



INDIGENOUS FOOD SOVEREIGNTY IN THE UNITED STATES

RESTORING CULTURAL KNOWLEDGE
PROTECTING ENVIRONMENTS
AND REGAINING HEALTH

Edited by DEVON A. MIHESUAH and
ELIZABETH HOOVER
FOREWORD BY WINONA LADUKE

Farmers, seed keepers, fishers, cooks, activists, and scholars write about their efforts to revive and preserve Native foodways

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Environments, and Regaining Health*

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Foreword by Winona LaDuke

Centuries of colonization and other factors have disrupted indigenous communities' ability to control their own food systems. This volume explores the meaning and importance of food sovereignty for Native peoples in the United States, and asks whether and how it might be achieved and sustained.

Unprecedented in its focus and scope, this collection addresses nearly every aspect of indigenous food sovereignty, from revitalizing ancestral gardens and traditional ways of hunting, gathering, and seed saving to the difficult realities of racism, treaty abrogation, tribal sociopolitical factionalism, and the entrenched beliefs that processed foods are superior to traditional tribal fare. The contributors include scholar-activists in the fields of ethnobotany, history, anthropology, nutrition, insect ecology, biology, marine environmentalism, and federal Indian law, as well as indigenous seed savers and keepers, cooks, farmers, spearfishers, and community activists. After identifying the challenges involved in revitalizing and maintaining traditional food systems, these writers offer advice and encouragement to those concerned about tribal health, environmental destruction, loss of species habitat, and governmental food control.

Devon A. Mihesuah, an enrolled citizen of the Choctaw Nation of Oklahoma, is the Cora Lee Beers Price Teaching Professor in International Cultural Understanding at the University of Kansas. She is the author of numerous award-winning books, including *Ned Christie: The Creation of an Outlaw and Cherokee Hero* and *Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness*. She oversees the American Indian Health and Diet Project. **Elizabeth Hoover**, Manning Assistant Professor of American Studies at Brown University, is the author of articles about food sovereignty, environmental health, and environmental reproductive justice, as well as the book *The River Is in Us: Fighting Toxics in a Mohawk Community*. She is a board member of the Native American Food Sovereignty Alliance and of the Slow Food Turtle Island regional association and has worked with the Mohawk organization Kanenhi:io Ionkwaienthon:hakie. **Winona LaDuke**, an Anishinaabe writer and economist from the White Earth reservation in Minnesota, is Executive Director of Honor the Earth, a national Native advocacy and environmental organization, and the author of numerous articles and books.

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