All Hands Gathering
Proceedings

1st EBOT All Hands Gathering
ELITELTA NAUNRANEK
ETHNOBOTANY AT KUC
Sitka AK 29-31 May 2014
All Hands Gathering Proceedings

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Dear All Hands Gathering Attendees,

When we realized we would be able to host a Gathering in Sitka this year, we set out to bring together the best group for helping us to celebrate the EBOT program’s beginnings and plan for our future. I believe we chose well, and that everyone who was meant to be there, was there. With your help, we were able to accomplish even more than we'd hoped for, because you all connected with the program and each other so quickly and deeply.

We hope you enjoy these Proceedings and we encourage you to use them to help promote EBOT in your community. This booklet includes a handful of sharing activities. Additional materials shared at the Gathering and a digital copy of this booklet will be available for download at: www.uaf.edu/drumbeats/ethnobotany.

On behalf of the EBOT Team at KuC, we want to thank each one of you for your whole-hearted participation in the All Hands Gathering. We are excited to take the next steps to foster and grow the EBOT program - with your help.

Warmly,
Rose Meier, Mary Pete, Kevin Jernigan and Michelle Stover
The gathering and use of plants in the Kuskokwim Delta has a long tradition among the Yup’ik and Cup’ik peoples in the region. Ethnobotany was brought to the academic realm at Kuskokwim Campus (KuC) at the University of Alaska Fairbanks in 2003 through an Alaska Native Native Hawai’ian Serving Institutions grant under the U.S. Department of Agriculture.

Kuskokwim Campus is one of five Alaska Native Serving Institution Consortium partners in the Drumbeats. Through Drumbeats, each campus developed courses and a Certificate in the Subsistence Sciences. The term Subsistence Science is based on the legal definition of subsistence as used in Title VIII of the 1980 Alaska National Interest Lands Conservation Act. Subsistence uses are:

..the customary and traditional uses by rural Alaska residents of wild renewable resources for direct personal or family consumption as food, shelter, fuel, clothing, tools, or transportation; for the making and selling of handicraft articles out of nonedible byproducts of fish and wildlife resources taken for personal or family consumption; for barter, or sharing for personal or family consumption; and for customary trade.

From the beginning, the Ethnobotany program (EBOT) has involved Elders from the region and faculty who worked with the University of Alaska Museum of the North. The first course, Introduction to Ethnobotany, used Anore Jones’ book, Plants That We Eat. Many thanks to Anore who attended the Gathering and provided the keynote address.

In 2009, the 30-credit Ethnobotany Certificate program was approved by the University of Alaska Board of Regents. A variety of components have been added to the program since then:

- Workshops in ethnobotany
- Outreach to K-12
- Development of a Yup’ik Ethnobotany Manual
- Development of a KuC EBOT garden and herbarium
- Online courses
- Expansion to Chukchi Campus (Inupiat) and Sitka (Tlingit)

Seeking sustainability and community input, in May 2014, the EBOT Program held an All Hands Gathering to identify new directions and potential partners. This booklet presents proceedings from the Gathering.
What is Ethnobotany?

- Growing plants
- Rich traditional learning
- Traditional use of flora
- People. Plants. Knowledge.
- Health. Sharing.
- Plant traditions. Modern visions.
- Cultural perpetuation
- People’s plants. Plants’ people.
- Plants and their uses
- Traditional plant knowledge
- Ancient living skills
- The plants that we eat
- Stewardship
- Plant. Synchronicity. Human.
- Traditional plant medicine
- Worldview
- Foundational support of all life
- Collective. Connection.

What actions are needed?

- Identify Elder teachers and collaborators
- Partnerships. Sharing. Outreach.
- Learning and practicality
- Circles of study, sharing
- Consciously and respectfully
- Practice and share the culture
- Dissemination. Revitalization. Active use.
- Increase knowledge
- Try out new information. Experiment.
- New collaborations. One voice. Strong statewide communication
- Love with wonder, curiosity, appreciation
- Connecting. Teaching. Tolerance of others.
- Network on EBOT. Familiarize. Expand awareness.
- Respectfully open for all
- Foster partnerships for sustainability
The heart of Ethnobotany...

