

**NATIVE COMMUNITIES HOME
VISITING MEETING 2026**



Rooted in Traditions
Nurturing our Families
Nourishing our Future

A Recipe for Resilience

Mariah Gladstone

Piikuni (Blackfeet) and Tsalagi (Cherokee)

Founder of Indigikitchen

Session Objectives

1. Describe the historical foundations of Indigenous food systems and their importance to Tribal communities.
2. Explain the relationship between Indigenous food systems, cultural identity, and child and family health.
3. Identify ways that native plants, animals, and traditional food practices contribute to resilience, well-being, and community health.





A Recipe for Resiliēnce

Mariah Gladstone



"The immediate objects are the total destruction and devastation of their settlements. It will be essential to ruin their crops now in the ground and prevent their planting more."

Sullivan Campaign

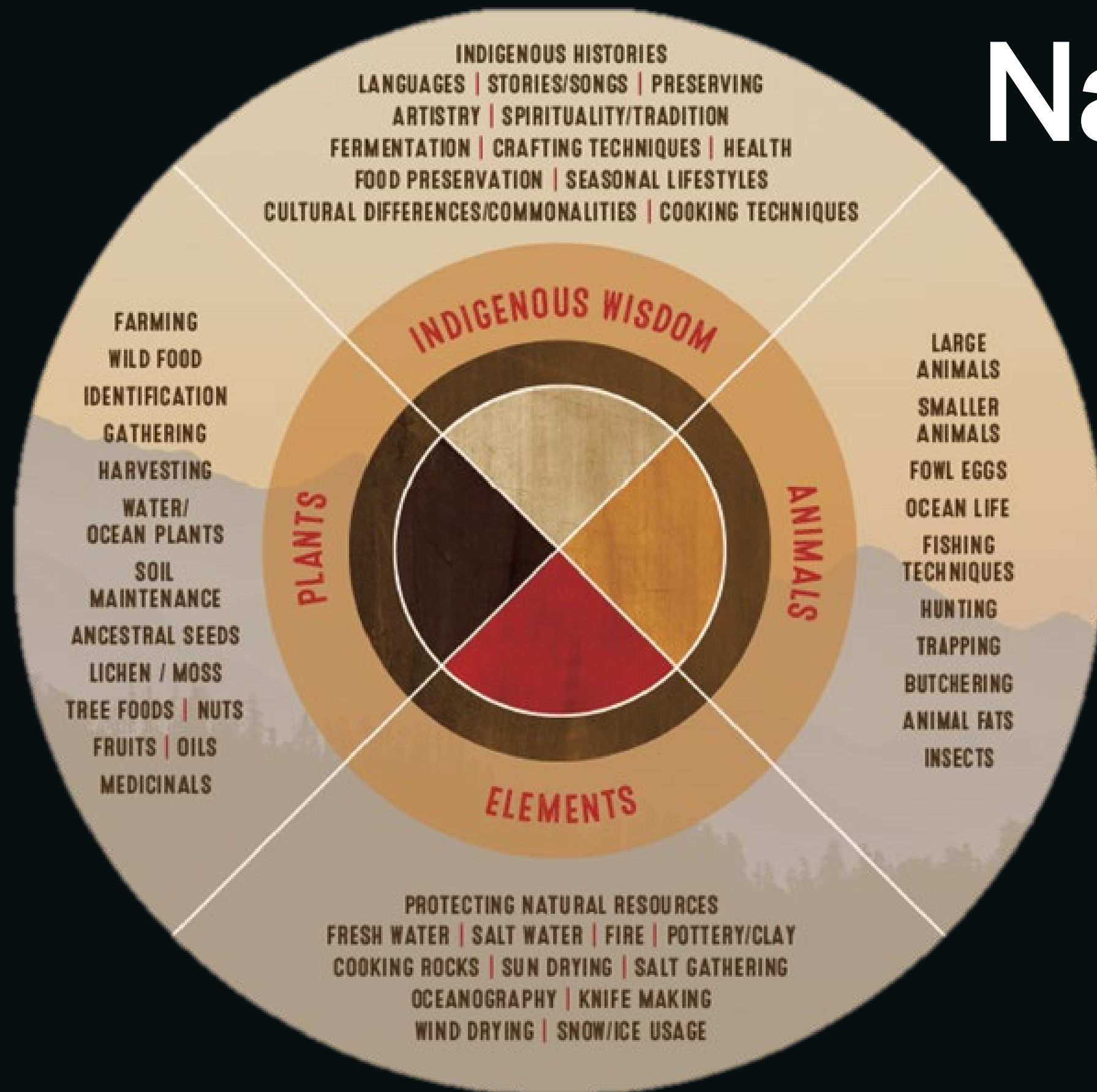
Bison Eradication



“It is cheaper in the end to feed the whole flock for a year than to fight them for a week”

