

CATEGORY: POPULATIONS/PROGRAMS

Indigenous People & Plant-Based Programming

Indigenous peoples hold connections to their land, its plants and animals as sacred. Different terms are used by and for these populations including Indigenous, Aboriginal, First Nations, Inuit, Metis (Canada), Indian, and Native American, these representing diverse groups of people in many different locations. Other countries including Australia, Taiwan and African countries acknowledge their Indigenous peoples to varying degrees.

Connection to the land is important to Indigenous peoples as are traditional ecological knowledge, Indigenous land-based sustainability practices, and cultural traditions. Using the horticulture for health framework (Fleming, 2021) the resources in this document have been compiled identifying plant-based activity where social interactions, therapeutic programming, nutrition, and gardening practices impact Indigenous people, their health and wellbeing.

This collection of resources identifies plant-based programs that are wide-ranging, listed in the section [Examples of Indigenous peoples and plant-based programming](#). There are 46 examples at schools, communities and community gardens, food forests, hospitals, non-profits, farms, networks, nutrition services, grasslands, plant project sites, Indigenous Food Lab training center, conferences, meal programs, parks, restaurants, colleges, and Indigenous organizations. A very limited number of the programs involve horticultural therapy.

A listing of websites, videos and webinars with the same focus—plant programs with Indigenous people—follows the program models section with 33 examples. They too are diverse and include nurses' associations, reading lists for Native American Heritage Day, *Civil Eats* online site, food security/advocacy/sovereignty organizations, multiple Indigenous organizations' websites and resources, university sites, podcasts and webinars highlighting Indigenous ways of life, school resources, a Native American ethnobotany database, and online Indigenous cookbooks.

Research topics span a wide array of topics with food, traditional foodways and food security being the most prevalent (Ahmed et al., 2024; Bokelmann et al., 2022; Carroll et al., 2025; Kuhnlein & Turner, 2020). Other research topics within the horticulture for health framework have examined cultural/food connectedness as obesity prevention (Cueva et al., 2020), forest gardens (Mkomose, 2022; Lundy et al. 2020) health services evaluations (Rink, et al., 2024; Taniguchi et al., 2022; Wu et al., 2025), and plant-based programs (Lopes et al., 2024; Ornelas et al. 2021).

Research involving plant-based programs with Indigenous peoples have investigated classroom curriculum on Indigenous foodways (Birkenbuel, 2023); group gardening in a native American community (Brown et al., 2020); community gardening (Emmanuel et al., 2023); implementation of the Learning Circle, a local food to school initiative (McEachern et al., 2022); and Navajo Gardening for Health within a school setting (Ornelas et al., 2021). Additional

Specific plants important in traditional cultures are examined (Densmore, 2028; Arnason et al., 1981) including elderberry (Garrett, 2025), sweetgrass, sage, cedar, wild rice (Nunes, 2012; Indigenous Corporate Training Inc., 2026), and grains (Birch et al., 2023; Nunes, 2012).

For related resources refer to category Plant-Based Food, Plant-Based Nutrition & Food Security Initiatives; Landscapes for Health: School Gardens, & category Horticultural Therapy & Health Services:

Key Organizations

[Centre for Indigenous Research and Community-Led Engagement](#), University of Victoria, BC.
[Farm to Cafeteria Canada – Indigenous Foodways](#)
[Farm to School in Native Communities](#)
[Feed American \(Indigenous challenges and solutions\)](#)
[First Nations Development Institute](#)
[Indigenous Food Systems Network](#)
[Indigenous Services Canada](#)
[Kids Gardening](#)
[National Congress of American Indians \(NCAI\)](#)
[Native American Food Sovereignty Alliance](#)
[Newfoundland Indigenous Peoples Alliance](#)
[North American Traditional Indigenous Food Systems \(NATIFS.org\)](#)
[Partnership With Native Americans](#)
[USDA Food and Nutrition Service](#) - Food Distribution Program on Indian Reservations
[Working Group of Indigenous Food Systems](#)
[Youth Food Leaders Program](#) with Mi'kmaw Native Friendship Center & Native Council of Nova Scotia

Books, journals & epublications on Indigenous people & plant-based programming

Altamirano-Jiménez, I., & Kermoal, N. (Eds.). (2016). *Living on the land: Indigenous women's understanding of place*. Athabasca University Press.
[Cooking healthier with FDPIR foods.](#)
[Cooking in two worlds – A process guide for incorporating Indigenous foods into institutions. Bridging two worlds with Indigenous foods.](#)
Densmore, F. (1928). *How Indians use wild plants for food, medicine & crafts*. Courier Dover Publications.
Indigenous Corporate Training Inc. (2026). *Indigenous peoples: A guide to terminology usage tips & definitions*.
International Indigenous Policy Journal
International Journal of Indigenous Health
Indigenous Policy Journal
Journal of Indigenous Wellbeing: Te Mauri – Pimatisiwin
Junior Master Gardener curricula <https://jmgkids.us/kids-zone/>
Kavasch, EB. (2002). *The medicine wheel garden: Crating sacred space for healing, celebration and tranquility*. Bantam.
Kuhnlein, H., & Turner, N. (2020). *Traditional plant foods of Canadian indigenous peoples: Nutrition, botany and use*. Routledge.
Nath, S. (2025). *Healing the broken circle: Moving mental health care beyond Western walls for Indigenous veterans*. Sage Publications.
[Native farm to school guide: Connecting traditional foods, stories, language, and community.](#)
[Native Governance Center](#) resources
United Nations. (2007). [United Nations declaration on the rights of Indigenous Peoples.](#)
Working Group of Indigenous Food Systems. (n.d.). [From the ground up toolkit for Indigenous food sovereignty planning.](#)

