



PRESERVING TRADITIONAL FOOD RESOURCES IN A CHANGING ENVIRONMENT

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A Tribal Organization Focusing on Natural Resource Issues affecting the Chugach Region of Alaska

CRRC's Traditional Foods Program

- First Nations Development Institute (FNDI) awarded a grant to Chugach Regional Resources Commission under the Native Agriculture and Food Systems Initiative (NAFSI) made possible through generous support from the NoVo Foundation.
- The results of a traditional foods assessment will supplement the community plans to aid in responding to these changes.
- The results will help to understand traditional food use, food consumption, and purchasing habits in the community and within households in the region to have a baseline of use in a changing environment.



~When the tide is out, the table is set~

Component 1 - Survey

- Goal – The goal of this assessment was to collect information from individuals to help develop and/or expand opportunities in each community. CRRC wanted to effectively understand the needs/desires of each member village in regards to traditional foods and food security.
- Methods – CRRC created an 11-page, 6-section survey that contained over 51 questions. The 6 sections were: 1. Community Food Resources 2. Diet and Health 3. Culture 4. Organizations and Governance 5. Food Resources 6. Natural Resources and Environment. CRRC handed the surveys out to tribal members and, partnering with Chugachmiut, collected the surveys. CRRC included incentives on the surveys, potentials to win different prizes, to increase the likelihood that we would get responses.
- Outcomes - Collaborating with Chugachmiut in the distribution of the surveys, CRRC received 87 total food surveys from our 7 member villages.

CRRC's Traditional Foods Assessment – Question Examples

11 Page Survey Developed in Conjunction with FNDI

- Section 1 - Community Food Resources
- Section 2- Diet and Health
- Section 3 – Culture
- Section 4 - Organizations and Governance
- Section 5 - Food Resources
- Section 6 - Natural Resources and Environment

2017 Chugach Regional Resources Commission's Traditional Food Assessment
Questionnaire



Thank you for taking the time to complete the CRRC questionnaire. The goal of this assessment is to collect information from individuals to help develop and/or expand on opportunities in your community. Your completed assessment will be full anonymous, if you so choose.

Background Information

We ask for your birthday so that we can understand the age of respondents to better understand generational differences in answers.

Date Year: _____

Village: _____

How long have you lived in your Village? _____

Sex:
☐ Male ☐ Female

 **Optional Prize Drawing:** If you wish to be entered for a drawing, please provide your contact information below.
Name: _____
Phone Number: _____
Email: _____

