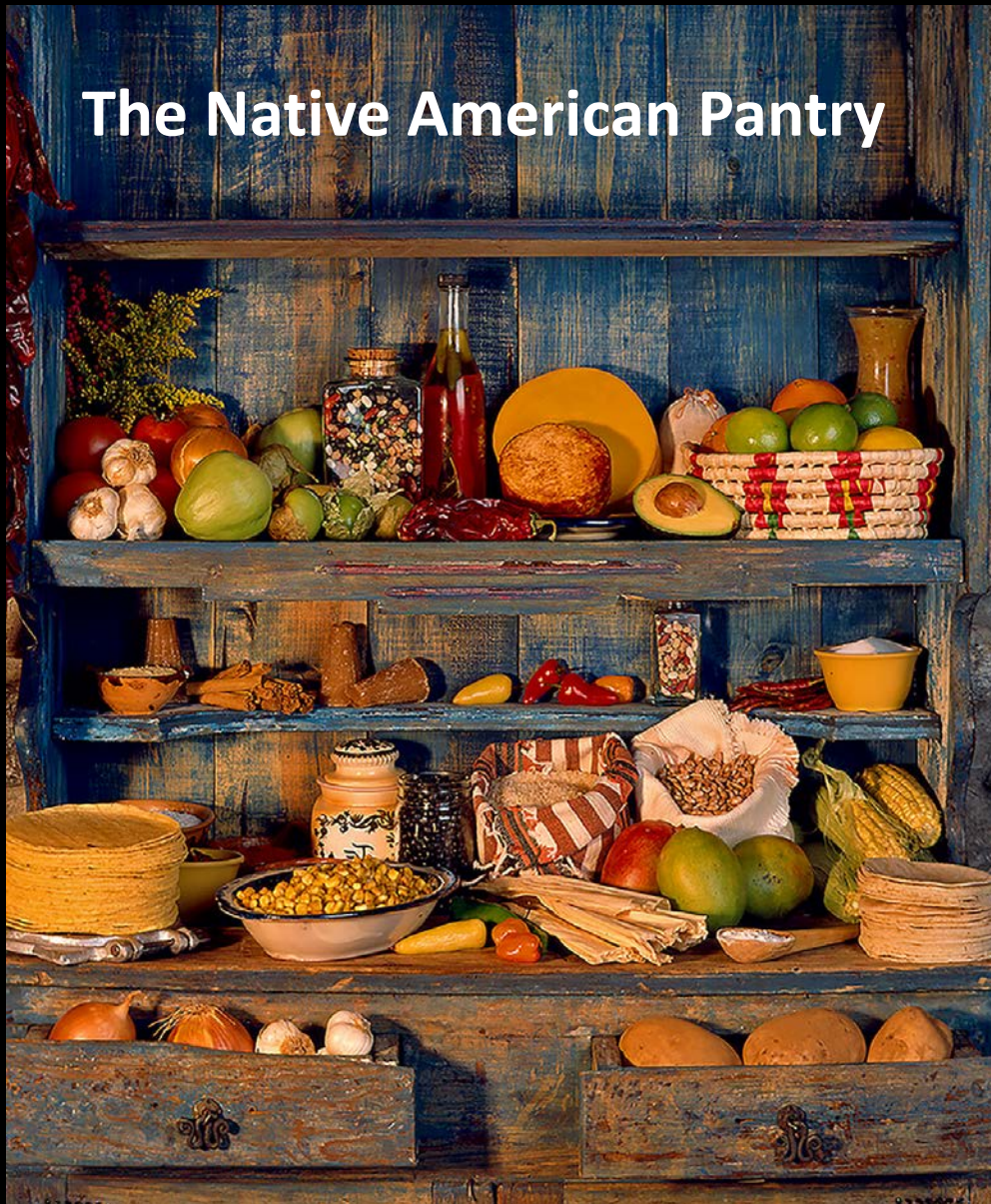




Chef Walter Whitewater
Chef Lois Ellen Frank, Ph.D.



The Native American Pantry







Locally Sourced
fresh produce,
when available,
is a key to
healthy and
delicious
recipes.

Poblano Stuffed Chile with quinoa, mushrooms, onions, blackened garlic, corn kernels and spinach.