Research & articles on Indigenous populations & plant-based programming

Recently published selected research & articles:

- Ahmed, F., Moriarity, R.J., Spence, ND. et al. (2024). Adaptation in adversity: Innovative approaches to food security amidst COVID-19 in a remote First Nations community in Canada. *BMC Public Health*, 24(1).
- Arnason, T., Hebda, R.J., & Johns, T. (1981). Use of plants for food and medicine by Native Peoples of eastern Canada. *Canadian Journal of Botany*, 59(11).
- Birch, J., Benkendorff, K., Liu, L., & Luke, H. (2023). The nutritional composition of Australian native grains used by First Nations people and their re-emergence for human health and sustainable food systems. *Front. Sustain. Food Syst.*, 7.
- Birkenbuel, R. (2023). [Indigenous foodways are the focus in a growing number of classrooms](#). *Civil Eats.com*.
- Bokelmann, W., Huyskens-Keil, S., Ferenczi, Z., & Stöber, S. (2022). The role of indigenous vegetables to improve food and nutrition security: Experiences from the project HORTINLEA in Kenya (2014–2018). *Front. Sustain. Food Syst.*, 6.
- Brown, B., Dybdal, L., Noonan, C. et al. (2020). Group gardening in a native American community: A collaborative approach. *Health Promot Pract.*, 21(4).
- Carroll, D., Plume, LM., & Redvers, N. (2025). Food access interventions in American Indian and Alaska Native communities: A scoping review. *Journal of Agriculture, Food Systems, and Community Development*, 14(1).
- Cheran, K., Murthy, CA., Bornemann, E. et al. (2023). The growing epidemic of diabetes among the Indigenous population of Canada: A systematic review. *Cureus*, 15.
- Collins, KA., Huyser, KR., & Johnson-Jennings, M. (2025). Planning for your CANOE (Circumspect Awareness and Navigation of Outcomes and Expectations) journey in community-engaged research with Indigenous communities. *The Lancet Global Health*, 13(9).
- Companion, M. (2013). Lesson from the 'Bucket Brigade': Using social ecology and empowerment models to address nutritional education and cultural invigoration among urban Native American adults. *Indigenous Policy Journal*, 24(1).
- Cueva, K., Speakman, K., Neault, N. et al. (2020, June). Cultural connectedness as obesity prevention: Indigenous youth perspectives on Feast for the Future. *J Nutr Educ Behav.*, 52(6).
- DeBruyn, L., Fullerton, L., Satterfield, D., & Frank, M. (2020). Integrating culture and history to promote health and help prevent Type 2 diabetes in American Indian/Alaska Native communities: Traditional foods have become a way to talk about health. *Prev Chronic Dis.*, 17.
- Emmanuel, R., Read, UM., Grande, AJ., & Harding, S. (2023). [Acceptability and feasibility of community gardening interventions for the prevention of non-communicable diseases among Indigenous populations: A scoping review](#). *Nutrients.*, 15(3).
- Fleming, L. (2021). [Horticulture for health framework](#). *Acta Hortic.*, 1330.
- Foodtank. (2021). [Indigenous food security at risk following push for conservation plan](#).
- Garrett, R. (2025). [Elderberry is a sacred Indigenous plant. Should it be monetized?](#) *Civil Eats.com*.
- Hanbazaza, MA., Triador, L., Ball, GD. et al. (2015). The impact of school gardening on Cree children's knowledge and attitudes toward vegetables and fruit. *Can J Diet Pract Res.*, 76(3).
- Hay, E. (2025). Towards an indigenous and traditional "pedagogy of repair": An ecological approach to environmental education. *South African Journal of Philosophy*, 44(1).

