

## Tribal and Traditional Foods Video Links

### **NWIC Cooperative Extension**

videos including clams, nettles, salmon

<https://vimeo.com/user15256940>

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

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

### **Longhouse Media**

<https://vimeo.com/longhousemedia>

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

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

Elderberry Medicine: <https://vimeo.com/longhousemedia>

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

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

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

### **Plant Teachings for Growing Social-Emotional Skills Curriculum**

Movement Videos from Chenoa Egawa: <https://vimeo.com/grubinoly>