



Build Competencies in **food DIVERSITY**

project

AGRICULTURE

## returning to **traditional** roots



### MAKE IT PERSONAL

Did you know that dandelions are an edible plant? Are there any foods that grow naturally that you have used as a food source?

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### SEARCH AND EXPLORE

#### Traditional and Local

Canadian Indigenous chefs are looking at how to revive traditional plant use for the benefit of their communities and the larger food world.

Chef Shane Chartrand from Enoch Cree Nation, near Edmonton, took part in a back-to-basics experience. A group of Albertan chefs learned from the Indigenous people of Lac La Biche and created dishes from local ingredients.

Watch the Cook it Raw Alberta – Paskwâmistos video in the **HOW DO TRADITIONAL PLANT FOODS INCREASE FOOD DIVERSITY?** carousel slide.



Use **HOW DO TRADITIONAL PLANT FOODS INCREASE FOOD DIVERSITY?** for these learning tasks. Use the Learning Source and the information for this guiding question in the **food DIVERSITY** carousel on [www.projectagriculture.ca](http://www.projectagriculture.ca). Use these weblinks for additional information.

Find a list of natural Alberta plants and their characteristics on the Alberta Plant Watch website at <https://plantwatch.naturealberta.ca/choose-your-plants/index.html>. Focus on Saskatoon berries at <https://plantwatch.naturealberta.ca/choose-your-plants/saskatoon/index.html>. Each plant description includes traditional Indigenous uses.

Explore and discuss the information on traditional foods of the Métis people in Lifeways in the Indigenous Peoples Atlas of Canada with a partner or small group. Find this section of the Atlas at <https://indigenouspeoplesatlasofcanada.ca/article/lifeways/>.

Find a Plant Index of Kainai plants on the Nitsitapiisinni Stories and Spaces website at <https://galileo.org/kainai/plant-index/>.

Find information and links to Indigenous restaurants on the Destination Indigenous website at <https://destinationindigenous.ca>. Click on the MAP tab at the top of the page.

What is the difference between traditional foods and local foods? What is one example of a food that is currently local, but not traditional to Alberta?

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What are three reasons these chefs looked at traditional Albertan foods?

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What does sustainability mean in the context of food production?

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Sustainability means finding responsible ways to live that protects the land, resources and livelihoods for future generations.

How can the use of traditional foods contribute to sustainability?

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How can the use of local foods contribute to sustainability?

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## INVESTIGATE AND CREATE

### Finding Traditional and Local Foods

Choose one Alberta plant ingredient from the Cook it Raw Alberta – Paskwâmimostos video and research it. Remember to check the sources listed in this **Build Competencies** activity handout. You can select from an ingredient such as:

- ◆ Barley
- ◆ Whole cereal grains
- ◆ Rose hips
- ◆ Dandelion
- ◆ Other of your choice?

Work with a partner or small group to create an **Alberta food profile** that can be shared with others. Your profile can be created with a graphic organizer, such as a **Retrieval Chart** or **T-Chart**, or you could use a more visual format such as a **photo collage** or **Jamboard**.

Include a list of all sources of information you consulted in a Works Cited page.

Your profile should address the following questions:

- ◆ Would you introduce this food ingredient as a local food, a traditional food or both? Why?
- ◆ Where does your plant grow naturally in Alberta? The mountains? Plains? Wetlands? Boreal forest? Or, was this plant brought to Alberta and is now grown as a crop?
- ◆ What structures does your plant have? Include a labelled image or photo.
- ◆ Are there different varieties of your plant? What are these varieties? Are they all edible?
- ◆ Does the edible portion grow above ground, underground, in a tree, shrub or other plant type? Describe it or include an image.
- ◆ How does your plant reproduce? Pollination, spores, rhizomes? Describe the function of the plant parts for reproduction.
- ◆ What type of conditions are required for it to thrive? What level of moisture does it need? How much sun should it be exposed to? What type of soil does this plant require?
- ◆ Which Indigenous Nations use this plant in Alberta? How do they use it?
- ◆ What traditional food dishes is this plant used to create? Or, what are some current restaurants you can find that feature your plant? Visit and explore the Destination Indigenous website for ideas.