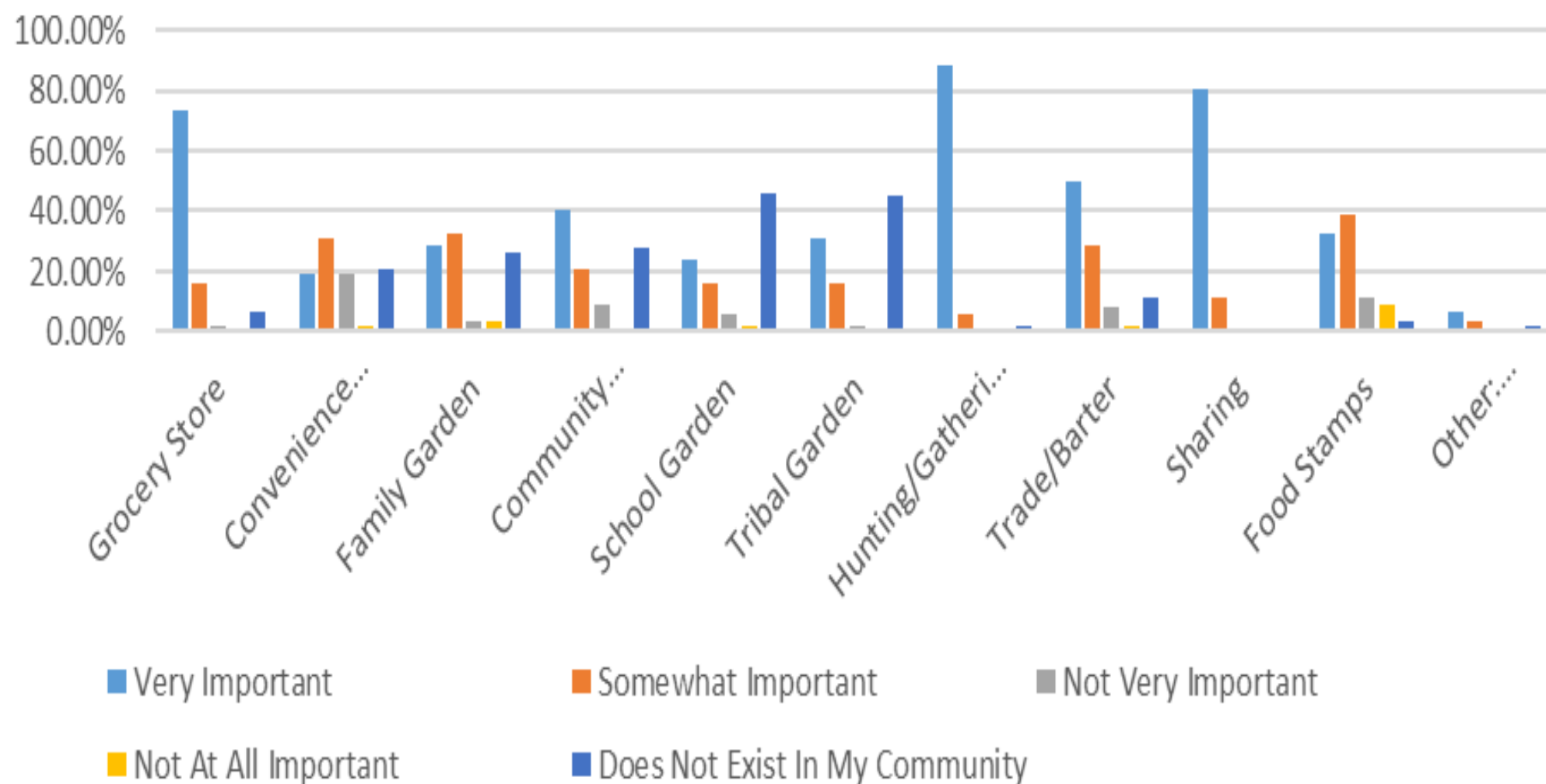
 Razor-blade knife

Food represents culture. Food is an intimate personal choice that is influenced by historical patterns, environmental considerations and, most importantly, cultural norms.

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How important are the following sources of food for people in your community?



CRRC's Traditional Foods Assessment Preliminary Results –Section 1

- The participants answered that, overall, hunting/gathering and sharing are the most important sources of food for people in their community with grocery stores being a close third.
- Information on how to grow traditional foods, recipes and information for preparing traditional foods and information in their native language were the top three most useful ways in improving food sources in their communities.



CRRC's Traditional Foods Assessment

Preliminary Results –Section 2

- 41% of participants believe that health problems are caused or exacerbated by lack of healthy, nutritious, traditional foods.
- Health aids/clinics and family members were among the top two primary sources of information about diet and nutrition in participant's communities,



CRRC's Traditional Foods Assessment

Preliminary Results –Section 3

- Nearly 100% of our participants answered that they wanted to preserve their cultural food traditions.
- Elders and other relatives were, mainly, the ones with knowledge of their cultural food traditions.
- At least 40 people in their community are skilled in traditional hunting, and/or collection and uses of traditional foods.
 - *60% of participants answered that they had no one in their community teaching courses on culture or food.*



CRRC's Traditional Foods Assessment Preliminary Results –Section 4

- More than ½ of the participants answered that their community does have active groups, including tribal government, federal; government or local organizations, working to solve food-related problems for community members.
- Almost 50% of participants answered that there are school programs that encourage the usage of traditional foods.



CRRC's Traditional Foods Assessment

Preliminary Results –Section 5

- 87% of participants answered that they believe their traditional foods are safe, however, 6% answered they don't believe they are safe and 5% answered that they were unsure whether or not their traditional foods are safe.
- The most limiting resource for accessing traditional foods our participants answered was high fuel costs.