Fresh seasonal dishes include Chef Walter's fresh corn salad with a no oil salad dressing, fresh local corn cut from the cob in the summer and organic frozen corn kernels in the winter, cherry tomatoes, red onion, with wild harvested purslane greens in the summer and arugula in the winter.



Apple, raisin & pecan salad featuring baby salad greens, fresh apples, golden raisins, sprouts or microgreens, and New Mexico toasted pecans with an oil free salad dressing.



Cherry tomato & arugula salad with sunflower sprouts and pine nuts.





Hominy corn harvest soup
garnished with a pea shoot and
freshly made tamales ready to
be steamed.

Native American corn pudding parfait made with blue corn mush, white corn mush, and layered together with mixed berry compote.





Cacao has many health benefits.



Chocolate Piñon Cake



Chocolate Piñon Cake with Chocolate Sauce



Chef Walter Whitewater (Diné)
Red Mesa Cuisine

Food is more than just something to eat



Food is Medicine



Sweet Potato & Black Bean Tamale



Pinto Bean Spread



Red Chile Pinto Beans

Chef Walter's Navajo Kneel Down bread (Nitsidigo'i') in both a traditional preparation with just corn and with the addition of raisins, currants, and apples.





Poblano corn
dread and
Gluten-free
blue corn
bread are
healthy
versions of
breads made
with eggs,
butter, and
butter milk.

Dried Blue Corn
and Culinary Ash



Native American
Corn Pudding
Parfait and
Grace's Corn Ice
(Da'yis tiin)





Using ancestral foods are an important part of reclaiming Native American cultural traditions

Cactus Pad Salad
with fresh citrus
segments, roasted
red bell pepper, and
toasted pumpkin
seeds in a raspberry
jam vinaigrette





Native American Diné (Navajo) Chef Walter Whitewater works with White Mountain Apache/ Diné (Navajo) Chef Nephi Craig and Potawatomi Chef Loretta Barrett Oden on plating a contemporary Native American dish





ORIGINS FESTIVAL
 NATIVE AMERICAN
 LUNCHEON
 JUNE 14th, 2015

SALAD
 BIRD'S EYE CHICKEN
 WITH BATTERED BASS BELLY, TOMATO, CUCUMBER, PUMPKIN SEEDS
 BROWN RICE, BALSAMIC VINAIGRETTE

ENTRÉE
 CHICKEN AND CORN
 WITH A SPICY SWEET POTATTO SAUCE
 HONEY BERRANDED CHICKEN WITH BLACK BEANS
 AND CHILIPASTE SAUCE
 BERRANDED CHICKEN WITH
 BERRANDED VEGETABLES & SAUCE

DESSERT
 FLOURLESS CHOCOLATE AND FIGGY BIRD TORT
 WITH A HONEYCAYENNE AND FIGGY BIRD SAUCE
 PAPER BUNNY SAND

BREAD BASKET
 FOURMOURN BUN, CORN COB BREAD

Spicy Cube Soup with Mounted Red Bull Pepper and Chipotle Chile Purée
 By Chef Eric Rose

There is nothing like the taste of fresh ingredients. I really make the most from fresh items being in season. As far as fresh of beef, I like to use a chuck roast. I like to use a chuck roast because it has a lot of fat and connective tissue. I like to use a chuck roast because it has a lot of fat and connective tissue. I like to use a chuck roast because it has a lot of fat and connective tissue.

Ingredients:
 4 lbs of raw, bone-in chuck roast
 1 yellow onion, sliced
 1 yellow bell pepper, sliced
 1 red bell pepper, sliced
 1 chipotle chile purée
 1 cup of water
 1 red bull pepper, sliced, seeded and diced
 1 cup of cream

Prep the soup by cutting the chuck into 1 1/2 inch cubes. Add the onion and bell pepper to the pot. Add the chuck and water. Simmer for 2 hours. Add the chipotle chile purée and red bull pepper. Simmer for 30 minutes. Add the cream. Simmer for 10 minutes. Serve hot.





















Native American culinary student Latisha Wilson prepares a traditional white corn mush with sumac berries. For this dish, Latisha uses a traditional set of Navajo stirring sticks, passed down from mother to daughter





Working with all Culinary Professionals where the Native American agenda takes priority and we educate everyone on the importance of Native American cuisine and Native Foodways



Mara Fiona Selestewa,
Hopi/Diné with an ear of fresh
blue Indian corn, which is used
to help her while she is
teething.

