

Food from the Sea

Books and Field Guides

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Chandonnet, Ann. *The Alaska Heritage Seafood Cookbook: Great Recipes from Alaska's Rich Kettle of Fish*. Alaska Northwest Books, 1995.

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DeCourtney, Christine A, et al. *Traditional Food Guide for the Alaska Native People*. Alaska Native Tribal Health Consortium, 2015.

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Harry, Anna Nelson, and Michael E. Krauss. *In Honor of Eyak: the Art of Anna Nelson Harry*. Alaska Native Language Center, University of Alaska, 1995. NOT ON INVENTORY

Hodgkins, Fran, and Jim Sollers. *Between the Tides*. Down East Books, 2007.

Johnson, John F. C., et al. *Chugach Legends: Stories and Photographs of the Chugach Region*. Chugach Alaska Corporation, 1984.

Lindeberg, Mandy R., and Sandra C. Lindstrom. *Field Guide to Seaweeds of Alaska*. University of Alaska Fairbanks, Alaska Sea Grant College Program,

Miller, Debbie S., et al. *A King Salmon Journey*. University of Alaska Press, 2014.

Neq'rkak: the Wild Foods Cookbook. Alutiiq Museum and Archaeological Repository, 2014.

Poling, Donald Robert. *Chenega Diaries: Stories and Voices of Our Past: Life and Times in the Native Village of Chenega, Alaska 1944-1948*. Chenega Future, Inc., 2011.

Salomon, Anne K., et al. *Imam Cimiucia = Our Changing Sea*. Alaska Sea Grant College Program, 2011.

Schofield, Janice J. *Discovering Wild Plants: Alaska, Western Canada, the Northwest*. Alaska Northwest Books, 1995.

Smelcer, John E., & Young, Morgen A. *We Are the Land, We Are the Sea: Stories of Subsistence from the people of Chenega, Alaska*. Chenega Heritage, Inc. 2007.

Snively, Gloria. *Beach Explorations: a Curriculum for Grades 5-10*. Kingfisher Press, 2003.

Stamp, Bobby A. *Chenega as I Saw It – It's People*. Chugach Alaska Corporation, 2010.

Stewart, Hilary. *Indian Fishing: Early Methods on the Northwest Coast*. University of Washington Press, 2018.

Tabios, Derenty. (2000). *Looking Back on Subsistence: Interviews with Elders of the Chugach Region*. (S. P. Wassilie & L. Lofquist-Taylor, Eds.). Chugachmiut Corporation, 2000.

Unger, Suanne. *Qaqamiigux̄: Traditional Foods and Recipes from the Aleutian and Pribilof Islands: Nourishing Our Mind, Body and Spirit for Generations*. Aleutian Pribilof Islands Association, Inc., 2014.

Web Resources

Bidarkis/Chitons

- Bidarki Description http://www.sealaskaheritage.org/sites/default/files/Beach_lessons.pdf Lesson #9 Chitons – Teacher Background
- Bidarki Harvest <https://www.youtube.com/watch?v=in-7B93TQTo> ‘Bidarkis: Subsistence Intertidal Harvesting in Alaska’ (Port Graham and Nanwalek) (3:09)
- Bidarki Harvest Levels - <http://www.adfg.alaska.gov/sf/publications/> Stanek, R. T. (1985). *Patterns of Wild Resource Use in English Bay and Port Graham, Alaska* (Technical Paper No. 104). Anchorage, AK: Alaska Dept. of Fish and Game, Division of Subsistence
- Bidarki Harvest Levels <http://aswc.seagrant.uaf.edu/grade-5/investigation-1/bidarki-story-background.html> See: Home/Grade 5/Investigation 1/Bidarki Story – Teacher Background
- Bidarki Preparation <https://alutiiqmuseum.org/explore/past-exhibits/954-sharing-wild-foods> Preparation of Chitons (Kodiak, 3:10)
- Bidarki Recipe <https://www.youtube.com/watch?v=f0DIjJ6CKIw> Bidarki Salad: Traditional Foods: Contemporary Chef: Aleutians (Sand Point, 5:09 – Alaska Native Tribal Health Consortium)

Eyak Dictionary

- Eyak Dictionary and pronunciation guide <http://eyakpeople.com/dictionary>

Fermentation

- Fermented Berries <http://ohlardy.com/lactofermented-berries/>
- Fermented Ketchup <https://www.homemademommy.net/2011/12/fermented-ketchup.html>
- Fermented Mayonnaise <https://traditionalcookingschool.com/food-preparation/recipes/lacto-fermented-mayonnaise/>
- Fermented Meat <http://www.meatsandsausages.com/sausage-types/fermented-sausage>
- Fermented Salmon/Gravlax <https://cfoodlab.org/blog/2015/6/4/gravlax-a-buried-salmon>
Gravlax origins and recipe
- Fermented Sauerkraut <https://homestead-honey.com/2016/07/11/how-to-make-sauerkraut/>

Geography

- Bering Land Bridge
<http://geography.about.com/od/locateplacesworldwide/a/beringlandbridge.htm>
Summary of Bering Land Bridge, info links.
- Google Earth <https://www.google.com/earth/> Download to zoom in on Chugach region.

