

Food Summit Program Spring 2022

Revised by Katie Koscielak 4/4/2022 (contact kmk928@humboldt.edu with questions)

Planning leads: Darin Torres (dt150@humboldt.edu), Fernando Paz (ffp1@humboldt.edu), Lisset Burgueno (lib6@humboldt.edu)

Coordinating Partners: El Centro, HEIF, Oh SNAP, Rou Dalagurr Food Sovereignty Lab, La Comida Nos Une, Umoja, Social Justice Equity Inclusion Center, Green Campus, CCAT, WRRAP, and more!

WEEK 1

Wednesday April 6

- **Food Organization Tabling Event**

- 11am- 1pm Tabling: Community organizations, businesses, campus orgs will table on a variety of food projects, food research, and food opportunities in which Cal Poly Humboldt students can get involved! (Upper Quad)
- [RSVP form](#) for attending community organizations
 - We will check vaccination and booster status for all community organizations
- [Download flyer \(.pdf\)](#)



- **Free food - Lunch with Documentary Screenings**

- 12pm- 1pm We will be serving food catered by Chartwells at Goodwin Forum, Menu includes full lunch with taco bar, pizzas, & beverages; vegan/vegetarian options will be available
- Films will be screened in the space and may include (all are available on the campus documentary screening platform Kanopy):

- [Urban Roots - Urban Gardens in Detroit](#)
- [No Place to Grow](#)
- [El Cacao: The Challenge of Fair Trade](#)
- [Arc of Justice: The Rise, Fall and Rebirth of a Beloved Community](#)
- Download flyer (pdf)



- **Food Career & Networking Social**

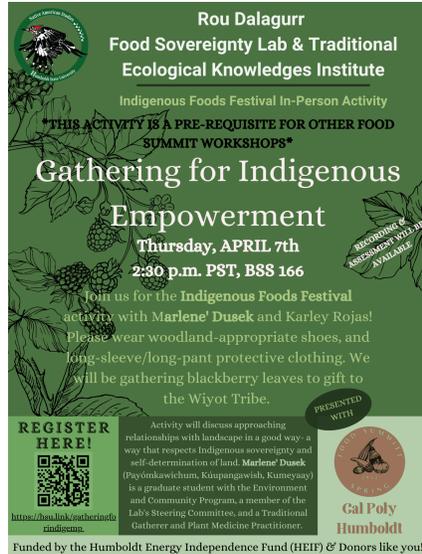
- 2-3pm Open to all campus & community people interested in or already working in food. Come share your projects & interests with peers who are enthusiastic about food & meet potential employers & food movers/shakers. Goodwin Forum
- We will be serving light snacks; Menu includes cookies, drinks, fresh fruit
- All interested folx invited!
- 10 Raffle Tickets for giveaway items
- [Download flyer \(.pdf\)](#)



Thursday April 7

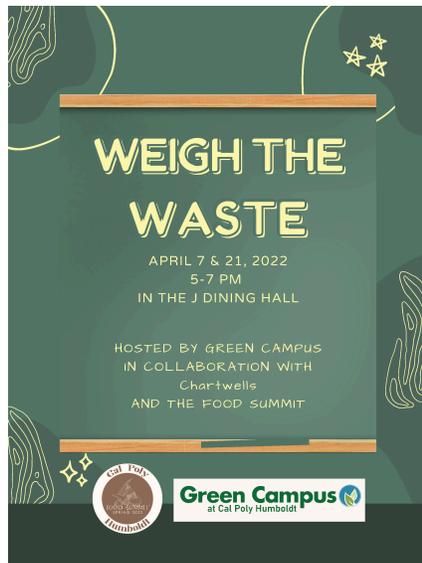
- **Gathering for Indigenous Empowerment**

- 2:30 pm BSS 166/ Native American Forum - This is an in-person workshop presented by Marlene' Dusek and Karley Rojas. Facilitators will discuss approaching relationships with landscape in a good way- a way that respects Indigenous sovereignty and self-determination of land. Marlene' Dusek (Payómkawichum, Kúupangawish, Kumeyaay) is a graduate student with the Environment and Community Program, a member of the Lab's Steering Committee, and a Traditional Gatherer and Plant Medicine Practitioner. Karley is the research assistant for the Lab, an Ethnobotanist and herbalist. A component of this workshop will be hands-on gathering of Himalayan Blackberry Tleaves in and around the Native Forum, which will be gifted to the Wiyot Tribe.
- It is recommended that participants wear close-toed shoes, appropriate for a woodland setting, and protective long-sleeve/ leg-covering clothing. Protective gloves will be provided, and gifted to participants following the workshop.
- Meet In person, at the Native American Forum (BSS 166), 2:30 PM
- Registration Link : <https://hsu.link/gatheringforindigemp>
- [Download the flyer \(.pdf\)](#)