- Connection to land
  - Cultural and traditional
  - Reclaim historic knowledge
    - Honor all traditions. Connections.
  - Living well
    - Gathering for food, meditation, spiritual prayer
  - Imperative cultural expression
  - Plants are life
  - Teaching. Sharing.
  - Treasure. Trace. Transmit.
  - Livelihood
  - Essence of life
  - For nutraceutical benefits
  - Wisdom medicine
  - Source of life on Earth
  - Grounding life source
  - Being real people
  - Survival
  - Reconnecting with plant spirits
  - Hands-on experience
  - Importance
    - Ho‘oulu Lahui Maoli: Survival and flourishing of Native Peoples
  - Resilience
  - Grow to survive
  - We are all Grandma Rita’s garden!
Traditional Ethnobotanists and Healers

- Shawn Allan, Kahului, Maui
- Viola Barr, Kiana
- Rita Blumenstein, Tununuk
- Scott Brylinski, Sitka
- Hillary Dailey, Homer/Seldovia
- Mary Demientieff, Holy Cross
- Dr. Gary Ferguson, ANTHC, Anchorage
- Ben Flynn, Chefornak
- Bev Grey, Whitehorse, Yukon
- Shilo Hargrave, Fairbanks
- Daniel Harrison, Chickaloon
- Stella Hensley, Kotzebue
- Nita Johnson, Kiana
- Steve Johnson, Sitka
- Anore Jones, San Juan Islands, Washington
- Leslie and George Lebarr, Fairbanks
- Bula Logan, Kahului, Maui
- PapaOlaLokahi.org, Healers website in Hawaii
- Maniilaq Tribal Doctors, Kotzebue
- Dr. Jeanne Olson. Veterinarian in Fairbanks
- Darlene Orr, Sitka
- Anneline Roche, Fairbanks
- Priscilla Russell, Homer/Kona, Hawaii
- Bob Sam, Sitka
- Janice Scofield, Homer/New Zealand
- Chris Stein, Kiana
- Dr. Nancy Turner, University of British Columbia
- Dr. Arthur Whistler, Hawaii

KuC EBOT Garden and herbarium

Ethnobotany Workshop Ideas

- Identify poisonous plants and edible plants
- Culinary Arts with wild food
- Herbal First Aid
- Teas
- Tinctures
- Salves
- Cosmetic uses
- Fermented foods
- Taboo foods
- Learning about traditional plants in your Native language
- Alaska Plant Guide with Native names, scientific names, and English names
- Seed saving
- Propagating
- Field trips to accompany workshops
- Preserving plants
Potential Partners

- Alaska Center for the Environment
- Alaska Department of Natural Resources Palmer’s Ethnobotanist seed bank
- Alaska Federation of Natives
- Alaska Humanities Forum
- Alaska Native Knowledge Network, UAF
- Alaska Native Language Center, UAF
- Alaska Native Tribal Health Consortium Healing Garden
- Alaska Sealife Center
- Arizona Integrated Medicine Program
- Bioprocessing Medicinal Gardening Complex at UH-Windward
- Botanical gardens within Alaska
- Community gardens
- Fairbanks Folk School
- First Alaskans Institute
- Gaalee’ya Camp
- Holistic medicine practitioners
- Individuals give plant talks/nature walks
- Museums with herbariums
- Native Chefs
- Native Plant Society
- Native Regional Corporations
- Native Village Corporations
- Nature Conservancy
- Northern Environmental Center
- Northern Susitna Institute, Talkeetna
- Osher Lifelong Learning for over 50’s
- Pacific High School
- Pre K through grade 12 schools
- Private foundations
- Private institutions of higher education
- Senior centers
- Totem Park Botanists
- Traditional Tribal Councils
- U. S. Forest Service
- U. S. Park Service
- UAF School of Education, Curriculum
- United Plant Savers Botanical sanctuary
- University of Alaska Fairbanks Summer Sessions
- University of the Arctic
- Watershed Councils
Earth and Sea Fusion Slaw

A mixture of any of the following greens, finely shredded: green cabbage, red cabbage, Tuscan kale, Russian red kale, dandelion greens, arugula, escarole, raddichio, frisée. Shred and toss all greens and seaweeds in a large bowl.

