



Aboriginal Teacher Education Program

Indigenous Sustainability and Nature Teaching Resources

Intermediate/Senior Resources:

Barer-Stein, T. (1999). *You eat what you are: People, culture and food traditions* (2nd ed.). Toronto: Firefly Books.

You eat what you are explores the culinary traditions of cultures around the world. In each case, the food preferences reveal links with the social structure, geography and history of the culture. (excerpt from Amazon)

Available at Queen's Education Library.

Boutard, A. (2012). *Beautiful corn: America's original grain from seed to plate*. Gabriola Island; Minneapolis: New Society Publishers, Limited.

Cultivated from sea level to mountaintop, from parched deserts to sodden rain forests, from the rocky Gaspé Peninsula to the plains of Argentina, corn is the grain of the Americas. In terms of culinary uses, it is amazingly diverse, reflecting the breathtaking variety of the continents and environments from which it evolved. The consummate immigrant, corn is grown extensively on every continent except Antarctica.

Market farmer and naturalist Anthony Boutard weaves together this unique plant's contribution to our culture, its distinctive biology and the practical information needed to grow and enjoy it at home. *Beautiful Corn* advocates a return to the nourishing whole grain that built America, in place of today's genetically modified crops processed by industrial agriculture into synthetic sweeteners and cheap meat. Come along on this lyrical and inspiring journey through the seasons, learning about growing and using corn in the traditional way.

Gardeners and market farmers can lead the way to a healthier country by restoring heritage corn varieties to our tables. An unabashed celebration of a much-maligned culinary treasure, *Beautiful Corn* will forever change the way you view this remarkable plant.

(excerpt from [New Society Publisher](#))

Available at Queen's Education Library.

Caduto, M. J., & Bruchac, J. (1998). *Keepers of life: Discovering plants through Native American stories and earth activities for children* (1st Fulcrum trade pbk. ed.). Golden, Colo: Fulcrum Pub.

Keepers of Life: Discovering Plants Through Native Stories and Earth Activities for Children provides a complete resource for the study of plant ecology in North America. As part of the Keepers series, *Keepers of Life* focuses on Native American stories as an introduction to understanding the natural world. All North American habitats are included. The activities

are designed to show students the interconnectedness of all life and introduce environmental issues facing North America. *Keepers of Life* contains 15 chapters that discuss broad themes such as creation, thanksgiving, flowers and fruits, survival, and healing our relations. Each chapter includes a traditional story from a specific culture area, discussion topics, student activities, questions, extension activities, and notes. The introductory chapter includes a guide for using and making the most of the wealth of activities, as well as tips and techniques for instructors and teachers.

Michael Caduto is an internationally known storyteller, ecologist, and educator. Joseph Bruchac is an Abenaki storyteller and writer. This exceptional resource contains hands-on activities that will appeal to elementary and secondary students. It is a valuable teacher resource for science, Native Studies, arts education, social studies and language arts, and anyone who wants to understand the Native perspective of the environment. (excerpt from [GoodMinds](#)) Available at Queen's Education Library and the Aboriginal Teacher Resource Centre at Queen's.

Caduto, M. J., Bruchac, J., Fadden, J. K., & Wood, C. (1989). *Keepers of the earth: Native stories and environmental activities for children* (1st Canadian ed.). Saskatoon: Fifth House. *Keepers of the Earth: Native Stories and Environmental Activities for Children* provides a complete resource for the study of the environment in North America. As part of the Keepers series, *Keepers of the Earth* focuses on Native American stories as an introduction to understanding the natural world. All Native North American culture areas are included. The activities are designed to show students the interconnectedness of all life and introduce environmental issues facing North America. *Keepers of the Earth* contains 23 chapters that discuss broad themes such as creation, fire, earth, wind and weather, water, seasons, plants and animals, life death spirit, and unity of earth. Each chapter includes a traditional story from a specific culture area, discussion topics and student activities. The introductory chapter includes a guide for using and making the most of the wealth of activities, as well as tips and techniques for instructors and teachers. Michael Caduto is an internationally known storyteller, ecologist, and educator. Joseph Bruchac is an Abenaki storyteller and writer. This exceptional resource contains hands-on activities that will appeal to elementary and secondary students. It is a valuable teacher resource for science, Native Studies, arts education, social studies and language arts, and anyone who wants to understand the Native perspective of the environment. (excerpt from [GoodMinds](#)) Available at Queen's Education Library.

Deur, D., Turner, N. J. (Eds.) (2005). *Keeping it living: Traditions of plant use and cultivation on the northwest coast of North America*. Seattle; Vancouver: University of Washington Press.

Keeping It Living brings together some of the world's most prominent specialists on Northwest Coast cultures to examine traditional cultivation practices from Oregon to Southeast Alaska. It explores tobacco gardens among the Haida and Tlingit, managed camas plots among the

Coast Salish of Puget Sound and the Strait of Georgia, estuarine root gardens along the central coast of British Columbia, wapato maintenance on the Columbia and Fraser Rivers, and tended berry plots up and down the entire coast. With contributions from a host of experts, Native American scholars and elders, *Keeping It Living* documents practices of manipulating plants and their environments in ways that enhanced culturally preferred plants and plant communities. It describes how indigenous peoples of this region used and cared for over 300 species of plants, from the lofty red cedar to diminutive plants of backwater bogs. (excerpt from [Amazon](#))

Available at Queen's Education Library.