- **Weigh the Waste**

- 5-7pm Weigh the Waste event with Green Campus in The J Dining Hall
- [Download flyer \(.pdf\)](#)



Friday April 8

- **Bayside Farm Volunteer Day**

- 10am- 2pm: Join Oh SNAP and Umoja at the Bayside Park Farm for volunteer drop-in hours! 25 vegan and vegetarian lunches will be provided by Oh SNAP to the first 25 attendees. Get yourself there, enter the farm at the second gate (to the East). Group will likely work on a combination of planting, prepping beds, and turning compost piles and possibly get a short tour! Bring good shoes and gloves as desired. Hear about Umoja's Black to the Land program and connect with other students interested in learning about

farming, gardening, and food production! Farm address: 930 Old Arcata Rd, Arcata, CA 95521

- We will be serving bag lunches for first 20 attendees
 - We will collect signatures on Liability forms from non-HSU employee attendees when they arrive at event.
- [Download the flyer \(version 1 .pdf\)](#) [\(version 2 .pdf\)](#)

Join us at the Bayside Farm
for volunteer drop-in hours!

When: April 8th & 15th 10am-2pm
Where: 930 Old Arcata Rd, Arcata, CA 95521

- ◆ Attendees must sign liability waivers, will be provided on site
- ◆ 20 lunches will be provided on a first come first serve basis. Lunches will be vegan & vegetarian
- ◆ A tour will be provided of the area

Examples of volunteer projects:

- Working on the compost heaps
- Planting
- Whatever else needs to be done in the space

Event supported and led by:

HUMBOLDT STATE UNIVERSITY
OhSNAP!
Student Food Programs

Office of Sustainability

Cal Poly Humboldt
FOOD & NUTRITION
LEARNING CENTER

Bayside Farm Volunteer Day

10AM-2PM
APRIL 8 AND 15

930 OLD ARCATA RD,
ARCATA, CA 95521

Join Oh SNAP and Umoja at the
Bayside Park Farm for volunteer
drop-in hours!
Bag lunch will be served
to the first 20 attendees

● **Virtual Guest speaker Caitlinn Hubbell: Methods for getting a job in food or agriculture**

- 11am – noon Guest Speaker: Zoom Webinar screened live in Nelson Hall 106- Caitlinn Hubbell from Purdue will discuss methods for students to pursue a job or graduate studies in Food Science
- 10 giveaway items
- Registration Link: <https://hsu.link/caitlinnhubbell>
- [Download flyer \(pdf\)](#)

Guest Speaker

CAITLINN HUBBELL

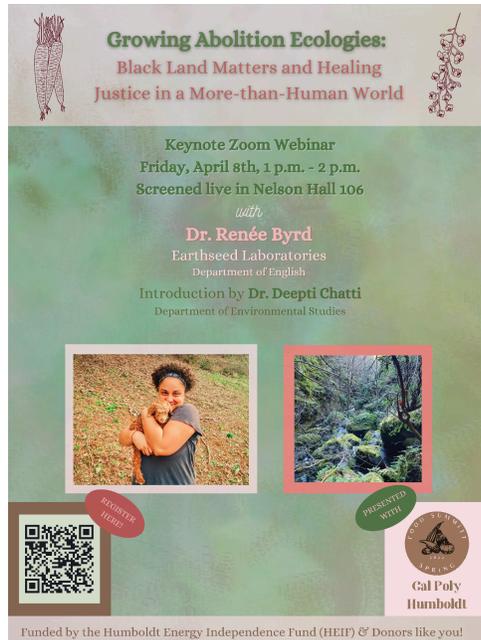
Caitlinn Hubbell from Purdue will discuss methods for students to pursue a job or graduate studies in Food Science.

