



Introducing: Q'wemtsín Health Society's Indigenous Food Sovereignty video series

Seed to harvest, Language and Traditional Practices

In collaboration with three communities; Skeetchestn Indian Band, Tk'emlúps te Secwépemc and Whispering Pines/Clinton Indian Band, the Q'wemtsín Health Society (QHS) has created a series of videos to promote growing and sharing food in their communities. Working with students, teachers, Elders, and knowledge keepers, each video teaches skills about foodways to encourage knowledge sharing and healing.



9 Videos in total – watch them all!

The videos promote healthy local food in school and were made for students, teachers, and the whole community.

The videos provide information on different aspects of gardening and teachings of the Secwepemctsin language.

1. Elkstwécw ne tmicw – Working Together on the Land (5:11 min)
2. Starting Seeds (15:30 min)
3. Preparing the Garden (5:18 min)
4. Transplanting & Garden Tips (11:07min)
5. Companion Planting & the Three Sisters (10:53 min)
6. Composting (22:33 min)
7. Caring for the Garden (13:29)
8. Harvesting (5:34)
9. Pexpíxem ne Secwepemcúlecw – Hunting in Secwepemcúlcw (9:56 min)

For more information:

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Find the full video series at:

<https://www.farmtocafeteriacanada.ca/2022/05/qwemtsin-health-societys-indigenous-food-sovereignty-video-series/>

Looking for more resources? Visit <https://farmtocafeteriacanada.ca/nourishing-relations-resources/>