Cluster of traditional corn and
corn plants growing.



Mara Fiona Selestewa, Diné (Navajo)/Hopi with an ear of fresh blue Indian corn as a baby in my garden and at 5 years old helping harvest blue and white Indian corn. What Mara has learned about gardening and recipes will remain with her throughout her entire life.





Chef Walter Whitewater (Diné) teaches students about Native American foods and indigenous culinary techniques as part of the Santa Fe Public School Indian Education Program. Education at all ages is key to perpetuating knowledge surrounding ancestral foods.





From Left: Isabella Davis, (Turtle Mountain Chippewa) 6 years old with Amy Casados (Isleta Pueblo/Navajo) and Memphis Singer (Navajo) 8 years old cutting farmer's market produce for a traditional stew (pictured).





Native American students Jude Bermudez, (Cochiti Pueblo) and Larissa Scott, (Winnebago/Navajo) both 10 years old preparing whole wheat dough for no fry frybread, a healthier version of the traditional Indian frybread.





Cassandra Lyn Begay and Tiffany Georgania Morgan, Diné from Pinon, Arizona, harvesting corn in Cassandra's grandfather Thomas Mike's cornfield.





Thomas Mike, Maggie Begay, and Christopher Begay, Diné from Pinon, Arizona roasting corn in an earthen pit to be dried for later use. This type of activity brings a family together and re-enforces family bonds.





Here the strands of the pit roasted corn are hung to dry for winter use.



So where do we go from here?

**Native American Ancestral Cuisine & Food Sovereignty is
one of the Keys to Health and Wellness
in Native American Communities
Healthy Food Preparation and Food Training Program**



**For the New Mexico Dept. of Health, Obesity, Nutrition & Physical Activity Program
© By Lois Ellen Frank, Ph.D.**

The Native American Foods Movement

- Native American communities around the world are actively maintaining, renewing, and revitalizing their traditional foodways through a variety of ways.
- These Include:
 - land restoration and access for community members
 - heirloom seed saving and Native plant propagation
 - traditional farming practices and wild food gathering
 - cooking and nutrition classes on traditional foods
 - revitalizing the cultural, spiritual, and physical connections between the environment and community for health and wellness



Using Native American grown, sourced, and processed ingredients in our cuisine is important for health and wellness, physically, mentally, and economically.



New ways of making our traditional foods Using traditional ingredients without the introduced fat and lard.

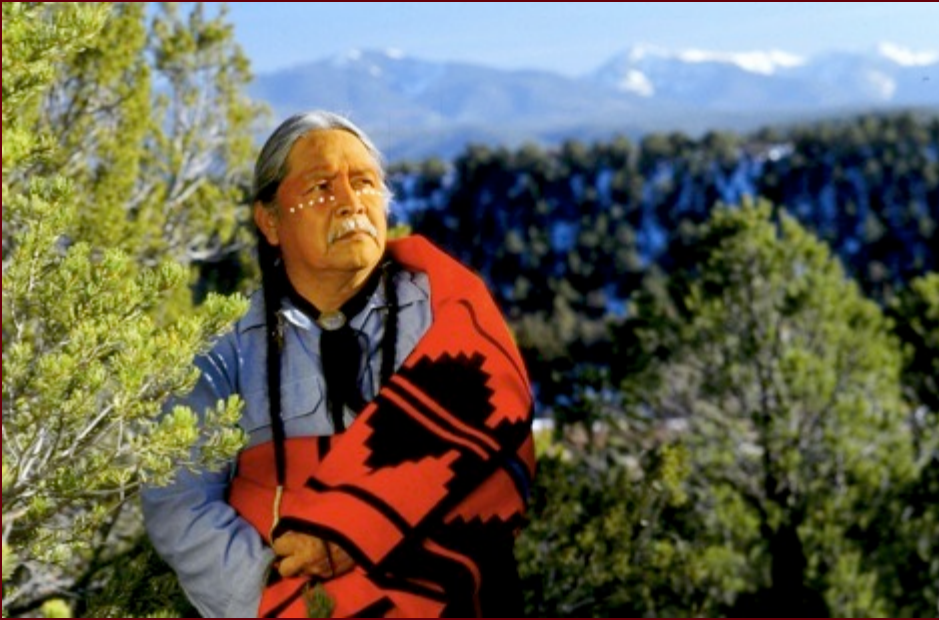


Spiral design



- Found on many petroglyphs
- Represents indigenous knowledge
- Knowledge is carried by the four generations: the child, adolescent, middle aged, and elder
- It only takes one generation for the spiral to be broken

And cultural information is lost or forgotten



Traditional foods are an integral part of Native life ways. Governor Richard Mermejo of Picuris Pueblo with Truchas Peaks in background and Tiffany Georgeina Morgan with one of her grandmother's sunflowers. The elders have much knowledge about our traditional way of life which must be passed down to our younger generation.