- Hollis, A., & Bruno, B. (2021). The effects of horticultural therapy on at-risk youth. *ISHS Acta Horticulturae 1330: XV International People Plant Symposium and II International Symposium on Horticultural Therapies: The Role of Horticulture in Human Well-being and Social Development. Symposium on Horticultural Therapies: The Role of Horticulture in Human Well-being and Social Development.*
- Indigenous Corporate Training Inc. (2026). [Indigenous sacred plants: Sweetgrass](#). ICTINC.ca.
- Indigenous Corporate Training Inc. (2026). [A definition of smudging](#). ICTINC.ca.
- Indigenous Corporate Training Inc. (2013). [Indigenous sacred plants: Sage](#). ICTINC.ca.
- Johnson-Jennings, M., Huyser, KR., Collins, KA. et al. (2025). “And they are still the guardians of these sacred waters...”: Land as a process of reconciliation. *American Psychologist*, 80(4).
- Johnson-Jennings, M., Koushik, P., Olson, D. et al. (2020). [Ode’imin Giizis: Proposing and piloting gardening as an Indigenous childhood health intervention](#). *Journal of Health Care for the Poor and Underserved*, 31(2).
- Kingsley, J. (2024). Nature as infrastructure to improve health: Drawing on gardening and Indigenous health and connection to land research. *Oxford Open Infrastructure and Health*, 2.
- Kumbham, R. (2025). Transforming barren land into green learning spaces: The cognitive and emotional impact of low-cost greening interventions in Indian Government Schools. *International Journal on Science and Technology*, 16(3).
- Kurth, AM., Narvaez, D., Kohn, R., & Bae, A. (2020). Indigenous nature connection: A 3-week intervention increased ecological attachment. *Ecopsychology*, 12(2).
- London Health Sciences Center. (2025). [Embracing traditional medicines through LHSC’s Indigenous Healing Garden](#). LHSC.on.ca.
- Lopes, CVA., de Sousa Alves Neri, JL., Hunter, J. et al. (2024). [Interventions and programs using Native foods to promote health: A scoping review](#). *Nutrients*, 16(23).
- Lundy, T. (2021). [Seeing the garden through the trees: The Indigenous forest gardens of coastal B.C.](#) *Canadian Geographic*.
- McEachern, LW., Yessis, J., Yovanovich, J. et al. (2022). Implementation of the Learning Circle: Local food to school initiative in the island communities of Haida Gwaii, British Columbia, Canada—A descriptive case study. *Curr. Dev. Nutr.*, 6.
- McGuire-Adams, T. (2023). Anishinaabeg elders’ land-based knowledge: Enacting Bagijigan for health and well-being. *International Indigenous Policy Journal*, 14(2).
- Mkomose (Dr. Andrew Judge). (2022). [‘Today we have gardens but before we designed... entire landscapes’ \[Indigenous food forests shaped our ecosystems\]](#). *World Wildlife Federation.ca*.
- Monteith, H., Hiscock, EC., Sadegh, IY. et al. (2023). Indigenous food systems changes and resiliency: Protocol for a scoping review. *JMIR Res Protoc.*, 12.
- Moscou, K. (2022). [Planting seeds of change: Voices of Indigenous youth on wholistic health](#). *International Indigenous Policy Journal*, 13(2).
- Mucioki, M., Kelly, S., Holen, D. et al. (2025). Gardening practices in Alaska build on traditional food system foundations. *Agriculture and Human Values*, 42(2).
- Muller, MK. (2018). [Promoting or protecting traditional knowledge? Tensions in the resurgence of Indigenous food practices on Vancouver Island](#). *International Indigenous Policy Journal*, 9(4).
- Nelson, K. (2025). [Indigenous food reciprocity as a model for mutual aid](#). *Civil Eats.com*.
- Nelson, K. (2025). [Native youth learn to heal their communities through mycelium](#). *Civil Eats.com*.
- Nelson, K. (2023). [Tribes are building food sovereignty with help from the nation’s largest hunger-relief group](#). *Civil Eats.com*.
- Nunes, M. (2012). [The name of the grain \[wild rice\]](#). *Spezzatino.com*.

- Ornelas, IJ., Rudd, K., Bishop, S. et al. (2021). Engaging school and family in Navajo Gardening for Health: Development of the Yéego intervention to promote healthy eating among Navajo children. *Health Behav Policy Rev.*, 8(3).
- Porter, CM., Wechsler, AM., Naschold, F. et al. (2019). Assessing health impacts of home food gardens with Wind River Indian Reservation families: Protocol for a randomized controlled trial. *BMJ Open*, 9(4).
- Richmond, C., & Dokis, B. (2023). We make it work because we must’’: Narrating the creation of an urban Indigenous food bank in London, Ontario, Canada. *Land*, 12.
- Rink, E., Stotz, SA., Johnson-Jennings, M. et al. (2024). We don’t separate out these things. Everything is related: Partnerships with Indigenous communities to design, implement, and evaluate multilevel interventions to reduce health disparities. *Prevention Science*.
- Sarkar, D., Walker-Swaney, J., & Shetty, K. (2020). Food diversity and Indigenous food systems to combat diet-linked chronic diseases. *Curr. Dev. Nutr.*
- Stroink, ML., & Nelson, CH. (2009). Aboriginal health learning in the forest and cultivated gardens: Building a nutritious and sustainable food system. *J. Agromed.*, 14.
- Taniguchi, T., Haslam, A., Sun, W. et al. (2022). Impact of a Farm-to-School nutrition and gardening intervention for native American families from the FRESH Study: A randomized wait-list controlled trial. *Nutrients*, 14(13).
- Timler, K., & Sandy, DW. (2020). Gardening in ashes: The possibilities and limitations of gardening to support Indigenous health and well-being in the context of wildfires and colonialism. *International Journal of Environmental Research and Public Health*, 17(9).
- Timler, K., Varcoe, C., & Brown, H. (2019). Growing beyond nutrition: How a prison garden program highlights the potential of shifting from food security to food sovereignty for Indigenous peoples. *International Journal of Indigenous Health*, 14(2).
- Tome Kubo, M. (2025). [COP30 Elevated the role of tropical forests, Indigenous peoples, and cities.](#) *The Dirt.com*.
- Winstead, DJ., Jacobson, MG., & Di Gioia, F. (2023). Valorizing staple Native American food plants as a food resilience resource. *Frontiers in Sustainable Food Systems*, 7.
- Wu, TC., Wang, YS., & Chiu, YS. (2025). Role of horticultural programs in promoting health among indigenous older adults: A perspective from the Amis tribe. *Taiwan Gong Gong Wei Sheng Za Zhi*, 44(4).
- Zavaleta-Cortijo, C., Ford, JD., Arotoma-Rojas, IN. et al. (2020). Climate change and COVID-19: Reinforcing indigenous food systems. *Lancet Planet Health*, 4(9).