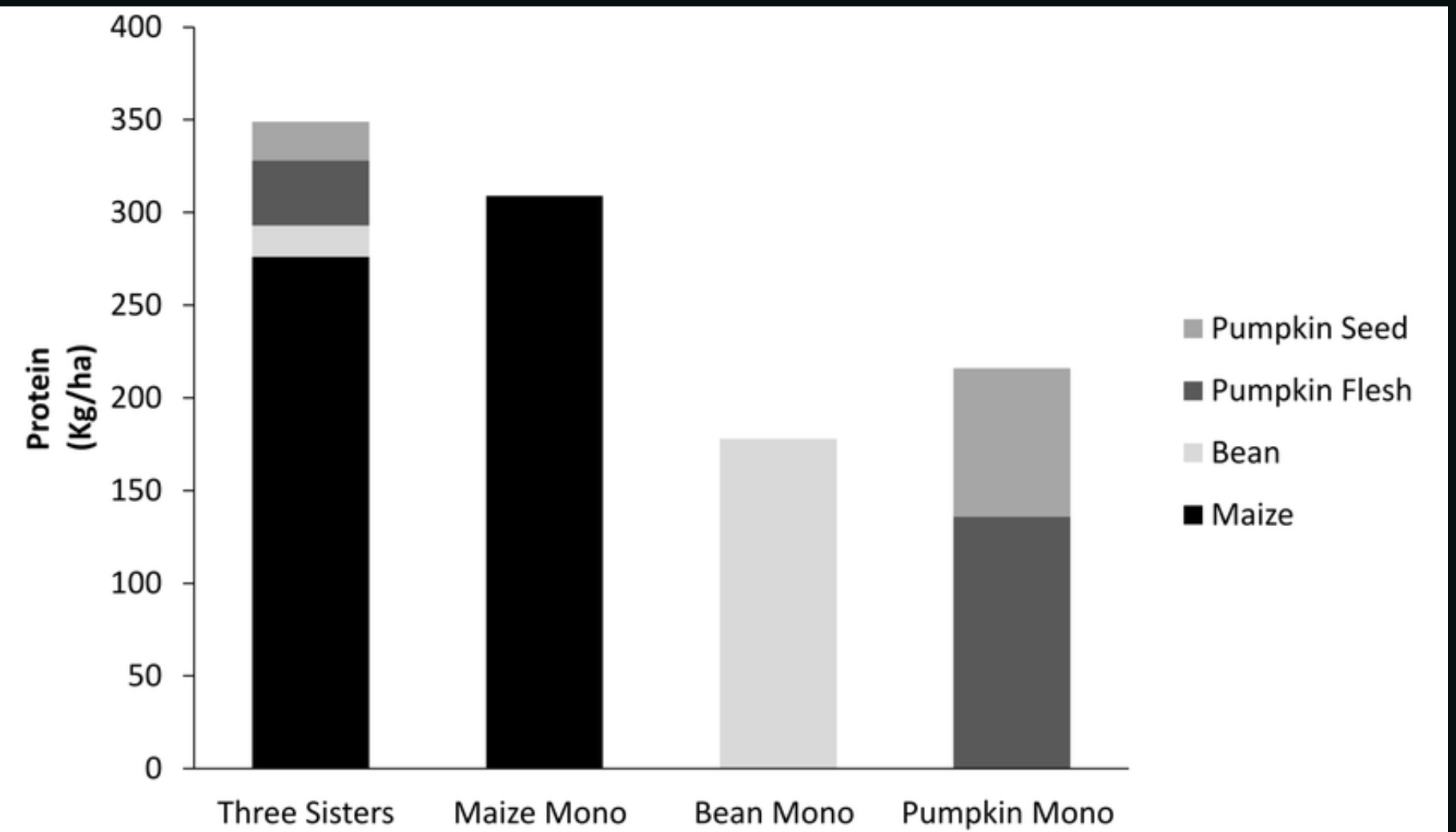
1850 Commissioner of Indian Affairs Report

Native Food Systems Revitalization



Food systems are about much more than what we eat; they include the massive web of connection around all systems of knowledge including harvesting, maintenance, preservation, nourishment, cooking, and more.