April 8, 2022
11am - noon
Talk will be screened virtually & at on campus (Cal Poly Humboldt) in Nelson Hall East 106

Register at
<https://hsu.link/caitlinnhubbell>

Cal Poly Humboldt

- **Virtual Guest Speaker: Renée Byrd & Earthseed Laboratories, “Growing Abolition Ecologies: Black Land Matters and Healing Justice in a More-than-Human World”**
 - 1pm- 2pm Zoom Webinar - Come learn about a community farm and retreat center grounded in abolitionist feminisms and BIPOC land justice led by Cal Poly Humboldt Faculty Renee Byrd, Nelson Hall 106
 - 10 giveaway items
 - Registration Link: <https://hsu.link/earthseedlabs>
 - [Download flyer \(.pdf\)](#)



Sunday April 10

- **Volunteering at the Rou Dalagurr Food Sovereignty Lab Indigenous Garden**
 - 11 am Led by Karley Rojas and Amy Iturburn
 - **You must register as a volunteer for the Food Sovereignty Lab in advance.**
Community volunteer form: <https://hsu.link/communityvolunteerfoodsovgarden>
Student volunteer form: <https://hsu.link/volunteerfoodsovgarden>
 - [Download flyer \(pdf\)](#)

Rou Dalagurr
Food Sovereignty Lab & Traditional Ecological Knowledges Institute

INDIGENOUS GARDEN
@ CCAT,
Behind the FSL

APRIL IN-PERSON
VOLUNTEER DAYS

Sunday, April 10th 11 am- 1 pm
Tuesday, April 12th 11 am - 12 pm
Tuesday, April 19th 10 am- 11 am
Sunday, April 24th 11 am- 1 pm
Tuesday, April 26th 11 am- 12 pm

You must register as a volunteer to participate

STUDENT REGISTRATION: <https://forms.ole1.E.N786jflaGJ5VX9>

COMMUNITY MEMBER REGISTRATION: <https://forms.ole1.EV.loaueR0ER0VX98>

Gal Poly Humboldt

- **Field Trip to Local Farms & Gardens (Blue Lake Rancheria and Deep-Seeded Farm)**
 - 12p- 3pm Led by Susan Marshall: Tour local farms with host Frederique Guezille (Blue Lake Rancheria) & host Eddie Tanner (Deep Seeded Farm)
 - **You must register in advance for this meeting (limit 24 students):**
<https://hsu.link/farmtours-bluelakerancheria-deepseeded>
 - Meet at Library Circle at 11:45 am Sunday April 10. Contact Susan Edinger Marshall at sem11@humboldt.edu if you have any questions or concerns. Wear appropriate clothing (layers), no open toed shoes.
 - 24 Eddie Tanner Books will be given away
 - [Download flyer \(pdf\)](#)

CAL POLY HUMBOLDT
SPRING 2022 FOOD SUMMIT

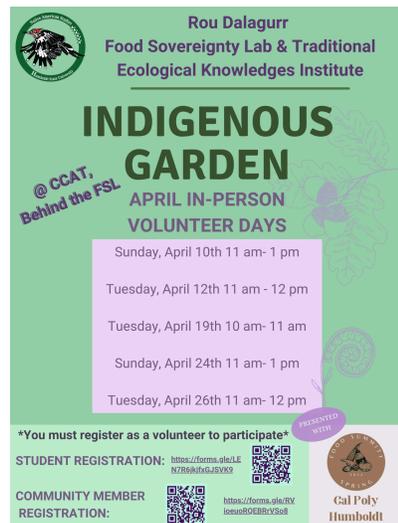
**FIELD TRIP TO
BLUE LAKE
RANCHERIA AND
DEEPSEEDED FARM**

APRIL 10TH 12 PM TO 3 PM
LED BY PROF. SUSAN MARSHALL
MEET AT LIBRARY CIRCLE
TRANSPORTATION PROVIDED!
REGISTER at
hsu.link/farmtours-bluelakerancheria-deepseeded

WEEK 2

Tuesday April 12

- **Volunteering at the Rou Dalagurr Food Sovereignty Lab Indigenous Garden**
 - 11 am Led by Karley Rojas and Amy Iturburn
 - **You must register as a volunteer for the Food Sovereignty Lab in advance.**
Community volunteer form: <https://hsu.link/communityvolunteerfoodsovgarden>
Student volunteer form: <https://hsu.link/volunteerfoodsovgarden>
 - [Download flyer \(pdf\)](#)



