



Practicing food sovereignty

December 17 chat stream

What sparked your imagination and curiosity? What moved you?

Opening our eyes and imagination

- The way the pandemic has made it impossible to ignore food insecurity.
- Just thinking and hearing about all the different ways plants grow, and that they want to grow even more than we want them to!
- So many local plants to discover for their beauty and properties
- There is a gift of time in learning from plants. We all hold memories of cherished special plants if we consider for a moment.
- The wonder and ongoing deep learning and aliveness that comes with connecting to our food sources and nature.
- The idea of completely re-learning new wild foods and plants after moving to another country.
- Mother Earth's healing and nourishing bounty. All we need.
- Hearing about children who can identify and recognize plants in their backyard, hope we make a collective shift in this direction

Learning from our roots

- The knowledge that was passed on through the generations and our grandmothers' role in this.
- Stories about connection; sparked imagination: considering cell memory/family history/instinct related to food sovereignty.

- How connections with food, with growing vegetable gardens, with foraging for blueberries or strawberry picking are passed on from one generation to the next. How these activities help children connect with food, earth, nature.
- Living in the city of Toronto, I was brought back to my roots in Sault Ste. Marie where we ate out of our gardens all summer and preserved food for the winter. I have been moved to continue to buy local, support our local food sources here even though I don't grow food myself. Thank you Duncan , Susan and company for the informative and enlightening session today!

Foraging

- What can we learn about foraging food that would increase food security in our region? How do we make it delicious?
- I am curious about anyone's knowledge of lesser known edible plants that grow freely in their geographical area
- Curious to forage more. Be still in nature. Reconnect with friends. Be in food community organizing space again. Foraging this spring.

Learning from each other

- The excitement and sense of wonder in hearing people share their moments and thoughts and curiosities.
- Hearing stories of people out in the world, finding their way... And along that journey discovering foodways. That always moves me, and makes me explore my own actions and surroundings...
- Everyone's vulnerability in sharing their experience as well as with mentions of using food networks to build community
- A desire to be kind with my food (plants and animals) and good to myself (happy food); I was moved by permaculture and fundamental principles of nature; sparked my curiosity - seeing how social and agricultural principles are mirrored
- The diverse backgrounds and stories of everyone who shared today.
- Seeing how much support local food has, it has felt like a pretty lonely space lately(trying to fight for food security).
- The number of people to potentially network with.
- The idea that people need a certain amount of time with nature, from the speaker who noticed that she needs a large amount. Thought about this as a similar reality for myself, + reminder to take time to get outside.
- Aquaponic farming
- I am curious about aquaponics now!
- Really curious to know about why hydroponics aren't good for sustainability or good relationship with the land? Someone mentioned that in conversation and it was new information to me.

Generosity, equity

- Thinking about how to create more opportunities to give food away.
- A program in Toronto where a non-profit picks urban fruit from trees and bushes from people's yards who can't pick it (time, disability, fear of heights, etc), and gives half to the people who live there and half to food banks. Curious if there is anything like that here?
- Montreal's "Equiterre"—connecting city to country re food. Also, having the country make inroads into the city.
- Equiterre (=equitable and land)

Closing

- Wela'lin - Thank you.
- GRATEFUL
- Open-hearted
- Thank you everyone!
- Thank you for your thoughtful gracious creative hosting and weaving!!
- Hungry!
- Thank you so much everyone, this was wonderful
- Thanks for this generous hosting folks
- Thanks so much for what you have created here. I really appreciate it! Thank you!!!
- Peace and happy holidays friends!

Follow-up resources

<https://www.facebook.com/morrison.coaching>

<https://www.facebook.com/roozila>

<https://www.facebook.com/Foodchatsfeems>

<http://duncanebata.com/>