CRRC's Traditional Foods Assessment Preliminary Results –Section 6

- 58% of participants did not know if their tribe/community had a land use plan.
- Of the 9% of participants who answered that their tribe/community has a land use plan, only 8% answered that their tribe/community's land use plan has a section for sustaining traditional foods.



Component 2 - Poster

- Goal – The goal of the traditional foods poster was 1. to collect information on foods in the region that tribal members believe are/have been adversely impacted by climate change and 2. represent these culturally important foods in a visual way as an educational resource for our member villages and for other concerned peoples.
- Methods – In 2017, CRRC hosted the 16th annual Subsistence Memorial Gathering. The theme of this gathering was: “Traditional Foods – When the tide is out, the table is set”. It brought together people of the Chugach Region together to focus on providing more meaningful involvement in the management, research and monitoring of the natural resources and environment upon which our Tribal members depend for their subsistence lifestyles. From this gathering, CRRC was able to capture information on the 38 most common traditional foods in the region in each season according to gathering participants.
- Outcomes - Using the information collected at the Gathering, CRRC created a “traditional foods poster” as a visual representation of the impacts climate change may have on the subsistence lifestyle of the Alutiiq people.

CRRC's Traditional Foods Workshop & Memorial Gathering

- Four sessions: Hunt, Fish, Gather, Grow.
- Breakout sessions: Winter, Spring, Summer, Fall



CHUGACH REGIONAL
RESOURCES COMMISSION



16th ANNUAL SUBSISTENCE MEMORIAL GATHERING

THURSDAY, MARCH 23, 2017
9AM-10PM

HIGHLIGHTS: * Traditional Food Discussions * Traditional Feast *
* Candlelight Vigil * Dancing * Music *

AT CHANGE POINT
6689 Changepoint Dr, Anchorage, AK 99518

FOR MORE INFORMATION, PLEASE CONTACT:
Chugach Regional Resources Commission
Phone: 907-334-0113
Email: patty@crrcalaska.org

Traditional Foods Workshop Break-Out Results



Regional Traditional Foods Poster

Suumacirpet asirpiartuq Our way of living is the best



To the Alutiq people, subsistence is life. There is no easy way to translate the word subsistence - suumacirpet - into the Alutiq language. Westerners often think of subsistence as the process of obtaining and eating wild foods, an alternative to buying groceries. This definition, however, fails to capture the complexities of living off the land.

Collecting wild foods is not simply an economic act, but a central component of social and spiritual life. Through hunting, fishing, and gathering, Alutiq people experience and express Native identity. They explore their deep and enduring connection to the land. They care for their families and communities. They celebrate and sustain life.

Subsistence is also a birthright, a way of living passed down from ancestors that has sustained generations. While not a literal translation of the word subsistence, suugucirpet asirpiartuq, "our way of living is best," expresses these many connections.

The Gulf of Alaska, including Prince William Sound and Lower Cook Inlet is one of the richest and biologically productive ecosystems on the planet. A local saying is: When the tide is out, the table is set.



ALL SEASONS	4. Pink Salmon	7. Sea Lions	MULTIPLE SEASONS
1. Silver Salmon	Pink Salmon	Sea Lions	9. Octopus (Spring, Winter)
2. Red Salmon	Chum Salmon	8. Blackberry	10. Bear (Spring, Fall)
3. King Salmon	King Salmon	11. Blueberry (Summer, Fall)	11. Blueberry (Summer, Fall)
		12. Seal (Spring, Summer, Winter)	12. Seal (Spring, Summer, Winter)
			13. Seal (Spring, Summer, Winter)
			14. Seal (Spring, Summer, Winter)
			15. Seal (Spring, Summer, Winter)
			16. Seal (Spring, Summer, Winter)
			17. Seal (Spring, Summer, Winter)
			18. Seal (Spring, Summer, Winter)
			19. Seal (Spring, Summer, Winter)
			20. Seal (Spring, Summer, Winter)
			21. Seal (Spring, Summer, Winter)
			22. Seal (Spring, Summer, Winter)
			23. Seal (Spring, Summer, Winter)
			24. Seal (Spring, Summer, Winter)
			25. Seal (Spring, Summer, Winter)
			26. Seal (Spring, Summer, Winter)
			27. Seal (Spring, Summer, Winter)
			28. Seal (Spring, Summer, Winter)
			29. Seal (Spring, Summer, Winter)
			30. Seal (Spring, Summer, Winter)
			31. Seal (Spring, Summer, Winter)
			32. Seal (Spring, Summer, Winter)
			33. Seal (Spring, Summer, Winter)
			34. Seal (Spring, Summer, Winter)
			35. Seal (Spring, Summer, Winter)