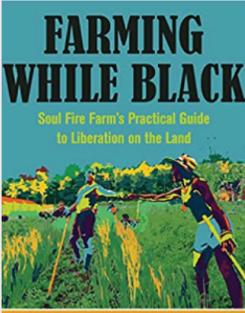
- **Virtual Screening Keynote Speech by Naima Penniman from Soul Fire Farm**
 - 2-3 pm Guest speaker
 - This is a HyFlex event and it will also be shown on campus (location tbd)
 - “Naima dedicates her creativity and community-building skills to regenerate practices towards planetary interdependence. She serves as the Program Director at SOUL FIRE FARM, where she equips a returning generation of Black, Brown and Indigenous farmers with the skills needed to reclaim leadership in the food system and chart dignified futures in relationship to land. She is the Co-Founder of WILDSEED, a BIPOC-led, land-based community focused on ecological collaboration, transformative justice, and intergenerational responsibility.” From her website. Website link: <https://www.soulfirefarm.org/meet-the-farmers/naima-penniman/>
 - 30 giveaway items plus we will give away copies of the book Farming While Black
 - Register for this talk at https://hsu.link/naimapenniman_foodsummitkeynote
 - [Download flyer \(pdf\)](#)

Naima Penniman
OF SOUL
FIRE FARM



April 12, 2022
2-3pm

REGISTER FOR THIS VIRTUAL TALK AT
[HSU.LINK/NAIMAPENNIMAN_FOODSUMMITKEYNOTE](https://hsu.link/naimapenniman_foodsummitkeynote)



FARMING WHILE BLACK
Soul Fire Farm's Practical Guide to Liberation on the Land

Gal Poly
FOOD SUMMIT
SPRING 2022
Humboldt

Food Summit KEYNOTE SPEECH

Naima Penniman is a freedom-forging futurist rooted in her ancestors' brilliance. She is a devotee of seeds, a soulful story teller, a multidimensional artist, movement builder, medicine grower, healer, and educator. Life-long lover and defender of the Earth. Naima dedicates her creativity and community-building skills to regenerate practices towards planetary interdependence.

Wednesday April 13

- **Food Sovereignty Lab Keynote Speaker Event**

- 1pm: Please join the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute on April 13th, 1pm PST for the Indigenous Foods Festival Keynote with mak-'amham!mak-'amham/Cafe Ohlone, One hour Zoom webinar
- About mak-'amham: mak-'amham (mahk-am-haam) means our food in the Chochenyo Ohlone language. 'We are an Ohlone cultural institution empowering our community with tradition—and we teach the public, through taste, of our unbroken roots. We operate in our indigenous homeland; we work to restore and strengthen traditional Ohlone foods for the wellness of our people, and we run Cafe Ohlone in xučyun—Berkeley.
- Register at https://hsu.link/fsl_keynote_CafeOhlone
- [Download Flyer \(pdf\)](#)

Rou Dalagurr
Food Sovereignty Lab & Traditional Ecological Knowledges Institute
 Indigenous Foods Festival Online Keynote

mak-'amham

Wednesday, APRIL 13th
 1 p.m. PST

Join us for the **Indigenous Foods Festival**
 Keynote Webinar discussion with
mak-'amham!

REGISTER HERE!
 <https://bit.ly/3aG3jkd>

ABOUT MAK-'AMHAM
 mak-'amham (*makh-am-haam*) means **our food** in the Chocheño Ohlone language. We are an Ohlone cultural institution empowering our community with tradition—and we teach the public, through taste, of our unbroken roots.

PRESENTED WITH

Gal Poly Humboldt

Funded by the Humboldt Energy Independence Fund (HEIF) & Donors like you!

Thursday April 14

- **Film Screening: Gather**
 - 7pm Film Screening: *Gather* (Hosted on Zoom, as part of the FSL film series already taking place this semester!)
 - Register at https://hsu.link/gather_filmscreening_SP22
 - [Download flyer \(pdf\)](#)

Rou Dalagurr
Food Sovereignty Lab
 Spring 2022 Online Film Series

REGISTRATION: <https://forms.gle/Utd35UCCF89LjqY27>

FEATURE FILM
 Thursday, April 14th @ 7pm pst

GATHER

'Gather' is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide. *Gather* follows Nephi Craig, a chef from the White Mountain Apache Nation (Arizona), opening an indigenous café as a nutritional recovery clinic; Elsie Dubray, a young scientist from the Cheyenne River Sioux Nation (South Dakota), conducting landmark studies on bison; and the Ancestral Guard, a group of environmental activists from the Yurok Nation (Northern California), trying to save the Klamath river.

