

WILD FOODS & MEDICINES PROGRAM VIDEO LINKS



TEND, GATHER AND GROW CURRICULUM

GRuB Vimeo Page: <https://vimeo.com/grubinoly>

Honoring Plants, Places, and Cultural Traditions: <https://vimeo.com/464023111>

Alder: <https://vimeo.com/571847275>

Bigleaf Maple: <https://vimeo.com/571847692>

Douglas Fir: <https://vimeo.com/571848197>

Traditional Cooking Methods – Bentwood Box: <https://vimeo.com/725835061>

Traditional Cooking Methods – Camas: <https://vimeo.com/725837461>

Online Workshops

Wild Edible Berry Toolkit for families: <https://vimeo.com/431538703> Password: wild berries

Wild Spring Greens: <https://vimeo.com/401427062>

Tree Communities – Student Green Congress: <https://youtu.be/zkVnR3uF8ow>

PLANT TEACHINGS FOR GROWING SOCIAL-EMOTIONAL SKILLS MOVEMENT VIDEOS

Cottonwood with Chenoa Egawa: <https://vimeo.com/614101167>

Hawthorn with Chenoa Egawa: <https://vimeo.com/478301976>

Nettle with Chenoa Egawa: <https://vimeo.com/478300727>

Plantain with Chenoa Egawa: <https://vimeo.com/478301204>

Willow with Chenoa Egawa: <https://vimeo.com/585505322>

Yarrow with Chenoa Egawa: <https://vimeo.com/478301512>

Native Berry Walk with Rachel Smart: <https://vimeo.com/585518414>

CEDAR BOX STORIES (NORTHWEST INDIGENOUS FOODS)

Storytelling with Roger Fernandes: <https://vimeo.com/cedarboxstories>

Camas: Attention to the seasons: <https://vimeo.com/163888029>

Clams: Growing in community together: <https://vimeo.com/163884736>

Deer and Elk: https://www.youtube.com/watch?v=_xUpUnG3lrE#t=19

Huckleberry: Traditional foods are whole foods: <https://vimeo.com/163879444>

Nettles: Generations of Traditional Knowledge: <https://vimeo.com/user15256940>

How Nettle Saved the People: Roger Fernandes (Lower Elwha) <https://vimeo.com/90379255>

Salmon: More than Just food: <https://vimeo.com/user15256940>

Seaweed: A source of superfood energy: <https://vimeo.com/164168950>

Cooking with Seaweed: <https://www.youtube.com/watch?v=fPnC8FyOqOY>

Shellfish: Seeds for the next generation: <https://vimeo.com/189871226>

SWINOMISH 13 MOONS CURRICULUM:

Moon of the Salal Berry: https://www.youtube.com/watch?v=nmyXycR_a7s

Moon of the Blackberry: <https://www.youtube.com/watch?v=2bH7m0KKbSc>

Moon of the Salmonberry: <https://www.youtube.com/watch?v=36Ffw09CYGo>

Moon of Digging Time (Camas): https://www.youtube.com/watch?v=_ae47szJ6XE

Swinomish Community Visits a Clam Garden: <https://www.youtube.com/watch?v=9dDesE4u07U>

OTHER VIDEOS

Plant Stories to Light Our Way: <https://vimeo.com/91341869>

Healing Gardens at Northwest Indian Treatment Center: <https://www.youtube.com/watch?v=Tgu9KEFxFwo>

History is Unwritten: <https://vimeo.com/26927439>