Component 3 – Recipe Book

- Goal – Traditional foods not only restore physical health, they are also central to cultural and spiritual traditions. The goal of the recipe book was to provide a comprehensive resource full of cultural and spiritual traditions of the Alutiiq people – one that valued one of their greatest gifts, traditional food.
- Methods – CRRC included blank recipe cards in the traditional foods survey that were sent to the villages. On top of this, CRRC reached out to individual tribal members and gathered recipes from willing participants. CRRC also collected recipes from local school districts in the area, past recipe books and other printed resources. CRRC then created a comprehensive document of all the recipes and from that, narrowed it down to the most “complete” and “user-friendly” recipes and medicinal remedies.
- Outcomes - CRRCC created a 70+ recipe book. The recipe book also contains the Alutiiq language, stories from tribal members and medicinal remedies passed down for generations.

Recipe Collection

- Recipe Collection
 - *We combined received recipes into a cook book representative of the Chugach region.*

Bidarki Gravy

by Natalie Kvasnikoff

Salt Pepper
Onion Powder
Garlic Powder or cloves
Curry Powder
Bidarkis
A little flour
Milk or Water
L&P Sauce
Oil
Bacon

Fry bacon in oil, fry garlic. Add flour and cook a little bit. Add milk or water. Add the rest of seasoning. Cook gravy until thickened.

DO NOT add bidarkis too soon. If you cook them too long, they will get hard.

SERVE over rice, noodles or biscuits.

Seaweed Soup

by Pauline Demas

PUT seaweed into bowl

ADD boiling water

GARLIC powder to your taste

SOY sauce

tsp Seal Oil

Goose Tongues

by Nancy Yeaton

RINSE them good

$\frac{1}{4}$ cup seal fat to sauté fresh garlic and onion

ADD goose tongue until wilted

Fried Sea Lion

by Pauline Demas

TENDERIZE the meat

MIX salt, pepper, garlic powder and flour

SEASON meat with the mixture

FRY meat in bacon grease

EAT with Blueberry Jam



Regional Traditional Foods Recipe Book

MEAT

Arctic Fajitas	52	Goat Burgers	58
Barbecue Bear Ribs.....	53	Pot Roast Goat.....	59
Bear Roast	54	Kurtis' Uphill Moose.....	60
Beaver Pot Roast.....	54	Fried Sea Lion	60
Caribou Hand Pies With Creamy		Seal Innards.....	61
Horseradish Sauce.....	55	Seal With Rice	62
Grilled Caribou Or Moose Marinade		Stuffed Seal Lung	63
.....	56	Roasted Seal.....	64
Egg Rolls With Ground Goat	57		

