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“Give thanks to our food, Elders and ancestors daily.”
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Inuit

Pangnirtung
(G. Charbonneau-Roberts)
Data collection – card sorting
(H.V. Kuhnlein)
Butchering seal meat
(H.V.K.)
Butchering a caribou head
(H.V.K.)

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Inuit blackberries, “paurngat”
(Inuit Research Team)

Jonah Kilabuk with arctic char
(I.R.T.)

Pangnirtung Fjord
facing Kuulik in winter
(I.R.T.)
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Inuit

Narwhal ‘maktaaq’
(L. Goodman)
High cost of groceries
(I.R.T)
Beluga ‘maktaaq’
(H.V.K.)

‘Inuksuk overlooking Iqaluit’
(I.R.T.)

Coke can (S. Yohannes)
Nuxalk

“The old foods are the new foods!”

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Nuxalk

Spring salmon roe and steaks (kpstudios)
Salmon fillets hung for smoking (k.)

Clayton Creek waterfalls (k.)

Chief Andy Siwallace, Hereditary Chief and Elder (k.)
Bill Tallio, a proud Nuxalkmc (k.)

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Three of the main species of salmon (k.)
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Red huckleberries, sweet and tart (k.) Bella Coola Valley, Table Mountain (k.) Wild grey currants (k.)

The sacred bald eagle (k.)

Salmon in habitat (k.)

Typical Nuxalk carving style (k.)
“Caribou blood gives strength and warmth, and it keeps you from getting hungry for a long time.”
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Fish camp (kpstudios)
Cutting fish (H.V. Kuhnlein)
Cranberries (k.)
Smoking fish (k.)
Alice Vittrekwa, Gwich’in Elder (k.)
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Fish and hotdog: modern contrast (k.)
Agnes Neyando, Gwich’in Elder (k.)
Conne fish roe (k.)

Hunting grounds near Yukon border (k.)
Sacred mountain and Peel River (k.)
Awajun

“With our foods from the wild, the river and our fields we are strong and alert.”

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Indigenous Peoples’ food systems | Photographic section Awajun

Research to select food attributes
(Awajun Research Team)
A meal of cassava, pituca and soup of palm hearts and chicken (k.)
Interviews about food patterns
(A.R.T.)

Cocona from our fields (A.R.T.)

Ugkush: a valued vegetable (k.)
Macambo seeds (k.)
The community of Mamyaque (k.)
Sus: a favorite food (M. Roche)
Sr. Kinin: the walking library of Cenepa (k.)
Rosa and Maria: two research partners (k.)
“...We need our plants and our jungle in order to have strength and to live better.”
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Ingano

Araza fruit (Ingano Research Team)
Yachaicury school pupils (I.R.T.)
Chili peppers from Ingano farm (I.R.T.)
Ingano territory – Indi Wasi (I.R.T.)

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Child behind tomato (I.R.T.)
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River travel (I.R.T.)
Ecological promoters (I.R.T.)
Shaman with youth (I.R.T.)

Mojojoy beetle larvae (I.R.T.)
Working on the vegetable farm (I.R.T.)
Pohnpei

“God made us to eat our own foods. We need to go local!”

Chapter 6 >> 109
Karat, the State Banana of Pohnpei, exists as several types, including Karat Pako (left) and Karat Pwehu (right). Karat as an infant food fed by Mihne Pretrick to her child, Tammy Slices of eight carotenoid-rich banana cultivars of Pohnpei Preserved breadfruit, mahr, is being prepared (Pohnpei Research Team)

Reef fishing (kpstudios)
Nidia George tends her cooking on an open fire, still a common way of cooking (K.)

Previous page Working together is an important part of local life (P.R.T.)
Breadfruit (center front), different types of taro (left and right back), bananas and other food displayed by Merlain Alik (P.R.T.)

Rose apple, a traditional fruit in Pohnpei

Adelino Lorens shows a huge yam from Pohnpei (P.R.T.)

Merlain Pony with a corm of giant swamp taro (Cyrtosperma sp.) (k.)

Chestnut is a popular seasonal crop (P.R.T.)

Pandanus is a popular fruit and is especially important on the atoll islands (k.)
“Revitalizing the Ainu food culture will help to re-establish the dignity of the Ainu in the present society.”
Cutting salmon demonstration (Ainu Research Team)
Drying pukusa (A.R.T.)
Japanese market food (kpstudios)

On turep akam (k.)
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Traditional Ainu ceremony (k.)
Pukusa (A.R.T)
Muncio (k.)
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Karen

“...All the foods we eat belong to Mother Nature – the Karen are grateful to her...”

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Karen

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Karen research team participants (K.R.T.)
Ma-waeng- Karen vegetable (kpstudios)

Husband and wife collecting Karen red chilis (K.R.T.)

Preparing local fish before cooking. (K.R.T.)
“Greens give us strength, we grew up on them.”
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Dalit

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Storing seed grain (kpstudios)

Crop diversity in Dalit field (k.)

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Cleaning grain (k.)
Bhil

“Thank you Mother for the food that you’ve given us!”

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“Our culture and traditional knowledge of our food systems are the pillars of our heritage. Please join us to promote and protect them. Thank you very much.”

Maasai
Indigenous Peoples’ food systems

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Maasai

Lamb and potato soup
(kpstudios)

Ole Leipa with blood drink
(k.)

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Pastoralism (k.)

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Elder (k.)

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Modern sugar beverage (k.)
Grewia gathering (T.A. Johns)

Dorcas Nashipai, Maasai
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Igbo

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Igbo woman (k.)
Village hut (k.)
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Ancient Nuxalk Petroglyphs (kpstudios)