Handfuls of lovage, Italian parsley
Ponzu sauce, or Shoyu, or Tamari
Umeboshi plum vinegar
Lemon and lime juice
Ground coriander, oregano, thyme, smoked paprika
Garlic
Shallots or red onions, sliced razor thin
Olive oil

In a blender, combine liquids and spices, garlic, shallots, and ginger, etc. to taste, until no large chunks remain. Add some lovage and parsley and blend well. Taste and adjust seasonings accordingly – the dressing should be lemony and garlicky, pungent with notes of shallot, lovage, and thyme. Toss dressing with greens and stir very well to coat completely. Marinating in this dressing will soften the kale and dried seaweeds to the right consistency. 

Julianne McGuinness

Fiddlehead & Wild Rice Casserole

Ostrich Fern - Matteuccia struthiopteris
Lady Fern - Athyrium Felix-feminine
Shield Fern - Dryopteris dilatata

Collect Fiddleheads only when fully coiled and about 6-8 inches high. Gathering time is about 3 weeks in May. Don’t eat mature fronds, as they become toxic with age. When gathering take 2 of 5 or 3 of 6 fronds, don’t pick all the fronds from a single rosette or from the same rosette more than once per season. Fiddleheads can be served in omelets, casseroles, stir-fries, in salads and on pizzas.

Make the Fiddlehead Casserole a vegetarian dish or with 4 slices of bacon. Start cooking 2 cups of wild rice. Dice one yellow onion and 4 stalks of celery and sauté till tender. Wash 4-5 cups of fiddleheads, clean off the brown coating, then cut into halfs. Cut stems into half-inch strips. Add to sautéed dish and cook until tender. Add the cooked wild rice into the casserole dish and add soy sauce or Tamari to taste, stir gently. Serve immediately.

Melissa Nelson for Grandmother Rita
Alaska Bog Blueberry Fruit Leather  
*Vaccinium uliginosum*

3 cups frozen or fresh blueberries  
1 cup apple sauce  
Optional sweetener to taste: sugar, brown sugar, or honey - makes it stickier

Puree berries in a blender until well blended with no lumps. Mix in apple sauce and taste. Add sweetener if necessary. Line a cookie sheet with parchment paper or microwave-safe plastic wrap - not waxed paper. Pour the puree onto the sheet so it is about 1/8 inch thick and about 1 inch away from the edge of the paper or plastic. Place cookie sheet in the oven at 135°F and leave the door open a crack to allow moisture to escape. Fruit leathers dry slowly. In ovens they may be finished in about 7-8 hours. A dehydrators can also be used and may take up to 24 hours to dry. Test the leather with your finger. If it is sticky on the surface it is not done. If it does not peel off the parchment or tray, it is not done. When finished, peel the leather off the paper or tray and place onto a clean sheet of plastic wrap or cut into bite sized pieces with a pizza cutter.

Patricia Holloway

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Spruce Tip Short Bread - Gluten Free

½ cup fresh spruce tips (buds)  
¼ cup sugar  
1 cup gluten free flour blend  
⅛ pinch salt  
½ cup (1 stick) salted butter, cut into chunks

Chop spruce tips. Add the flour, sugar, and salt mix thoroughly. Mix in the butter and stir until the dough is crumbly and starting to come together. Press into an 8 x 8 baking pan. Cover it with plastic wrap and chill for 30mins. While dough is chilling, preheat oven to 350°F about 25-30 minutes. Bake until lightly golden.

