

ACCESSIBLE TRADITIONAL FOODS



Incorporating traditional foods into your plate supports a healthy lifestyle and preserves traditional cultural knowledge in our communities. The harvest and gather list is meant to inspire community members to make connections with these traditional foods to learn to identify them and consider safety gathering concerns before gathering. The shopping list portion is meant to highlight traditional foods that are easy to reconnect with at the grocery store. Overall whether you harvest your own or are shopping at the grocery store, here is a list of traditional foods you can easily incorporate into your meals.

HARVEST AND GATHER

PURCHASE AT MARKET

FRUITS



BLACKBERRIES
HUCKLEBERRIES
NATIVE
STRAWBERRIES
ROSEHIPS

BLACKBERRIES
CURRANTS
ELDERBERRIES
RASPBERRIES



VEGETABLES



CATTAILS
CEDAR
MINER'S LETTUCE
PURSLANE
TULE

FENNEL
MUSHROOMS
NETTLE
SEAWEED
WATERCRESS



PROTEINS



ACORN
HAZELNUTS
PEPPERNUTS
WALNUTS

QUAIL
SALMON
QUAIL EGGS
VENISON



GRAINS



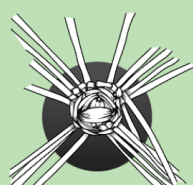
BUCKEYE
WILD OATS

CHIA

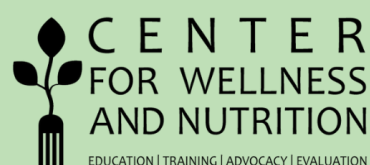


TIPS

- Please strive to utilize plants that are free of pesticides. We recommend ethically harvested sources. If you gather your own traditional foods please also ensure to follow the cultural protocols of the region.
- Always ensure to honor the traditional beliefs of reciprocity when harvesting, never overharvest. The plants need seeds to be left to sow and animals need to access food in environments where they can have low access to resources.
- Consider shopping at local grocery stores and farmers markets.
- Consider buying in accordance with traditional seasonal gathering cycles.
- Consider non-GMO ethically sourced, they are options that are closer to traditional foods.
- Always ensure to properly identify the plant in order to avoid adverse health reactions by ingesting the wrong plants.

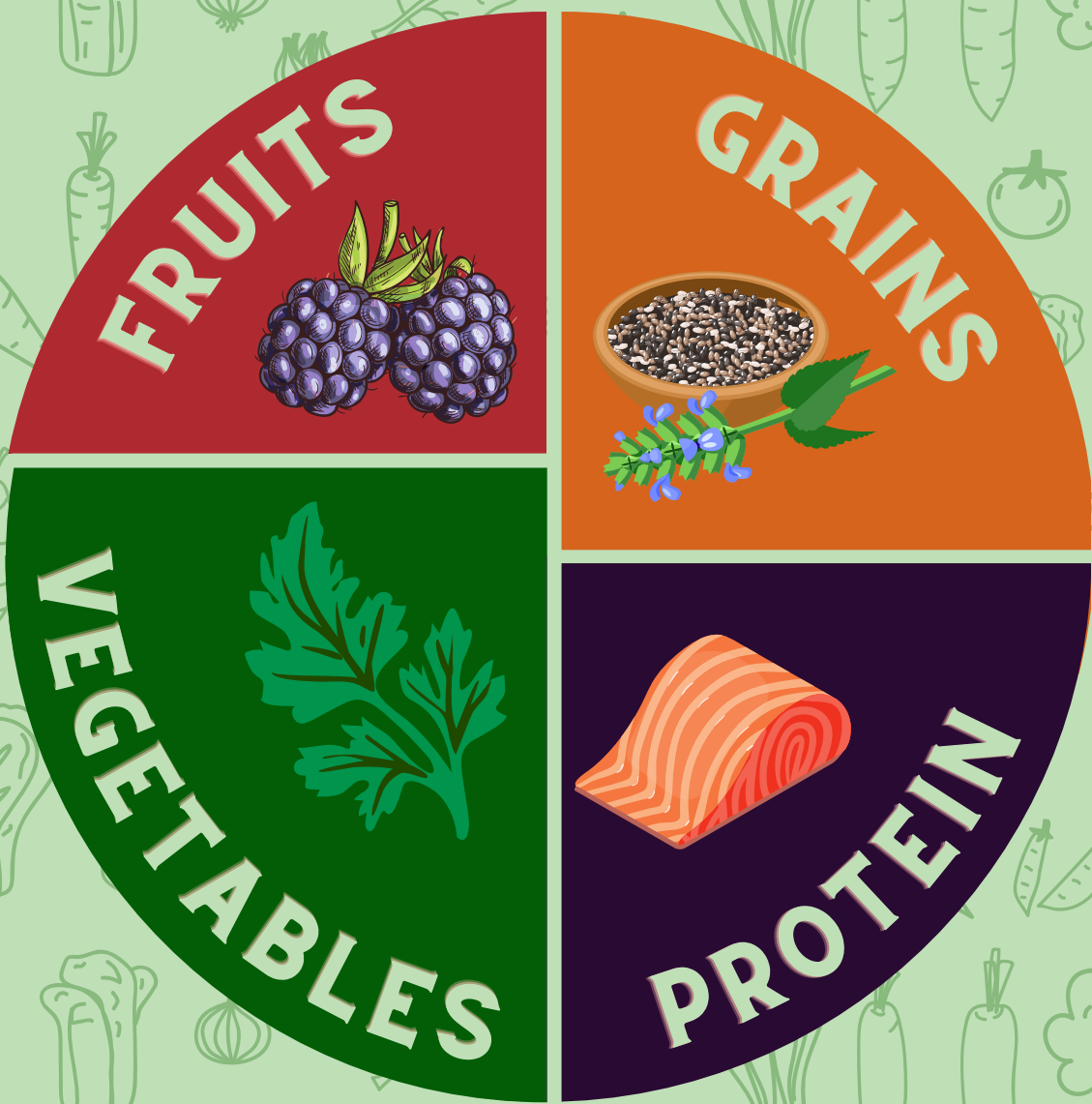


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INDIAN
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Funded by USDA SNAP, an equal opportunity provider and employer.
Visit CalFreshHealthyLiving.org for healthy tips.

MY CALIFORNIA NATIVE PLATE



Our foods come from the coast, valleys, lakes, mountains and deserts across California. Individuals and families can harvest from local reserved and shared areas to fill half your plate with fruits and vegetables and the other with grains and a protein. Use your plate as a guide to help you eat in a healthy and traditional way.

Tribal Ecological Knowledge will serve to improve our health while contributing to environmental stewardship and sustainability.

Please visit www.cimcc.info for additional resources on identification, harvesting, processing, storage and preparation of California traditional foods.

Let's remember to stay active, stay hydrated and integrate traditional foods into our daily lives.



WATER
DRINK
WATER
INSTEAD OF
SUGARY
DRINKS