Three Sisters



Nixtamalization



Dough Formation

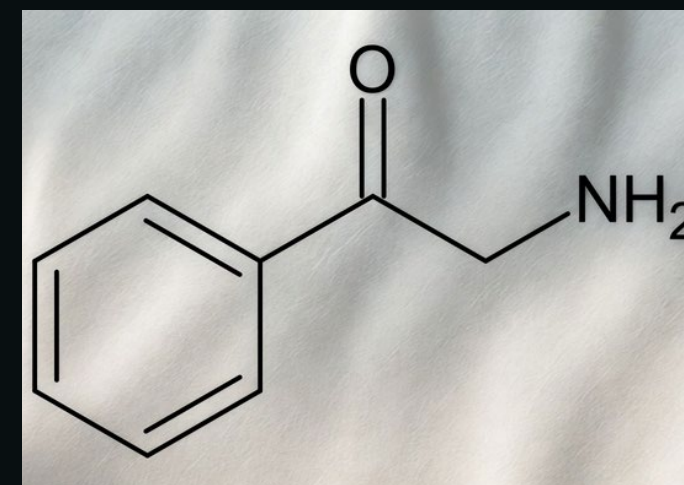
Structural components like hemicellulose and pectin dissolve, softening the corn and allowing for dough formation.



Nutrient Bioavailability

Increases calcium bioavailability 200%

Turns bound niacin into free niacin.