Halibut

- Deep Water Halibut <https://www.youtube.com/watch?v=FYUs1mMmE6Q> Active halibut habitat video (120' Underwater; 4:29)

Herring Runs and Regulations

- ADF&G Subsistence Fishery Considerations
http://www.adfg.alaska.gov/fedaidpdfs/rir.1j.2017.02.pdf?_ga=2.250536326.1004914198.1524510710-1463821139.1524510710 Description of subsistence fishery considerations; how ADF&G currently sets herring roe subsistence harvest limits
- PWS Herring Run Failure <https://www.newsdeeply.com/oceans/articles/2017/10/13/boom-and-busted-lessons-from-alaskas-mysterious-herring-collapse> Herring run failure post-Exxon Valdez oil spill
- PWS Herring Run Failure <https://vimeo.com/108856208> (4:02) Overview of PWS Herring Count (2014)
- PWS Herring Run Failure <https://www.youtube.com/watch?v=LlpqIc6fsY0> (also www.pwssc.org/herringsurvey) (1:57) Overview of collapse of PWS herring population and still unknown cause

Herring Spawn

- Herring Spawn Harvest <https://www.youtube.com/watch?v=UEp1fxDp6-8> Herring spawn on hemlock from tree felling to ocean to drying (2:45)
- Herring Spawn Harvest & Recipe <https://www.youtube.com/watch?v=oln3YwBzy0k&t=84s> Retrieved 4.18.2018 (Sitka, 7:14 – first 2.47 spawn harvest) Herring spawn harvest (Sitka), Salad (Alaska Native Hospital)
- Herring Spawn Harvest and Sharing https://www.youtube.com/watch?v=BdX5m0rY_CY Tatitlek Subsistence Story (27:28), Herring spawn (16:40-21:15)
- Herring spawn Recipe <https://snapguide.com/guides/make-herring-egg-salad/>

Kelp

- Kodiak kelp harvest and preparation <http://www.deseretnews.com/article/765564563/Kodiak-residents-learn-to-harvest-cook-with-kelp.html>

Octopus

- Octopus Facts [file:///C:/Users/Barclay/Downloads/AMSS_CMarsteller_2018%20\(1\).pdf](file:///C:/Users/Barclay/Downloads/AMSS_CMarsteller_2018%20(1).pdf) Intertidal Prey Availability and Diet Preferences of Giant Pacific Octopus in Prince William Sound, Alaska. Alaska Pacific University (Conference Poster)
- Octopus Harvest <https://www.youtube.com/watch?v= akAMYRPhTQ> “The Hunt for the Elusive Octopus” (English Bay, 2:34)
- Octopus Harvest, Preparation <https://alutiiqmuseum.org/explore/past-exhibits/954-sharing-wild-foods> (Kodiak; 5:38)
- Octopus Harvest, Preparation, Recipe <https://www.youtube.com/watch?v=ttbDZPDTGK8> Retrieved 2.23.2018 Harvest, Prep, Cook, Octopus Cakes (Sand Point, 7:07); Alaska Native Tribal Health Consortium (20% Chlorox Solution used)

Salmon

- Pacific Salmon Migration Routes https://www.google.com/search?rlz=1C1GGRV_enUS752US752&biw=1920&bih=974&tbm=isch&sa=1&ei=AIVFWsTPLePj0gKsiojYDw&q=Alaskan+salmon+migration+patterns&oq=Alaskan+salmon+migration+patterns&gs_l=psy-ab.3...5145
- Pacific Salmon Migration Routes <http://www.pac.dfo-mpo.gc.ca/fm-gp/species-especies/salmon-saumon/facts-infos/index-eng.html> Salmon Facts including salmon species migration routes
- Salmon Life Cycle Stages http://www.adfg.alaska.gov/index.cfm?adfg=fishinggeneconservationlab.generalinfo_salmon_story Salmon Life Cycle Stages Graphic with Descriptions

- Salmon Life Cycle Stages http://www.adfg.alaska.gov/static/education/educators/curricula/pdfs/salmon_in_the_classroom_unit_1_overview.pdf pp.4,5 Salmon Life Cycle Stages Descriptions & Ocean migration routes by species; pp.6,7 Salmon Life Cycle Needs and Threats; p. 10 Salmon Life Cycle Drawings
- Salmon Life Cycle Stages <https://www.fishex.com/salmon/alaska/salmon-life-cycles> “The Fascinating Life of an Alaskan Salmon” Salmon Life Cycle Stages with Descriptions
- Salmon Life Cycle Stages <https://www.fws.gov/alaska/cybersalmon/coho.htm> Salmon Life Cycle Stages with Descriptions
- Salmon Life Cycle Stages <https://scienceandmemory.uoregon.edu/the-odds.html> (5:23) “The Odds” Time lapse photography of Artist’s watercolor rendition of salmon life cycle
- Salmon Life Cycle Stages <https://www.streamnet.org/wp-content/uploads/2014/10/Interactive-Salmon-Life-Cycle.pdf> Salmon Life Cycle Descriptions