Examples of Indigenous peoples & plant-based programming

Bush Heritage Australia non-profit buys and manages land and partners with Aboriginal people to conserve magnificent landscapes and native species. Working with 11 Aboriginal groups on their land and sea country, and 14 traditional Owner (Aboriginal) groups on their reserves, nature-focused activities deliver conservation and socio-economic outcomes.

<https://wildernessfoundation.org.uk/bush-heritage-australia/>

Canadian Farm to Cafeteria Project supports Indigenous school communities partnering with Indigenous and non-Indigenous organizations, guided by a Circle of Advisors to create more capacity for Indigenous food and includes harvesting, preserving, growing and serving locally sourced plants and foods, with engagement and education about Indigenous foodways and food skills.

<https://www.farmtocafeteriacanada.ca/indigenous-foodways/>

Elderberry Wisdom Farm non-profit in Oregon, uses traditional knowledge to tend native plants and train Indigenous people for careers in agriculture recognizing the spiritual and emotional relationship to the elderberry with an obligation to care for it.

<https://www.elderberrywisdom.org/>

Farm to School in Native Communities, a program partnering with *National Farm to School Network*, collaborates with Native partners to celebrate Native peoples' connection to land, food and community across generations, exploring opportunities for expanding and sustaining farm to school in Native communities like developing school menus that include traditional foods, planting heritage orchards, tribal seed banks and reinvigorating Native foodways.

<https://www.farmentoschool.org/our-work/native-communities>

Feasting for Change Dinner: Shuswap brings together local farmers, hunters, and gatherers for a meal prepared with local ingredients to raise funds for food security activists to attend the BC Food Systems Network Gathering.

<https://www.indigenousfoodsystems.org/content/feasting-change-shuswap>

Food Distribution Program on Indian Reservations delivered through *USDA Food and Nutrition Service* seeks to provide USDA foods to income-eligible households living on Indian reservations and to Native American households in designated areas.

<https://www.fns.usda.gov/fdpir/food-distribution-program-indian-reservations>

Foraging with Kids in Mi'kma'ki initiative from *Nourish Nova Scotia*, is a 4-season activity with a guide that includes Mi'kmaw plant names, identification tips and recipes for 12 wild foods in NS.

<https://nourishns.ca/resource/foraging-with-kids-in-mikmaki/?fmid=7&fmt=Website&fmtags=851&fmtoken=r3hbUZ1iYLk>

Grasslands Celebration in Lac du Bois/Kamaloops BC. invites people to explore the grasslands with free field trips and exhibits to learn about the unique animals and plants of this geographical area important to Indigenous peoples.

<https://www.indigenousfoodsystems.org/content/grasslands-celebration-o>

Growing Food on the Land in Indigenous School Communities webinar was developed by Jennifer Cameron and Kristen Schott, *Beardys Okemasis First Nation*.

<https://www.farmtocafeteriacanada.ca/2023/06/webinar-recording-growing-food-on-the-land-in-indigenous-school-communities/>

Gwaii Haanas native plants of ecological and cultural importance are being acknowledged and restored in project *Llgaay gwii sdiihlda - Restoring Balance*, to re-establish native flora and fauna by removing invasive Sitka black-tailed deer, monitoring soil conditions, with vegetation growth, forest regeneration, creation of a traditional medicine cabinet, and regeneration of cedar growth in the temperate rainforest.

<https://parks.canada.ca/pn-np/bc/gwaiihaanas/nature/conservation/restoration/restoration/retablir-restore-1>

Hardin School District 17H&1 on the Crow Reservation: Crow National (Montana) “partnered with local entities to empower students to learn about traditional foods, preparation, storage and ceremony, and created a native orchard with native berries like buffalo berries, june berries and chokecherries.”
<https://www.hardin.k12.mt.us/> <https://www.farmtoschool.org/our-work/native-communities>

Hydaburg City School – “*Hydaburg, Prince of Wales Island: Haida Nation (Alaska)* connected students with locally grown and traditional foods (such as rutabagas, parsnips and the Haida potato) by expanding the existing school garden to include a greenhouse. In May, students celebrated *Haida Day* by giving Elders a tour of the new greenhouse and learning about the village’s old garden site.”
<https://www.hydaburg.k12.ak.us/> <https://www.farmtoschool.org/our-work/native-communities>

Indian Township School – “*Indian Township Reservation: Passamaquoddy Tribe (Maine)* engages students in traditional growing practices by reviving an existing greenhouse and school garden. Students caught fish to be used as garden fertilizer, and learned planting techniques like the Three Sisters. Food grown in the garden supplemented the school lunch program, summer food service and elderly food site.”
<https://www.maineindianeducation.org/o/its>
<https://www.farmtoschool.org/our-work/native-communities>

Indigenous Diet Challenge began as a strategy to survive the winter on Indigenous foods, including preparing and setting aside food throughout the year, and forming Indigenous food cooperatives.
<https://www.indigenousfoodsystems.org/content/indigenous-diet-challenge>