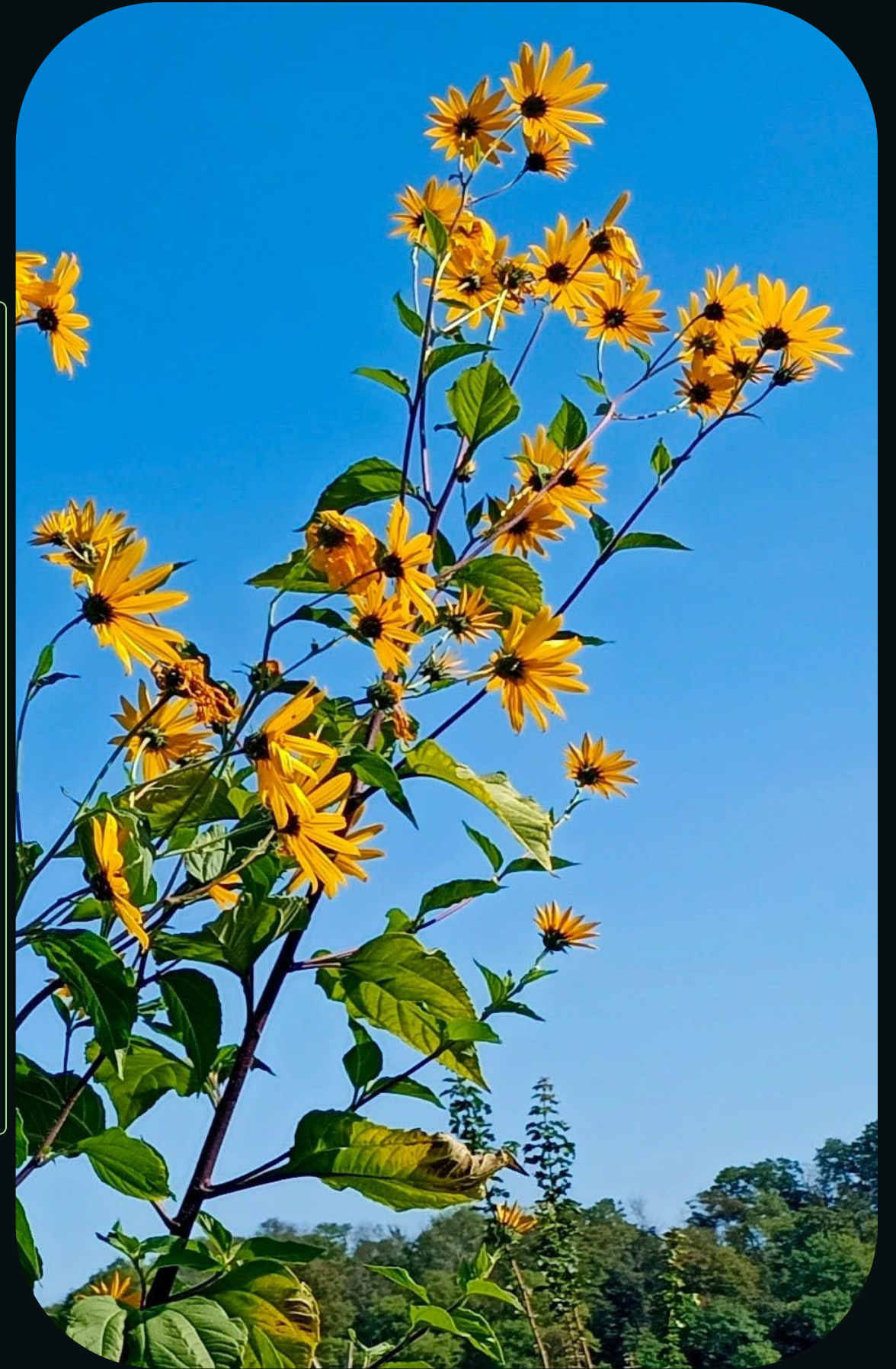
Flavor transformation

Novel flavor compounds like 2-Aminoacetophenone form, with a sweet and musty scent.