Featuring: Opening Discussion with Nephi Craig, chef from the White Mountain Apache Nation

Door prizes! 5 lucky audience members will win a package of goodies. Most 5 will win Indigenous Bars!

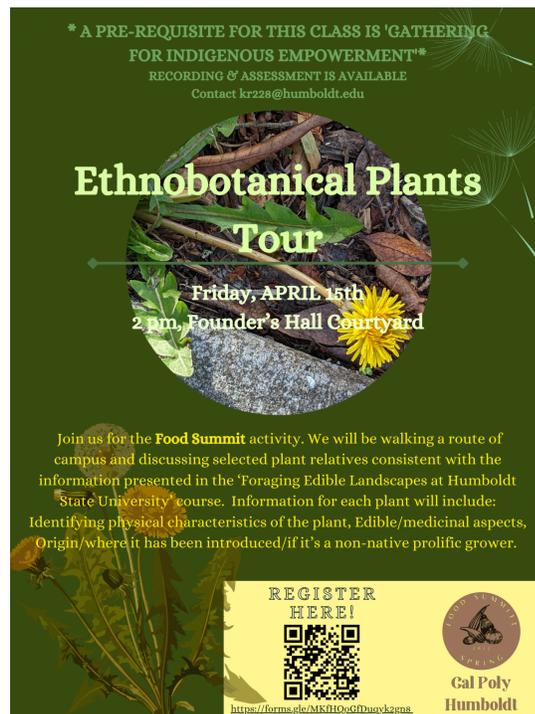
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 Gal Poly Humboldt

Friday April 15

- **Ethnobotanical Plants Tour around campus**

- 2 pm, Founder's Hall Courtyard.
Facilitators: [Josefina Barrantes](#), [Sandra Zepeda](#), Karley Rojas
- We will be walking a route of campus and discussing selected plant relatives consistent with the information presented in the 'Foraging Edible Landscapes at Humboldt State University' course. Information for each plant will include: Identifying physical characteristics of the plant, Edible/medicinal aspects, Origin/where it has been introduced/if it's a non-native prolific grower.
- A prerequisite for this workshop is the 'Gathering for Indigenous Empowerment' Workshop. If you did not participate in the prerequisite workshop, please complete the activity and assessment (please email kr228@humboldt.edu, Karley Rojas, for a link).
- Registration: <https://forms.gle/MKfHQoGfDuqyk2gn8>
- [Download flyer \(pdf\)](#)



- **Bayside Farm Volunteer Day**

- 10am- 2pm Join Oh SNAP, Umoja and the Office of Sustainability at the Bayside Park Farm for volunteer drop-in hours! 25 vegan and vegetarian lunches will be provided by Oh SNAP to the first 25 attendees. Get yourself there, enter the farm at the second gate (to the East). Group will likely work on a combination of planting, prepping beds, and turning compost piles and possibly get a short tour! Bring good shoes and gloves as desired. Hear about Umoja's Black to the Land program and connect with other students interested in learning about farming, gardening, and food production! Farm address: 930 Old Arcata Rd, Arcata, CA 95521

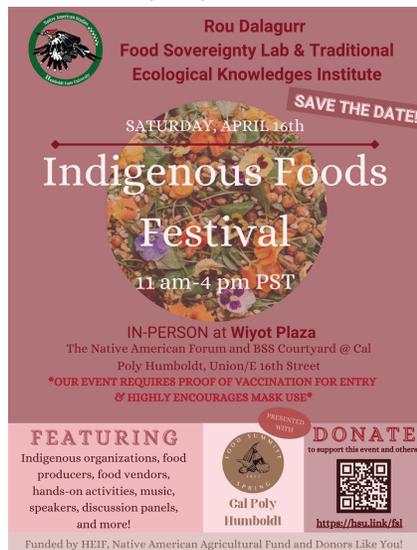
- We will be serving bag lunches for first 20 attendees, catered by Chartwells
 - We will collect signatures on Liability forms from non-HSU employee attendees when they arrive at event.
- [Download the flyer \(version 1 .pdf\) \(version 2 .pdf\)](#)