FISH

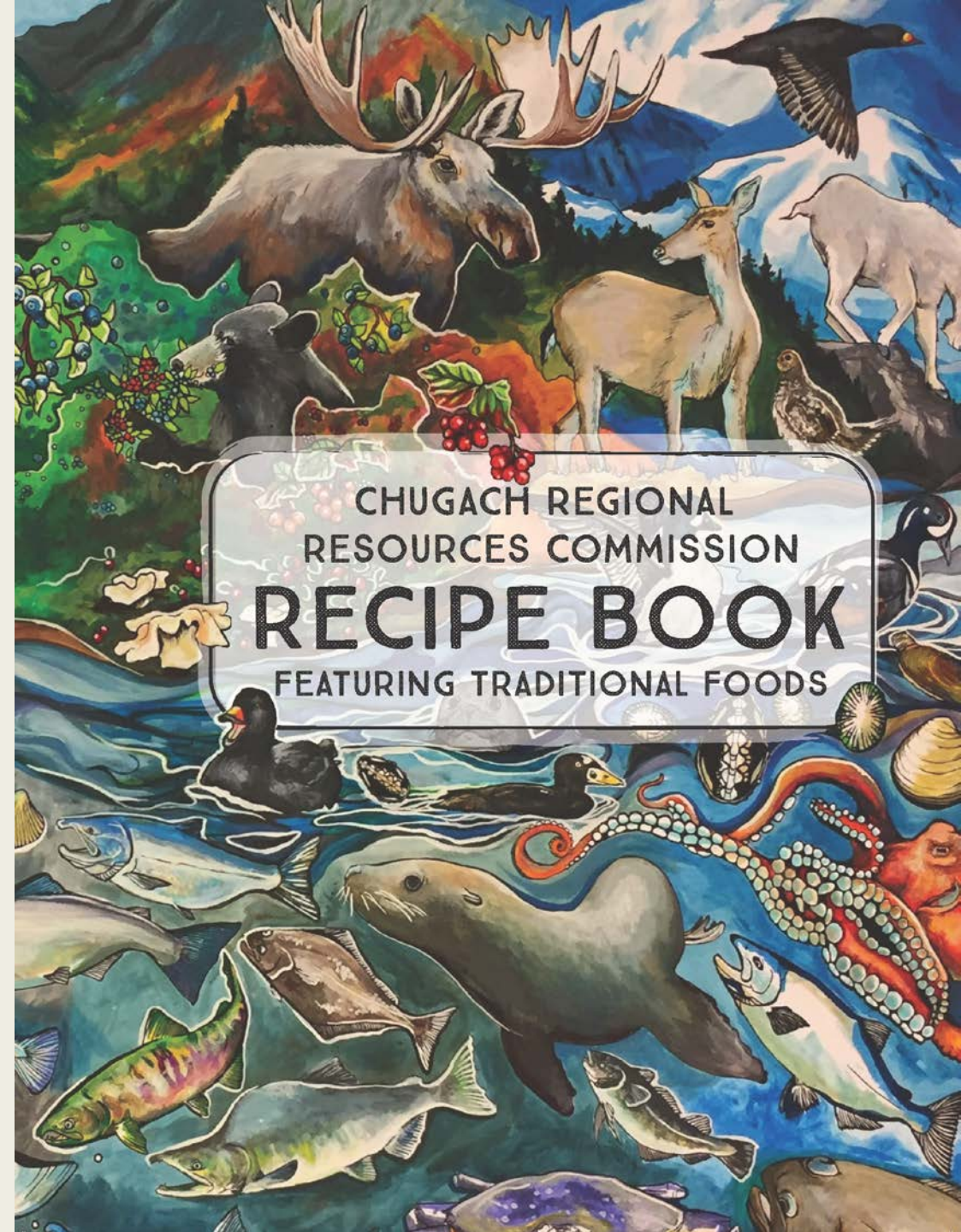
Alaskan Halibut Lasagna.....	6	Boiled King Salmon Heart In Gravy..	19
Ben's Baked Halibut	7	Chugach Salmon Chowder.....	20
Priscilla's Baked Halibut.....	7	Grilled Salmon	21
Halibut Supreme.....	8	Fiddlehead And Salmon Cheeks Stir	
Beer Battered Fish.....	9	Fry.....	22
Broiled Halibut Steaks.....	10	Fish Pie.....	23
Dried Halibut	10	King Salmon Chowder.....	24
Fried Halibut	11	King Salmon Sikyuk	25
Halibut Curry	11	Salmon Chowder	26
Halibut Deep Fry.....	12	Salmon Fritters	27
Chenega Halibut Tacos.....	13	Salmon Soup (Mukaiaggwaq)	28
Derek's Halibut Tacos	14	Smoked Salmon	29
Penny's Halibut Tacos.....	15	Smoked Salmon Dip.....	29
Hot Sauce Halibut	16	Steamed Pink Salmon.....	30
Seaweed Halibut.....	17	Wasabi Mayo Salmon	31
Sweet Cheeks	17	Herring Egg Salad	31
Aunt Mag's Salmon Spread	18	Trout Barbecue Sauce.....	32
Boiled Fish Heads	18	Smokehouses	33
Boiled King Salmon	19		