Indigenous Food and Freedom School based on the concept of Freedom Schools, has been developed by IFFS to share teachings for this population in relation to food.
<https://wgifs.org/indigenous-food-and-freedom-school/>

Indigenous Food Lab training center, in Minneapolis MN, part of *North American Traditional Indigenous Food Systems*, delivers courses about Indigenous foods, creating a market space for Indigenous foods, developing an open-source video library, and acting as a regional center point for food access expected to expand across the US.
<https://www.youtube.com/watch?v=zkuJJStDWvE>

Indigenous Food Reciprocity, a model for mutual food aid, with a focus on the collective community, continues to this day, begun centuries ago.
<https://civileats.com/2025/03/03/indigenous-food-reciprocity-as-a-model-for-mutual-aid/>

Indigenous Food Systems Network, developed by *Working Group of Indigenous Food Systems (WGIFS)*, provides profiles of projects by community (ie. Lakes Secwepemc, BC), information, events, community networks, activities, resources and definitions of Indigenous food sovereignty.
<https://www.indigenousfoodsystems.org/food-sovereignty>

Indigenous Tree Planting Day at Saulteau First Nations in Moberly BC. is collecting Indigenous fruitbearing bushes and trees from uncontaminated areas and transplanting them into their Community Garden.
<https://www.indigenousfoodsystems.org/content/indigenous-tree-planting-day-saulteau-first-nation>

Indigenous Wellness Space at Toronto's Sunnybrook Hospital Bayview Campus provides a room for Indigenous community members and families for meetings and ceremonies; [plant] medicine bundles, ceremonial drum and rattle are available, with guidance from the Indigenous Community Advisory Council.

<https://sunnybrook.ca/indigenous-patients-community-members/>

International Funders for Indigenous Peoples Annual Conference, as an affinity group of the Council on Foundations, serving more than 200 individual and institutional grantmakers is committed to sharing knowledge, building coalitions, and increasing funding to Indigenous peoples.

<https://www.indigenousfoodsystems.org/content/international-funders-indigenous-peoples-ninth-annual-conference-building-and-sustaining-coa>

Junior Master Gardener Learn, Grow, Eat & Go program is an interdisciplinary program with academic focus, gardening, nutrient-dense food experiences and physical activity, not specific to, but relevant to Indigenous students.

<https://jmgkids.us/lgeg/>

Kâpapâmahchakwêw – Wandering Spirit School in Toronto uses land-based learning drawing on traditional Indigenous foodways to work towards self-sufficiency and food sovereignty offering education tips for curriculum.

<https://www.farmtocafeteriacanada.ca/2025/10/kapapamachakwew-wandering-spirit-schools-land-based-learning-programming/>

Living Landscapes of SGang Gwaay project to restore a Haida Heritage Site, also a UNESCO World Heritage site, involved Indigenous community members, *Haida Nation*, *Haida Gwaii Museum*, *Government of Canada* working with *Parks Canada* to promote cultural stewardship addressing climate generated damage, habitat restoration, documentation/processing of seed concentrations, animal bones and artifacts.

<https://parks.canada.ca/pn-np/bc/gwaiihaanas/nature/conservation/restoration-restoration/vivants-living>

Mala'ai Middle School's Hawaiian Culinary Garden is a one-acre ecosystem classroom with native, endemic edibles and craft crops, part of *Hawai'i Island School Garden Network*.

<https://malaai.org/>

Meals for Native Institutions (MNI) Program, developed by *North American Traditional Indigenous Food Systems*, is developing a bold new approach to restoring Indigenous food systems by scaling up the production and distribution of traditional, culturally grounded meals for delivery to Institutional partners (in Minnesota). Starting in 2026, MNI will deliver ready-to-eat meals containing Indigenous ingredients to schools, healthcare centers, tribal colleges, and elder programs.

[Meals for Native Institutions \(MNI\) Program - NATIFS](#)

Mmoominkewin Gathering in 2024 celebrated the harvesting of the Indigenous sacred seed.

<https://foodsecurecanada.org/2024/10/16/mnoominkewin-gathering/>

Natives Prepared Project, delivered through *Feeding American* in partnership with *Native Americans* (PWNA) developed and supported multi-level community-based training program to enhance community resilience during large-scale disruptions and disasters linking disaster preparedness with food access and food sovereignty.

<https://www.prnewswire.com/news-releases/partnership-with-native-americans-and-feeding-america-team-up-to-improve-food-sovereignty-and-emergency-preparedness-301773716.html>

Ne'ata'q Food Forest is a pilot program of *Cafeteria to Compost program* (through *Nourish Nova Scotia*) at Lunenburg NS *Bluenose Academy*.

<https://foodforestatbluenose.ca/>

Northeast Farmers of Color Land Trust (NEFOC) affiliate advocates and acts for future food and land sovereignty through permanent and secure land tenure for Indigenous, Black Latinx and Asian farmers honoring their ancestors' dreams for regenerative farming, sustainable human habitat, ceremony, native ecosystem restoration and cultural preservation.

<https://nefoclandtrust.org/>

Nutrition Education for Native American, a program developed in partnership with NAFDPIR (*National Association of Food Distribution Programs on Indian Reservations*) and the *Fist Nations* seeks to increase access to culturally-based nutrition education providing funding for resources, and videos compiled into a toolkit.