Sunflowers



Sunchokes



Camas Bakes



Good Fire

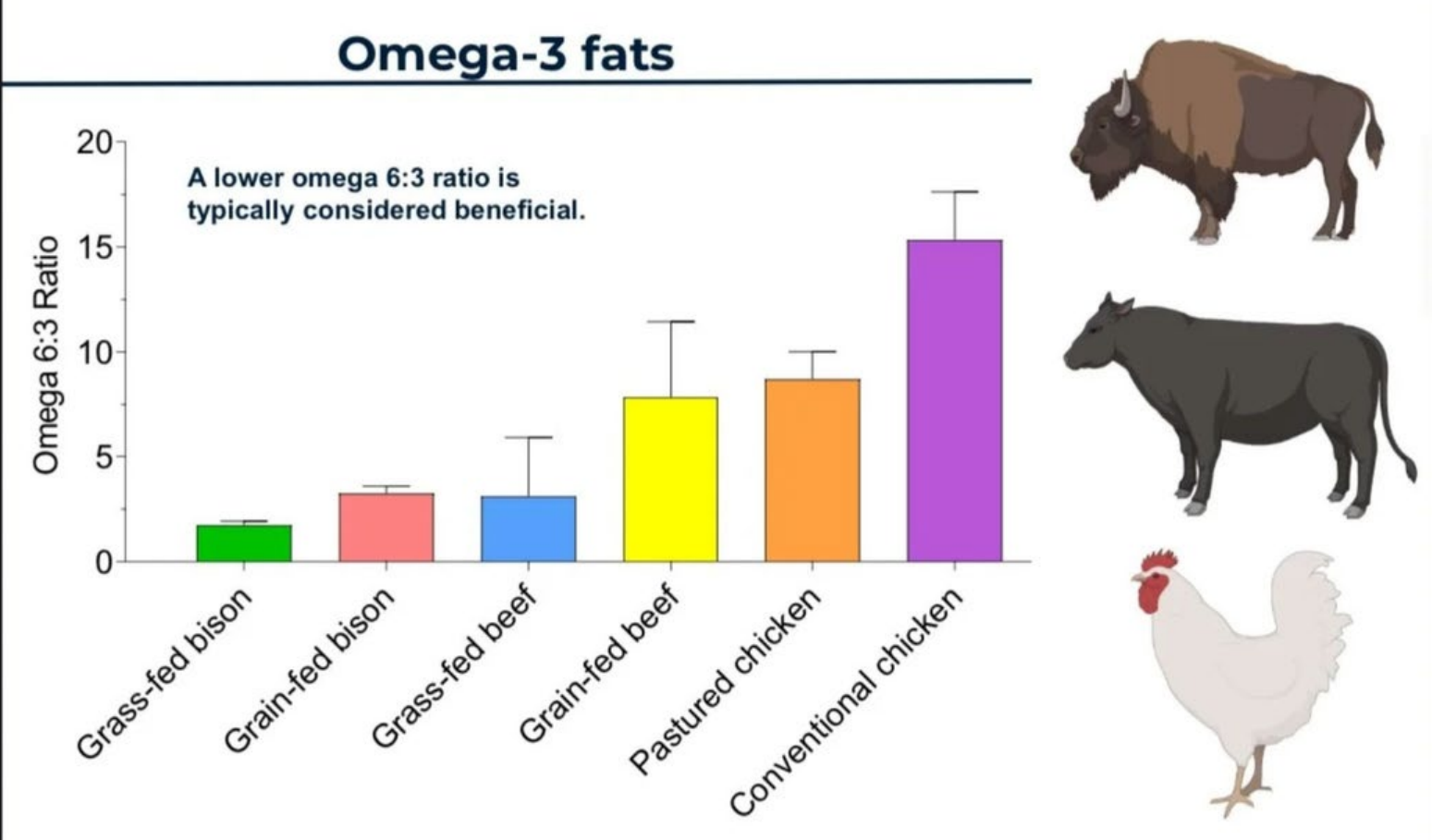
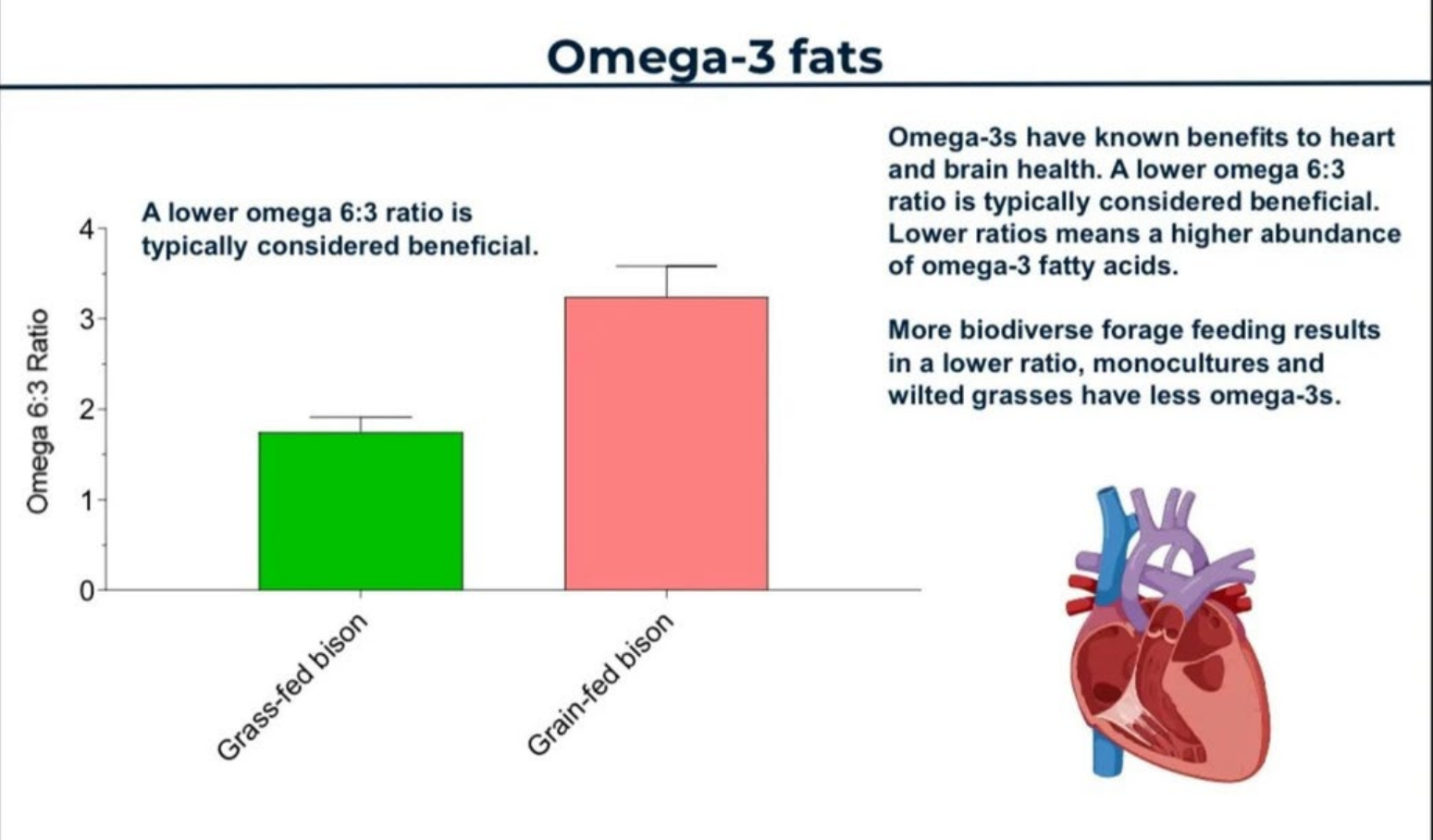