Saturday April 16

- **Indigenous Food Festival**

- 11am- 4pm In-person event in Wiyot Plaza (BSS Courtyard) & Native Forum, Rou Dalgurr: Food Sovereignty Lab & Traditional Ecological Knowledges Institute will host Indigenous organizations, food producers, food vendors, hands-on activities, music, speakers, discussion panels, and more! To attend, COVID vaccine or a negative test within 72 hours are required. Masks are also highly encouraged!
- [Download flyer \(pdf - save the date\)](#)



Indigenous Food Festival Full Program

[Download full program \(pdf\)](#)

Rou Dalagurr:
Food Sovereignty Lab and Traditional Ecological
Knowledges Institute's **Indigenous Foods Festival**

EVENT SCHEDULE

Wiyot Plaza Food Sovereignty Tabling Fair
11 a.m. - 4 p.m.

- Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledges Institute
- The California Indian Museum and Cultural Center
- Save California Salmon
- Earthseed Liberatorz
- Tolowa Dee-ni' Nation
- Blue Lake Raichera
- Native Women's Collective Acorn Demonstration
- Follows Good Life
- The Cultural Conservancy
- UHSI Rotund Community Food Garden
- Conservation Humboldt
- Heyday Blasts News From Native California

Welcome
Dr. Cutcha Risling Baldy & Dr. Kaitlin Reed
Co-Directors: Rou Dalagurr
Department of Native American Studies

Native American Forum
12 p.m. - 4 p.m.

Food Sovereignty Discussion Panels

BSS 166 Lecture Hall
1 p.m. - 4 p.m.

Tending Nature Film Screenings

Rou Dalagurr:
Food Sovereignty Lab and Traditional Ecological
Knowledges Institute
Indigenous Foods Festival

Native American Forum Schedule

Food Sovereignty - Food Futures Student Panel
12 p.m.

Join the panel! (see QR code)

- History of the Food Sovereignty Lab
- Carrie Tully, MA Environment & Community '21
- Coq Werleash, OIA Marine Biology & Native American Studies
- Culture of the Food Sovereignty Lab
- Henry Soto, BS Policy & Society '19
- Why Food Justice on Campus?
- Lizet Burgette, BS Environmental Resources Engineering '20
- O&A

California Indian Museum and Cultural Center: Cultivating Original Food Leaders
1:30 p.m.

Save California Salmon: Advocating for Indigenous Futures: Traditional Ecological Knowledge & Water Protection in the Classroom
3 p.m.

Rou Dalagurr:
Food Sovereignty Lab and Traditional Ecological
Knowledges Institute
Indigenous Foods Festival

TENDING NATURE
Screenings in BSS 166 Lecture Hall
30 minute short films followed by discussions

Healing the Body with United Indian Health Service
1 p.m.
Short Discussion: Judge Marshall
Community Nutrition Manager, UHSI

Protecting the Coast with the Tolowa Dee-ni'
2:30 p.m.
Short Discussion: Loren Me'-hah-ne Bommeilyn
Tolowa Dee-ni' Nation

Cultivating Native Foodways with the Cultural Conservancy
3 p.m.
Short Discussion: Evie Ferreira
Native Foodways Manager, The Cultural Conservancy

Tending Nature & Five series produced by KCET. To see all of the episodes, visit their website.

COVID-19 POLICY

To attend the Indigenous Foods Festival:

- Proof of COVID vaccination (including booster) or a negative test within 72 hours is required
 - We will have Welcome tables at each festival entrance way, where folks can show their documents, or scan a QR code to find their vaccination status
- We will be keeping record of all the employees and students working this event for COVID tracking purposes by the university
- We are highly encouraging masks at this event, both indoors and outdoors!

View the university's COVID regulations here:
campusready.humboldt.edu

Find COVID testing and vaccination information:
<https://bit.ly/3ujyUyK>

WEEK 3

Tuesday Apr 19, 2022

- **Volunteering at the Rou Dalagurr Food Sovereignty Lab Indigenous Garden**
 - 10 am- Led by Karley Rojas and Amy Iturburn
 - **You must register as a volunteer for the Food Sovereignty Lab in advance.**
Community volunteer form: <https://forms.gle/winXjkPZXEJ281T7A>
Student volunteer form: <https://forms.gle/mXvcfYLOfmzjTnwb8>
 - [Download flyer \(pdf\)](#)