<https://www.firstnations.org/publications/fdpiir-toolkit/>

Parks Canada (dept) "is committed to a system of national heritage places that recognizes and honors the historic and contemporary contributions of Indigenous Peoples, their histories and cultures, as well as the inherent relationships Indigenous Peoples have with their ancestral lands, waters and ice. Programs include Indigenous language place names, Indigenous leadership in conversation, Guardian and watchman programs, Indigenous relations/stewardship/guidance, as well as profiles of Indigenous Peoples conserving natural and cultural heritage sites.

<https://parks.canada.ca/culture/autochtones-indigenous>

Planting Justice nonprofit will have a nursery for organic trees and nursery start production, providing paid jobs, education and growing healthy local food economies.

<https://plantingjustice.org/pages/what-we-do/food-distribution>

Qajuqturvik Community Food Centre in Nunavut northern Canada builds food sovereignty in *Iqaluit* using food, traditions and a daily community hot meal, as well as offering *Piruytuviniit* food boxes, food education, these intended to increase healthy food access.

<https://www.qajuqturvik.ca/>

Smudging and ceremonial practices are offered at *Sunnybrook Hospital*, Toronto Canada for patients and community members.

<https://sunnybrook.ca/indigenous-patients-community-members/>

Soul Fire Farm's mission is to uproot racism and promote food/land sovereignty using an Afro-Indigenous centered community farm with farmer training, food justice workshops, home gardens, doorstep harvest delivery of food and policy education, and is based in Peterburg, NY.

<https://www.soulfirefarm.org/>

Spirit of the Sun non-profit offers cultural, culinary and wellness programming with Indigenous perspectives for Native community members including Indigenous science and foodways program, mycelium healing project, foodscapes demonstration garden, and elder food share program.

<https://www.spiritofthesun.org/>

Stedman Community Hospice in Brantford Ont. installed an outdoor labyrinth with Indigenous plants and signage, available to hospice patients, families and the larger community including *Six Nations* Indigenous community.

<https://www.sjlc.ca/stedman-community-hospice-1>

The Heirloom Garden Project and the related *Oral History Project* use agricultural life, stories from elders and Black and Indigenous people's history and experiences as platforms for preserving history, culture and food action.

<https://civileats.com/2024/06/04/oral-history-project-preserved-black-and-indigenous-food-traditions/>

Three Sisters Garden lesson plan for youth from *Kids Gardening*, includes materials list, background information, planting tips for the garden, with connections to nutrition, science, literature, social studies and Indigenous cultural information.

<https://kidsgardening.org/resources/lesson-plans-three-sisters-garden/>

Three Sisters Gardens, a Native-led nonprofit, has 6 locations with sustainable urban agriculture and education site, developed in partnership with the *City of Sacramento* seeking to empower youth through gardening grounded in traditional Native American values that prioritize respect for Mother Earth and all living things.

<https://www.3sistersgardens.com/about>

Tocabe Denver-based restaurant specializing in Native and Indigenous cuisine, donates Indigenous ingredients and ready-made meals to tribal communities across the U.S. using proceeds from its online marketplace.

<https://www.tocabe.com/>

United Tribes Technical College, Bismark N. Dakota has a food sovereignty program.

<https://old.uttc.edu/wp-content/themes/snodak-child-theme/files/land-grant/about/20-years-food-sovereignty.pdf>

Victoria Hospital's Indigenous Healing Garden, part of *London Health Sciences Center*, Ont. Canada, with a medicine wheel, the sacred medicines, in an outdoor space, is part of the facility's Indigenous Healing Space intended to advance reconciliation through inclusive care.

<https://www.lhsc.on.ca/news/embracing-traditional-medicines-through-lhscs-indigenous-healing-garden>

Working Group of Indigenous Food Systems, (WGIFS), seeks to carry the Indigenous voice in various meetings, conferences, discussions, research, policy and advocacy within the food security movement, while increasing awareness of issues, concerns, strategies and apply culturally appropriate protocols and ancient ways of knowing relating to Indigenous food, land, culture, health, economics and sustainability.

<https://www.indigenousfoodsystems.org/about>

Youth Food Leaders programming, centered around food skills and experiences, has been developed by Nourish Nova Scotia, Mi'kmaw Native Friendship Centre, Native Council of Nova Scotia (Dartmouth) and Urban Indigenous Youth.

<https://nourishns.ca/youth-food-leaders/>

Videos, websites & webinars on Indigenous peoples & plant-based programming

Aboriginal Nurses Association of Canada, and the Canadian Indigenous Nurses Association seek to enhance the health, status of First Nations, Inuit and Metis through culturally safe nursing practices and excellence in Aboriginal Health Nursing through workshops, conferences and partnerships with the Canadian Association of Schools of Nursing.

<https://www.casn.ca/2014/12/aboriginal-nurses-association-canada-canadian-association-schools-nursing-canadian-nurses-association-collaborate-strengthen-aboriginal-nursing-human-resources/>
<https://indigenousnurses.ca/>

Ashnola Indigenous Protected and Conserved Area video explains their role and work on habitat restoration and why land management matters. Rattlesnake, Lewis woodpecker habitats, white mark pine trees plantings, corridors for wildlife, assessing the conditions of the land, harmonious way with the land where connections to the land continue to be central to Indigenous cultures.