SHELLFISH

Bidarki Casserole.....	36	Fried Clams	44
Bidarki Chowder	37	Steamer Clams	45
Bidarki With Gravy	38	Stuffed Clams.....	45
Smoked Bidarkis (Urriatq)	39	Boiled Crab	46
Clam Burgers.....	40	Bacon-Wrapped Shrimp	46
Clam Chowder.....	41	Seafood Chowder.....	47
Clam Or Mussel Chowder	42	Clams And Clam Digging.....	48
Clam Fritters.....	43		

PLANTS

Agutag.....	68	Fruit Pizza	74
Blueberry Agutag.....	68	Lemon Blueberry Muffins.....	75
Alaska Low Bush Blueberry Pie.....	69	Goose Tongues	76
Berry Krem	69	Oven Roasted Kelp Chips.....	76
Blueberry Bread Pudding With		Rhubarb Soup	77
Caramel Sauce.....	70	Seaweed Soup.....	77
Blueberry Jam	71	Medicinal: Cough.....	78
Blueberry Pie	72	Medicinal: Cold/Sore Throat.....	78
Blueberry Streusel Cobbler	73		



CHUGACH REGIONAL RESOURCES COMMISSION RECIPE BOOK FEATURING TRADITIONAL FOODS

Regional Traditional Foods Recipe Book

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CHENEGA HALIBUT TACOS

Servings: 2

½ cup sour cream

½ cup mayonnaise

⅓ cup cilantro, chopped

1 packet taco seasoning

1 pound halibut fillets, cut into bite-sized chunks

2 tablespoons olive oil, as needed

1 tablespoon lemon juice

1½ teaspoons lime juice

2 cups cabbage, shredded

2 tomatoes, diced

1 cup pepper jack cheese, or to taste

Taco shells, hard or soft

Salsa (optional)



In a small bowl combine sour cream, mayonnaise, cilantro and 2 tablespoons of the taco seasoning. Set aside. In a zip-close bag, combine 2 tablespoons olive oil, lemon juice, lime juice and remaining taco seasoning. Add the halibut and marinate. In a large pan, heat remaining oil over medium heat. Fry halibut 4-5 minutes or until it flakes easily with a fork.

Layer remaining ingredients of your choice into taco shells and top with sour cream mixture and salsa.

Recipe from "The Halibut Book," courtesy of Chenega Bay School.

Regional Traditional Foods Recipe Book

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BARBECUE BEAR RIBS

Rack of bear ribs

Salt and pepper to taste

1 onion, chopped

Garlic to taste

Worcestershire sauce to taste

Nina's "Empty the Fridge" barbecue sauce:

Ketchup

Mustard

Garlic Pepper

Vinegar

Brown sugar

Various flavors of jam or jelly

Onion

Worcestershire sauce



Cut ribs to the size you want. In a large pot, cover the ribs with water and add salt, pepper, onion, garlic and Worcestershire sauce. Bring to a boil and simmer until meat pulls from bone.

Meanwhile, make the barbecue sauce by combining a little bit of each ingredient in a bowl until it's the way you like it.

Heat the grill to roughly 325 F. Remove ribs from pot and place on a rimmed baking sheet. Coat ribs with sauce, place on grill and cook until meat has a slight burn or tan from grill.

Recipe from Wally Kvasnikoff

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OVEN ROASTED KELP CHIPS

Kelp strips

Heat the oven to 200 F. Place kelp strips on a baking sheet and bake 5-10 minutes, or until seaweed turns green. Remove from oven and cool. Serve immediately.

Recipe adapted from Dolly Garza, in the Alaska Native Tribal Health Consortium's "Traditional Food Guide for the Alaska Native People," 2nd Ed.



Next Steps

- Further Data Analyses & Finalize Report
- Update of Community and Natural Resource Management Plans

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