Leah Walsh

Garlic Sesame Salmon

1 filet of salmon (about 3 lbs.) cut into 8 pieces  
6 T soy sauce or tamari  
6 cloves garlic, grated  
2 T butter, melted  
8 T black and white sesame seeds

Mix soy sauce and grated garlic and pour into casserole dish. Place salmon flesh side down in mixture. Marinate up to an hour. Meanwhile, toast sesame seeds in hot skillet. Place half of sesame seeds in Cuisinart or spice grinder and pulse until partially ground. Mix with whole seeds and place in shallow bowl. Preheat oven to 375°F and remove fish from refrigerator. Brush fillets with melted butter and press into sesame seeds to form thick crust. Bake for about 15 minutes.

Fireweed Dinner Service, Sitka

Serve with salmon with rhubarb sauce; recipe can be found at: http://seattletimes.com/html/foodwine/2002895959_halibut29.html
Hibiscus or Hau
*Hibiscus tiliaceus*

In Hawai‘i it’s called Hau. The strong inner bark is used for making rope or cordage. The trees are indigenous to the Pacific and are found in coastal areas. The flowers bloom yellow in the morning, then change to orange later in the day. They fall from the tree around 4:30 in the afternoon. Parents used to tell their children to come home when the Hau flowers start to fall off the tree.

*Lisa Schattenburg Raymond*

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Spanish Needle
*Bidens pilosa*

Originally from Asia, the Spanish Needle grows as weeds in warm, wet climates, it is naturalized in Hawai‘i. The leaves and stems are dehydrated, ground into powder for tooth cleaning. The extract from the leaves and stems inhibit the growth of three pathogens in the mouth that cause gingivitis and periodontitis.

*Dr. Ingelia White*

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Stinkweed, Wormwood, or Artemisia
*Artemisia tilesii*

Artemisia is often used as a tincture for sore throats, coughs and colds. To make a tincture I cut the fresh leaves into small pieces, place them in a jar and cover them with vinegar. Then I place the jar in the refrigerator and shake it daily for up to six weeks adding more vinegar as needed to keep the leaves covered with liquid. At the end of the six weeks I strain the liquid from the plant material and keep it in a jar in the refrigerator. With the onset of cold symptoms take a tablespoon of tincture three to four times a day by the tablespoon full or added to a cup of warm water.

*Darla Brown*
The process to find new directions for the Ethnobotany Program at KuC was an experience akin to gathering berries or greens. We began the All Hands Gathering with learning our purpose, finding out about each other and the EBOT program. To fill our buckets with the fruits of the new directions we were seeking, we began by Looking Back at what the program has accomplished, we discussed Where We Are Today which included information on the USDA Drumbeats grant and challenges to deliver Ethnobotany within the university system. Then we Looked Forward with ideas for new directions through a group visioning session.

Ideas generated were placed into four themes: Academic, Programmatic, Student-based, and Partnerships. The ideas were further refined with the EBOT Advisory Council who distinguished Doable Activities, those ideas that can be carried out with existing faculty and staff members, from those that require additional resources. These new directions are shown in the Activities for New Directions column in the table below.

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<td>• Network within UA; with UH</td>
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<td>• Expand Advisory Council to UH and current EBOT students</td>
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The EBOT All Hands Gathering was convened May 29 - 31, 2014 at the end of a two-week intensive Introduction to Ethnobotany course held for the first time in Sitka, Alaska. The residents of Sitka were invited to hear student presentations that went on most of the afternoon and early evening of the first day of the Gathering.

The public was also invited to two activities on the closing day: Anore Jones keynote address on Plants That We Eat, and to a dinner potluck at the Sheet’ka Kwaan Naa Kahidi Community House. The evening festivities included Naa Kahidi Tlingit dancers, local foods and local vendors, and entertainment by a local band, Slack Tide.
This project was supported by Agriculture and Food Research Initiative Competitive Grant # 2011-38426-30621 from the USDA National Institute of Food and Agriculture.