<https://www.bing.com/videos/riverview/relatedvideo?q=plants%20restoring&mid=E8D45A7F7002724BEBD2E8D45A7F7002724BEBD2&ajaxhist=0>

Big Green website offers many resources including Native American Heritage Day Reading List acknowledging cultural traditions with plant-themed books like *Braiding Sweetgrass*, *Healing Grounds* and *The Seed Keeper*.

<https://biggreen.org/resources/native-american-heritage-day-reading-list/>

Civil Eats website has articles regularly on Indigenous food systems, Indigenous foods with its Indigenous Foodways category.

<https://civileats.com/category/food-and-policy/indigenous-foodways/>

Cwelcwelt Kuk (*We are Well*) *Heal the People, Heal the Land* video demonstrates the garden that has become fertile ground for Indigenous food sovereignty, food growing techniques, a gathering space for land-based learning, and a site for food land conservation in the region.

<https://wgifs.org/indigenous-food-and-freedom-school/>

Farm to Cafeteria Canada website hosts resources on curriculum tools, funding, impacts and newsletters, with a webpage Nourishing Indigenous Foods and Foodways in Schools.

<https://www.farmtocafeteriacanada.ca/indigenous-foodways/>

[Feed American \(Indigenous challenges and solutions\)](#) website hosts information for Indigenous food security challenges and solutions including articles on native and tribal-led solutions, partnerships, grants, food sovereignty, and traditional foodways.

<https://www.feedingamerica.org/hunger-in-america/native-american>

First Nations Development Institute non-profit seeks to uplift and sustain the lifeways and economies of Native communities through advocacy, financial support, and knowledge sharing, and provides a national grantmaking program, management of grants, research policy and protocols.

<https://www.firstnations.org/our-values/>

First Person project from *Civil Eats* is an Indigenous foodways storytelling project focused on a vision for a restorative relationship to the land and the food it yields.

<https://civileats.com/first-person/>

Food Justice topic on FoodShare website covers this complex topic referencing the *UN Declaration of the Rights of Indigenous Peoples*, and includes a poverty reduction lens to pay, combating anti-black racism action plan among other topics.

Four Directions Medicine Garden: Healing through Cultural Connection webpage from the *University of Minnesota Extension*, highlights Elder June Blue-Binesii-Ikwe (Extension Agent's) medicine wheel garden she created with the Indigenous Peoples community.

<https://extension.umn.edu/news/four-directions-medicine-garden-healing-through-cultural-connection>

Indigenous Corporate Training Inc. website offers courses and resources on sacred plants, how to work effectively with Indigenous peoples, reconciliation pledges, Indigenous relations newsletter, and funding opportunities.

ICTINC.ca

Indigenous Food Systems Network – Events and Activities hosts a website listing these events/activities using a four-season medicine wheel format with information on workshops, tv, conferences, tree planting, grasslands celebration, bioregional gathering workshop and festival.

<https://www.indigenousfoodsystems.org/events>

<https://www.indigenousfoodsystems.org/events/spring>

Indigenous Foodways website provides resources like *Cooking in Two Worlds: A Guide for Incorporating Indigenous Foods Into Institutions*, *School Food Programs in Canada: 15 Promising Cases*, and *Uncovering Cultural Wisdom: FNHA's Approach to Common Language*.

https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/agriculture-and-seafood/feedbc/indigenous-and-traditional-foods/processguide_28pg_0523_web.pdf

Indigenous Foodways resources from *Farm to Cafeteria Canada* introduces inspiring stories and “how to's” using videos, webinars, guides and articles as resources, intended to help bring indigenous foodways to more classrooms and school meal programs that incorporate traditional foods.

<https://www.farmtocafeteriacanada.ca/nourishing-relations-resources/>

Indigenous Foodways in Schools Grants through the *Farm to Cafeteria Canada* organization offers grants from \$5,000 – 20,000 to Indigenous school communities in partnership with *Whole Kids*, a pillar of *Whole Foods Market Foundation*, the *Public Health Agency of Canada*, and regional partners, with support from their Circle of Advisors.

<https://www.farmtocafeteriacanada.ca/indigenous-foodways-in-schools-grants/>

Indigenous Healing Space at London Health Sciences Center, Ont. Canada, was established in 2020 with Atlohsa Family Healing Services, as a direct response to two of the Truth and Reconciliation Commission's Call to Action under health care, "recognizing the value of Aboriginal healing practices and use[ing] them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders, where requested by Aboriginal patients. A video is the second link.

<https://www.lhsc.on.ca/patients-visitors/indigenous-healing-space>

https://www.youtube.com/watch?v=bu_XAF4ya8U

Indigenous Ways of Life in Northern Peninsula podcast, part of the *People, Place, and the Ocean* series, features Chief Mildren Lavers of Port Sanders, Newfoundland Canada, and her experiences living in a small coastal community, ancestral roots of Indigenous peoples in the region, impacts of colonialism, resiliency, and food sustenance from land and oceans. Part 1 & Part 2.

<https://open.spotify.com/episode/506sXz6gofpCskR0Fx2nV2>

Kâpapâmahchakwêw – Wandering Spirit School's Land-Based Learning Programming webinars in a workshop format educates on how to create meaningful, hands-on educational experiences for students.