Dorion, L., Flamand, R., & Gabriel Dumont Institute of Native Studies and Applied Research. (2011). *Relatives with roots: A story about Métis women's connection to the land = lii peraantii avik la rasin : Eñ nistwaar taanishi lii faam di michif E'ishi kisheyitakik li tayraeñ*. Saskatoon: Gabriel Dumont Institute.

Relatives With Roots is a heartfelt bilingual (English/Michif) story about a Métis grandmother who takes her granddaughter out into the bush to teach her how to pick traditional medicines. As the granddaughter learns the traditional beliefs and stories about how the Métis people use the plants for food and medicine, she feels happy to be a Métis child with access to such wonderful cultural knowledge. This charming and vibrant picture book introduces young readers to key concepts in the traditional Métis worldview while focusing on the special relationship between a young Métis girl and her grandmother. *Relatives With Roots* is the second in a series of children's books relating to traditional Métis values by Leah Marie Dorion. The first book, *The Giving Tree: A Retelling of a Traditional Métis Story*, was nominated in 2010 for a Willow Award in the Shining Willow category. The book contains an audio CD with the story read in English, and Michif. Michif-Cree translation by Rita Flamand. FNCR 2013 (excerpt from [GoodMinds](#))

Available at Queen's Education Library and the Aboriginal Teacher Resource Centre at Queen's.

Goller, M. C. (2011). *Plants we eat: An expository text*. Monterey, C.A.: National Geographic School Publishing.

The guided reading books are at the emergent level (Grade 1) and include simple sentences that develop appropriate vocabulary. An overview of the resource provides at-a-glance information. The guide is concise, well-organized and suggests many activities that promote discussion. There are also suggestions for students with special needs. The assessment handbook includes checklists, conferencing notes, graphic organizers and reading records. Teacher notes are included inside the front cover of the student books. There is also a Think-and-Discuss prompt on the back cover of each student book. See our listing for the student books. (excerpt from [Amazon](#))

Available at Queen's Education Library.

Greenlee, J. (1992). *The encyclopedia of ornamental grasses: How to grow and use over 250 beautiful and versatile plants*. Emmaus, Pa; New York: Rodale Press. ([Amazon](#))

From the fresh green shoots of spring through the dramatic foliage of summer, the lush colors of autumn, and the pale, feathery maturity of winter, grasses add a special touch to the garden in every season. Native species of beautiful ornamental grasses flourish in almost every part of North America. Now these attractive, adaptable plants are making their way into yards and gardens across the continent. Ornamental grasses are easy to grow, and they provide year-round landscape interest. No wonder grasses have been enjoying a new popularity. The *Encyclopedia of Ornamental Grasses* is a comprehensive, fully illustrated reference. An informative opening section describes and illustrates the different types of grasses and their habits. This section also provides a basic primer on gardening with ornamental grasses, including practical advice on selecting and buying plants; using them in the landscape; planting, maintaining, and propagating them; and fighting pests and diseases without harmful chemicals.

The Encyclopedia of Ornamental Grasses provides descriptions of over 250 grasses. For each major entry, the encyclopedia features a color photograph of the grass, plus a special information box that gives the grass's botanical and common names, hardiness zone, origin, and preferred sites. A comprehensive description follows, with information on the grass's physical characteristics (color, habit, height, and flowers), landscape uses (for example, as a border, in masses, as an accent, or for cutting), culture and propagation (its preferred conditions and propagation methods), and any potential pests or problems. Cultivars and varieties are listed as well. A special section of ornamental grass garden designs by well-known designers provides lots of ideas for using grasses in perennial borders, meadows, curbside plantings, and cutting gardens. A resource section lists suppliers of seeds, plants, and equipment, and a bibliography suggests where to find further information. An index of common and botanical names makes this book as easy to use as it is practical, informative, and beautiful. The most comprehensive reference available, *The Encyclopedia of Ornamental Grasses* is destined to become a classic work on the subject-- a must for any serious gardener. (excerpt from [Amazon](#))

Available at Queen's Education Library.

Gunderson, M. (2001.). *American indian cooking before 1500*. Mankato, MN: Blue Earth Books. Discusses the everyday life, cooking methods, common foods, and hardships and celebrations of American Indians before 1500. Includes recipes. (excerpt from [Amazon](#))

Available at Queen's Education Library.

Holthaus, G. H. (2008). *Learning native wisdom: What traditional cultures teach us about subsistence, sustainability, and spirituality*. Lexington, KY: University Press of Kentucky. Scientific evidence has made it abundantly clear that the world's population can no longer continue its present rate of consuming and despoiling the planet's limited natural resources.