Rou Dalagurr
Food Sovereignty Lab & Traditional
Ecological Knowledges Institute

INDIGENOUS GARDEN
APRIL IN-PERSON
VOLUNTEER DAYS

@ CCAT, Behind the FSL

Sunday, April 10th 11 am- 1 pm
Tuesday, April 12th 11 am - 12 pm
Tuesday, April 19th 10 am- 11 am
Sunday, April 24th 11 am- 1 pm
Tuesday, April 26th 11 am- 12 pm

You must register as a volunteer to participate

STUDENT REGISTRATION: <https://forms.gle/LE N7R6kifxGJSVK9>

COMMUNITY MEMBER REGISTRATION: <https://forms.gle/RV ioeuoROEBrRvSo8>

PRESENTED WITH
Cal Poly Humboldt

- **Medicinal properties of Plants workshop.**
 - BSS 408, 12-1:30 pm Hybrid/ In-person format.

- Facilitator: Evie Ferriera & Karley Rojas
- Medicinal Properties of Plants' is an in-person/hybrid workshop presented by Evie Ferriera and Karley Rojas, which will introduce participants to herbalism in an Indigenous-facing modality. Evie Ferreira (Ancestral Heritage: Yoeme, Mestiza; Mexican American) is an HSU alumnus and works for the Cultural Conservancy as the Native Foodways Manager. Karley is the research assistant for the Lab, an ethnobotanist and herbalist.
- We will discuss the history of herbalism, touch upon herbal energetics and actions, and discuss food as medicine. We will focus on specific plant species that are accessible with which participants can start forming a relationship, and show how to prepare oxymels. Participants will receive their own oxymel sample to take home, and a recipe card.
- A prerequisite for this workshop is the 'Gathering for Indigenous Empowerment' Workshop. If you did not participate in the prerequisite workshop, please complete the activity and assessment (please email kr228@humboldt.edu, Karley Rojas, for a link).
- Registration link:
https://docs.google.com/forms/d/e/1FAIpQLSd5Kf0QzsmuKzLhs6KXS-4aDzsr3uOXNdsKP/ELVie211kqNCQ/viewform?usp=sf_link
- [Download flyer \(pdf\)](#)

Rou Dalagurr
Food Sovereignty Lab & Traditional Ecological Knowledges Institute
 Indigenous Foods Festival Hybrid Activity

*** A PRE-REQUISITE FOR THIS CLASS IS 'GATHERING FOR INDIGENOUS EMPOWERMENT'***

Medicinal Properties of Plants Workshop

Tuesday, APRIL 19th
 12-1:30 p.m. PS BSS 408

Join us for the **Indigenous Foods Festival** activity in-person & online with Evie Ferriera & Karley Rojas!

REGISTER HERE!

<https://bit.ly/PlantMedicineHF>

ACTIVITY
 We will introduce participants to herbalism in an Indigenous-facing modality, discussing the history of herbalism, touch upon herbal energetics and actions, and discuss food as medicine. We will focus on specific plant species that are accessible with which participants can start forming a relationship, and have a hands-on activity preparing elixirs. Participants will receive their own elixir sample to take home, and a recipe card.

PRESENTED WITH

Cal Poly Humboldt

Funded by the Humboldt Energy Independence Fund (HEIF) & Donors like you!

Wednesday April 20

- **Bring Your Own Pot on the Art Quad**
 - 12pm- 1pm: Bring your own plant container and receive a vegetable start to get going on your spring/summer garden! Hosted by Green Campus & CCAT

- [Download Flyer \(pdf\)](#)



- **Free food - Food Summit Closing Event!**

- 12pm- 1pm We will be serving food catered by Chartwells at NHE 106.
- Menu includes lemonade, coffee, fresh fruit, vegetable spring rolls, quesadillas, cheese, cookies and brownies!



-

- **Cooking Demonstration (virtual) ~ Vegan Potato Soup**

- Pre-Recorded Vegan Cooking Demonstration for College Students on a Budget!
 - Taught by Zeen Vincent, and hosted by Oh SNAP
 - Video will be posted to Oh SNAP's Instagram on this date
- Registration link: First 40 students to sign up, can receive a free bag of the ingredients to make the recipe, and some kitchen utensils if needed
- https://docs.google.com/forms/d/1i3WufRqcF4VGv-6G-y8bSghMYobZamjSRjryncspTwI/viewform?edit_requested=true