<https://www.farmtocafeteriacanada.ca/2025/10/kapapamachakwew-wandering-spirit-schools-land-based-learning-programming/>

Kids Gardening website provides resources for educators and parents based on garden-based learning, hands-on activities with info on grants, contests, webinars, curriculum, interactive discussion sessions.

<https://kidsgardening.org/for-educators/#>

Landscape and Garden Studies Program at Dumbarton Oaks, Washington DC, includes Indigenous knowledge, design connections, and community building, developed with an Indigenous Advisory Circle. Program descriptions from the symposium is the second link.

<https://www.doaks.org/research/garden-landscape>

https://www.doaks.org/events/garden-and-landscape-studies/symposium-files/2025-symposium_bios-and-descriptions_tagged.pdf

Native American Ethnobotany Database of Foods, Drugs, Dyes and Fibers Derived from Plants lists many plants used for these purposes with historical backgrounds. *This site is to be used for information only and is not providing any medical advice.*

<http://naeb.brit.org/>

Native Governance Center website provides resources on a variety of topics related to sovereignty, governance and nation-building including guides on partnering with Native nations and communities, Indigenous knowledge and two-spirit leadership resource, and advancing Native organizing.

https://nativegov.org/resources/?sf_paged=2

Native Wisdom: Growing Techniques of Indigenous Peoples resource on *Kids Gardening* website acknowledges appreciation and gratitude for the *North American Tribal Nations and Indigenous Peoples*, and includes plant and growing techniques like terracing, canals, flood-cropping and no-till growing, with resources appropriate for youth education and hands-on activities.

<https://kidsgardening.org/resources/digging-deeper-native-wisdom/>

Nourishing Native Foods & Health website page and resources from First Nations Development Institute includes a listing of links for this topic including *Native Farm to School Guide*, *Indigenous Food Sovereignty Sources Guide*, and *Food Sovereignty Assessments: A Tool to Grow Healthy Native Communities*.

<https://www.firstnations.org/knowledge-center/publications/nourishing-native-foods-health/#filters>

People, Place, and the Ocean podcast with Jackie Bauman from the Ecology Action Centre, Atlantic Canada discussing Gros Morne community-led Marine Atlas brought to life with stories from local people, some Indigenous, on stewardship, national parks, conservation biology and interdisciplinary research.

<https://open.spotify.com/show/5c9pzy4FuuxDod3NajdFLc>

Plants of cultural significance to the *Haida Nation*, listed on website of *Parks Canada* include: Ts'uu - Red Cedar, Kayd – Sitka Spruce, K'aang – Hemlock, Ts'iihlinjaaw – Devil's Club, SGiidllGuu – Huckleberry, Hldaan – Blueberry, Sk'idGan – Salal, K'ay – Crab Apple, Sgan sgawan – Skunk Cabbage.

<https://parks.canada.ca/pn-np/bc/gwaiihaanas/nature/conservation/restoration-restoration/retablir-restore-1>

Resiliency in Youth with Deep Nature Connections YouTube webinar by Joanna Yates, HT practitioner discusses ways to develop this connection.

<https://youtu.be/ppWSeB8EEKY>

Resources of Indigenous Cookbooks through *Feed BC* by Chef Andrew George are available on this site.

https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/agriculture-and-seafood/feedbc/indigenous-and-traditional-foods/list_of_cookbooks_web.pdf

School Food Programs in Indigenous Communities (Canada) map, developed in partnership with the *Coalition for Healthy School Food* and *Farm to Cafeteria Canada*, identifies where these programs are, and introduces *Indigenous School Fund Circle* – established as a resource to inform about funding, programs and resources.

<https://www.farmtocafeteriacanada.ca/our-impact/school-food-map/>

Tea Creek Indigenous Food Sovereignty Association hosted a workshop for students and teachers from Northwest Canada (2025) to share food traditions including planting, school and youth programs.

<https://www.farmtocafeteriacanada.ca/2025/09/growing-skills-growing-community-tea-creeks-indigenous-food-sovereignty-success/>

THAD (Therapeutic Horticulture Activity Database) offers TH activities across populations including Indigenous peoples (Natural Plant Dyed for Easter Eggs, [Blueberry Activities](#), [Bush Tea](#), [Drying Herb Flowers](#),).

<https://hos.ifas.ufl.edu/therapeutic-horticulture-activities-database/>

2025 *Symposium on Indigenous Landscapes*, held at *Dumbarton Oaks*, used Indigenous worldview for an integrated approach to understanding land, history, sustainability and the future.

<https://dirt.asla.org/category/health-design/>

Written & compiled by Lesley Fleming, Joanna Brown in 2026.

We would like to acknowledge content from *Farm to School* and *Nourish Nova Scotia* including *Nourish Nova Scotia's* acknowledgement for all nations including the Mi'kmaq people.

“We acknowledge that the land we live, prepare and share food is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. Mi'kma'ki is covered by the Treaties of Peace and Friendship, and as treaty people, we humbly commit to the mutual agreements of peace, respect, and friendship reflected in these living documents.

We recognize the vital role that First Nations, Metis, and Inuit communities play in the stewardship of the lands and waters that sustain our food systems. We also acknowledge the many harms of colonization on Indigenous foods systems—including the disruption of traditional knowledge, the dispossession of land, and the erosion of Indigenous foodways and food sovereignty. “