Sea Lions

- Sea Lion Facts <http://www.seaotter-sealion.org/stellersealion/index.html>
- Sea Lion Facts <https://www.smithsonianchannel.com/videos/how-are-seals-different-from-sea-lions/35377> (1:14) Quick review of physical differences between seals and sea lions
- Sea Lions and Subsistence http://www.adfg.alaska.gov/index.cfm?adfg=wildlifeneews.view_article&articles_id=325
- Sea Lions and Subsistence <http://jukebox.uaf.edu/NanPG/nanwalek/html/23503.html> Interview with Nanwalek sea lion hunter Nick Tanape, Sr. (1946-2018)
- Traditional uses of sea lion http://www.adfg.alaska.gov/index.cfm?adfg=wildlifeneews.view_article&articles_id=325 Traditional uses of sea lion
- Sea Lion Videos <https://explore.org/livecams/oceans/orcalab-steller-sea-lion-haulout/>
- Live webcam of Steller Sea Lion haul out in Canada (available seasonally)
- Sea Lion Videos <http://www.sealion-world.com/galapagos-sea-lion-gives-birth/> (Galapagos; 1:46) Sea lion birth in front of Galapagos tour group
- Sea Lion Videos <http://www.sealion-world.com/hunting-with-sea-lions/> (Sea of Cortez; 6:28) Young sea lions learning to follow prey; Adults hunting ‘bait ball’ of small fish.

Subsistence Definition

- Subsistence Definition – spoken <https://www.youtube.com/watch?v=8cxtL5Z5mao> ‘This is Indian Country with Billy Frank Jr.: Native Alaska and the Big Oil Spill’ (59:38) 9:45-12:50 Discussion of Exxon Valdez Oil Spill court case ‘reopener clause’ and effect of 1971 Alaska Native Claims Settlement Act elimination of sovereign hunting and fishing rights; 13:40-15:05 Subsistence Defined
- Subsistence Definition – written <http://www.adfg.alaska.gov/index.cfm?adfg=subsistence.main> ADF&G subsistence definition

Subsistence Foods

- Traditional Subsistence Foods <https://alutiiqmuseum.org/images/stories/exhibits/WildFoodsTable.pdf> Six page summary of references to Alutiiq wild food harvest and consumption from (mostly) Russian early 19c accounts in Kodiak region

Subsistence Foods Harvest Regulations

- Alaska State Resource Management <http://www.adfg.alaska.gov/index.cfm?adfg=process.commissioner> Alaska State Constitution authority for natural resource management
- Alaska Subsistence Management <http://www.adfg.alaska.gov/index.cfm?adfg=subsistenceregulations.main> Alaska State Subsistence preference
- Board of Fish Proposals http://www.adfg.alaska.gov/static/regulations/regprocess/fisheriesboard/pdfs/2017-2018/proposals/2017-2018_proposal_book.pdf How to submit regulatory proposals to Board of Fisheries; Summary of current proposals
- Gull Egg Harvest Management <http://pwssc.org/gwgu-egg-harvest/> Announcement of 2018-2021 Project quantifying subsistence egg harvest effect on glaucous winged gull nest success
- Subsistence Management <http://www.alaskaseafood.org/sustainability/#families> In Sustainability Brochure - one page graphic of State, Federal and International Management of Alaska’s Fisheries and areas of responsibility

Sugpiaq Artifacts

- Cooking Implements <https://alaska.si.edu/> Sugpiaq artifacts including cooking baskets and knives

Tides

- Alaska tide tables <http://freetidetables.com/state/Alaska/>

Traditional Ecological Knowledge

- Traditional Ecological Knowledge Components
http://ankn.uaf.edu/Curriculum/Articles/BarnhardtKawagley/Indigenous_Knowledge.html
Article Abstract with Venn diagram of TEK and Western Science comparison

Institutional Resources

Alaska Pacific University, Environmental Science Department - Dr. David Scheel (Marine Biologist)

Copper River Watershed Project Watershed Education (Cordova, AK) – Kristin Carpenter, Kate Morse

Cordova Historical Museum (Cordova, AK) – Cathy Sherman, Mimi Briggs

Ilnaka Cultural Center (Cordova, AK) – Brooke Johnson

Kachemak Bay National Estuarine Research Reserve (Homer, AK) – Rose Robinson

Pratt Museum (Homer, AK) – Savanna Bradley, Scott Bartlett

Prince William Sound Science Center (Cordova, AK) – Lauren Bien

University of Oregon, School of Journalism, Science and Memory Project (Eugene, OR) – Professor Deb Morrison

Photo Credits

Website page: Matrona Chimovitski cooking crab on the beach (1933) Courtesy of the Cordova Historical Society, F. DeLaguna.

Young boys with drying fish: Courtesy of Mitch Poling

Lesson Plans (Various): Bobby Stamp as a boy, 1940s, by John Poling, Courtesy of the Chugach Corporation.

Miscellaneous photos-

Fish eggs, king salmon, salmon heads and smoked strips: Courtesy of Kari Brookover

Octopus: Courtesy of Tim Malchoff

Plate of beach foods: Bennita Berestoff