



Rou Dalagurr Food Sovereignty Lab & Traditional Ecological Knowledges Institute

Indigenous Foods Festival Hybrid Activity

*** A PRE-REQUISITE FOR THIS CLASS IS 'GATHERING FOR INDIGENOUS EMPOWERMENT'**

Medicinal Properties of Plants Workshop

Tuesday, APRIL 19th
12-1:30 p.m. PST, BSS 408

Join us for the **Indigenous Foods Festival** activity in-person & online with Evie Ferriera & Karley Rojas!

REGISTER
HERE!



<https://bit.ly/PlantMedicineIFF>

ACTIVITY

We will introduce participants to herbalism in an Indigenous-facing modality, discussing the history of herbalism, touch upon herbal energetics and actions, and discuss food as medicine. We will focus on specific plant species that are accessible with which participants can start forming a relationship, and have a hands-on activity preparing elixirs. Participants will receive their own elixir sample to take home, and a recipe card.

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