Scholars, activists, politicians, and citizens worldwide are promoting the idea of sustainability, or systems and practices of living that allow a community to maintain itself indefinitely. Despite increased interest in sustainability, its popularity alone is insufficient to shift our culture and society toward more stable practices. Gary Holthaus argues that sustainability is achievable but is less a set of practices than the result of a healthy worldview.

Learning Native Wisdom: Reflections on Subsistence, Sustainability, and Spirituality examines several facets of societies -- cultural, economic, agricultural, and political -- seeking insights into the ability of some societies to remain vibrant for thousands of years, even in extremely adverse conditions and climates. Holthaus looks to Eskimo and other Native American peoples of Alaska for the practical wisdom behind this way of living. *Learning Native Wisdom* explains why achieving a sustainable culture is more important than any other challenge we face today. Although there are many measures of a society's progress, Holthaus warns that only a shift away from our current culture of short-term abundance, founded on a belief in infinite economic growth, will represent true advancement. In societies that value the longevity of people, culture, and the environment, subsistence and spirituality soon become closely allied with sustainability. Holthaus highlights the importance of language as a reflection of shared cultural values, and he shows how our understanding of the very word subsistence illustrates his argument. In a culture of abundance, the term implies deprivation and insecurity. However, as Holthaus reminds us, "All cultures are subsistence cultures." Our post-Enlightenment consumer-based societies obscure or even deny our absolute dependence on soil, air, sunlight, and water for survival. This book identifies spirituality as a key component of meaningful cultural change, a concept that Holthaus defines as the recognition of the invisible connections between people, their neighbors, and their surroundings. For generations, native cultures celebrated and revered these connections, fostering a respect for past, present, and future generations and for the earth itself. Ultimately, Holthaus illustrates how spirituality and the concept of subsistence can act as powerful guiding forces on the path to global sustainability. He examines the perceptions of cultures far more successful at long-term survival than our own and describes how we might use their wisdom to overcome the sustainability crisis currently facing humanity. (excerpt from [Amazon](#))

Available at Queen's Education Library.

Lim, T. K., & SpringerLink (Online service). (2013; 2012). *Edible medicinal and non-medicinal plants: Volume 6, fruits* (1. Aufl.; 1 ed.). Dordrecht: Springer Netherlands.

This book continues as volume 6 of a multi-compendium on edible medicinal and non-medicinal plants. It covers edible fruits/seeds used fresh, cooked or processed into other by-products, or as vegetables, cereals, spices, stimulant, edible oils and beverages. It covers selected species from the following families: Sapindaceae, Sapotaceae, Schisandraceae, Solanaceae, Thymelaeaceae, Urticaceae, Vitaceae and Winteraceae. This work will be of significant

interest to scientists, researchers, medical practitioners, pharmacologists, ethnobotanists, horticulturists, food nutritionists, agriculturists, botanists, conservationists, lecturers, students and the general public. Topics covered include: taxonomy; common/English and vernacular names; origin and distribution; agroecology; edible plant parts and uses; botany; nutritive and pharmacological properties, medicinal uses and research findings; nonedible uses; and selected references. (excerpt from [Springer](#))

Available at Queen's Education Library.

Lundgren, J. K., & Duke, S. S. (2013). *Plants as food, fuel, and medicine*. North Mankato, Minnesota: Rourke Educational Media.

This book introduces students to how important plants are to our planet and our existence and illustrates how plants have a positive medicinal effect in curing diseases, provide alternative forms of fuel, and help to reverse global warming. (excerpt from [Britannica](#))

Available at Queen's Education Library.

Suzuki, D. T., & Knudtson, P. (1992). *Wisdom of the Elders: Honoring sacred native visions of nature*. New York: Bantam Books.

Wisdom of the Elders was first published in 1992. This new edition contains a revised introduction along with the collection of quotes purportedly from Indigenous Peoples from cultures around the world. The authors draw from ecology and biology for essential themes drawn from modern science and combine these with Native perspectives about the natural world and the relationships of humans with nature. Both authors believe the Native perspective is just as valid as the one based on western science. They take great pains in the author's note to explain the difficulty authenticating the validity of the Native source materials. Many of the quotes are taken from scholarly anthropological works and the authors caution readers that these sources may not have expressed Indigenous beliefs correctly. They examine the speech by Chief Seattle as a classic example of how Native views can be misrepresented to suit contemporary ecological views. The book is organized into themes such as the kinship of all, nature as a living system, ways of seeing nature, kinship of humans and animals, relationship between humans and vegetation, relationship between humans and land, time as a circle, world renewal, and the fate of the earth. Throughout each theme the voices of traditional elders are quoted. The nations represented are Hopi, Maya, Iroquois Confederacy, Lil'wat, Tewa, Chewong, Dakota, Desana, Wintu, Navajo, Kayapo, Inuit, M'ng Gar, Gitksan and Wetsuweten, Dunne-za, Murngin, Dayak, Koyukon, Cree, and San Bushmen. The book contains an index and an excerpt from the Draft United Nations Declaration on the Rights of Indigenous Peoples. (excerpt from [GoodMinds](#))

Available at Queen's Education Library.