Teach about ancestral traditional foods and the knowledge of our elders so that they can be passed on.





“ When I’m around Native foods it always remind me of Grandma’s house, because that’s what I got to eat when I would go back home. Now I’m trying to learn the importance of making the same food for myself and keeping these native foods alive in my own life.”

Tedra Begay

Education in Native American communities on Ancestral Foods and the Culinary Arts

Objectives for Passing on Culinary Information:

- Reclaim ancestral foods for physical, mental, and spiritual wellness
- Revitalize traditional cooking techniques and recipes associated with them
- Educate and teach children, teens, college students and adults of the importance and role traditional foods play in health and wellness
- Develop well-rounded culinary professionals in both the theory and technique of cuisine
- Develop specialized workshops tailored toward individual and groups needs that include and are not limited to health, nutrition, teambuilding, youth development, and technical skill enhancement, and other social and professional development
- Create an overall awareness of traditional and contemporary Native American culinary customs and technologies that include concepts of sustainable agriculture, health and nutrition
- Emphasize how the health benefits of using an ancestral plant-based diet can improve health and connect Native American youth community members to their culture.



The role, of both men and women, is crucial to the preservation of Native foods and culture.



Indigenous Partnerships:

Short and long-term reciprocal alliances between Indigenous groups, Native American tribes, communities, and organizations and other ethnic or Euro-American groups, organizations, institutions, and individuals where indigenous agenda(s) take priority.

The Cultural Conservancy, Melissa Nelson, Ph.D., Associate Professor, American Indian Studies, San Francisco State University.

Essential Ingredients for Indigenous Partnerships

- Listen – what does the community really want and need; how do they want to work together?
- Self-knowledge – Each partner is rooted in an ethnic background, cultural identity, and useful position
- Acknowledge Positions of Power – there is explicit acknowledgement about differential positions of power and privilege
- Respect – for indigenous cultural traditions and diverse worldviews including cultural privacy and intellectual property rights

Essential Ingredients

- Time – to commit to collaborative process, to build trust; to making a real difference; to both short and long-term goals
- Reciprocity – mutual respect and shared decision-making process; all partners are learners and teachers
- Benefit-sharing – tangible and intangible benefits are outlined and a system for equity and sharing is outlined

New Paradigm and Outcomes:

- Activate ancestral knowledge utilizing Traditional Ecological Knowledge/TEK and understand the interactions with land and culture to inform practice.
- Create and embed Indigenous cultural links into standards of Indigenous cuisine. Recover social values through Indigenous foods.
- Transition from a Western or Euro modern culinary methodology to one that reclaims Native traditional values for food, food practice, and food presentation.
- Use teaching methods and strategies that include the history of Native American foods, including agricultural practices, wild food harvesting techniques, food as medicine, and methods to prepare Native foods that inform a cook's decisions on health and wellness for community members.
- Strengthen community partnerships with local, tribal, state, and federal programs and services that support food systems for health and wellness.
- Identify resources that assure accessibility to safe, fresh, and healthy foods.



The connection between Native People and their foods are inseparable. It is with the human touch of hands that we tie together the traditional cultivation and growing of food to the preparation of these same foods for generations and generations to come. The use and knowledge of our ancestral foods is the key, where we can use the knowledge of the past to take us into a future where we are healthy members of all of our Native communities. We can all play an active roll in this movement and we can all work together to revitalize our Native American foods.



Red Mesa Cuisine

Red Mesa's mission is to bring Native American Cuisine into the contemporary Southwest kitchen and to help sustain traditional Native American foods, traditional Native agricultural food practices, as well as keep alive ancestral culinary techniques from Native Communities all over the Americas. Red Mesa uses ancient techniques with ancestral ingredients, all with a modern twist.





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