Buffalo Biodiversity



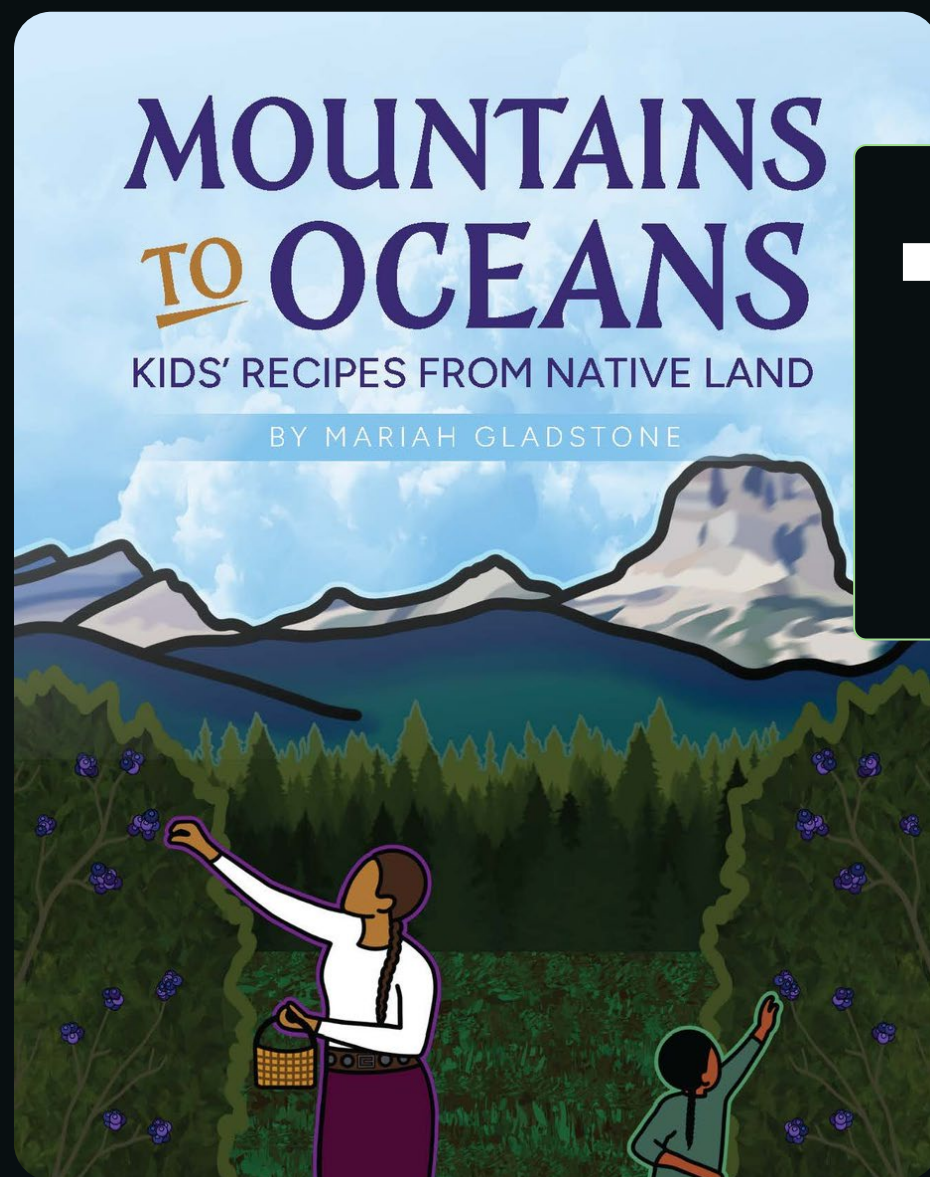


Lipid Breakdown

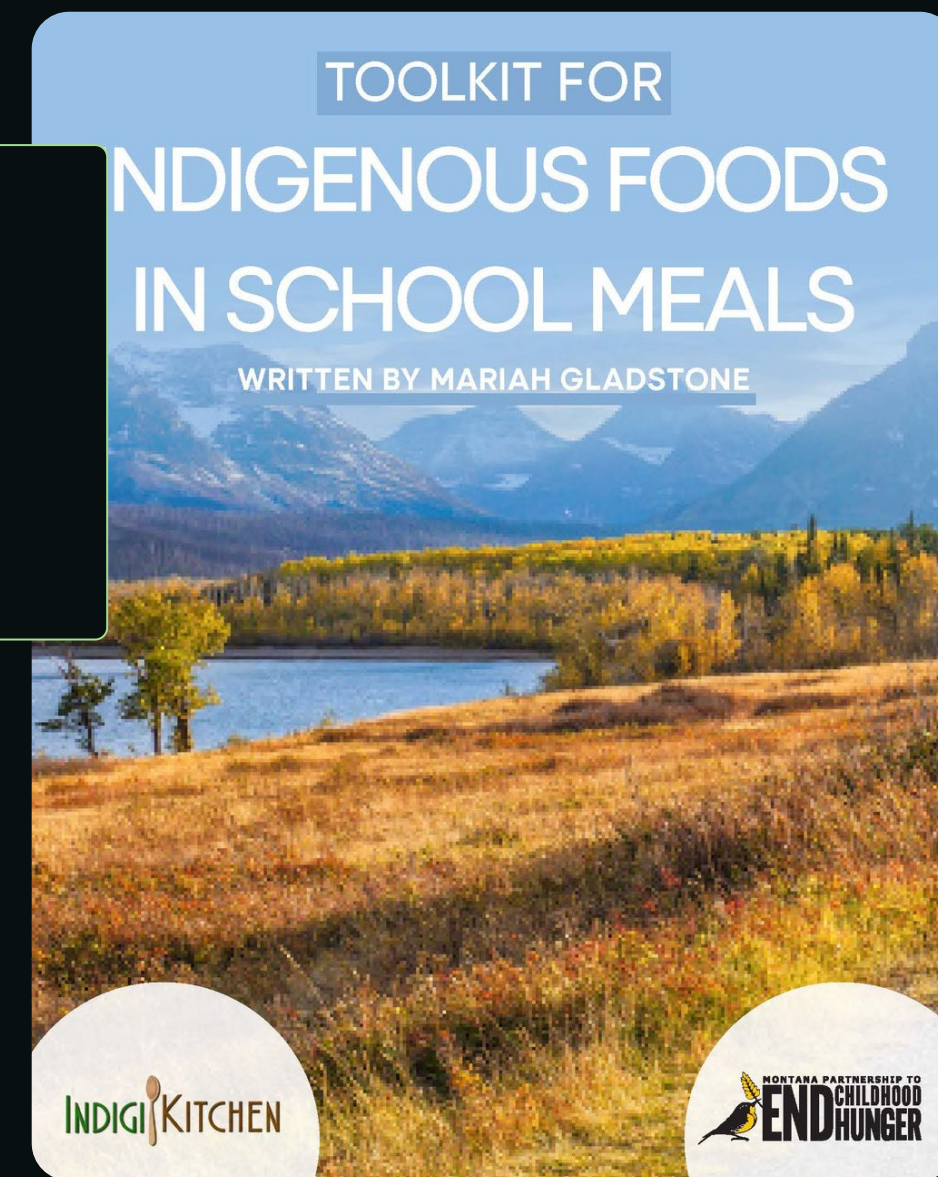




Indigikitchen



Thank You



@indigikitchen



www.indigikitchen.com



info@indigikitchen.com



facebook.com/indigikitchen



Please complete the session evaluation

Scan the QR code or
complete a hardcopy
survey before you leave

