

A STORY OF SITKA'S FOOD

A brief history of Sitka's Food System



A SEASONAL CELEBRATION OF
TLINGIT TRADITIONAL FOODS



+INDICATES FOOD IS AVAILABLE FOR MORE THAN ONE SEASON

CONTACT A LOCAL FISH AND GAME OFFICE FOR MORE INFORMATION ON HUNTING AND FISHING REGULATIONS.
CAUTION: FOR MORE INFORMATION ON PARALYTIC SHELLFISH POISONING, CONTACT THE ALASKA DEPT OF ENVIRONMENTAL CONSERVATION.

SITKA FOOD BEFORE THE ARRIVAL OF THE RUSSIANS

Tlingít ate a variety of food based on what was in season and available. The menu featured salmon and other finfish and shellfish, deer, marine mammals, beach greens, berries, Tlingít potatoes (believed to have arrived as a trade item with Spanish explorers), and other plants. There is a saying, “When the tide is out, dinner is served,” because of how the sea provided food. Tlingít and other tribes also developed food preservation techniques using smoke and seal oil to make food last. They also developed clam gardens to have a ready supply of local shellfish. During this time, nearly all food was local food, although there was some trading with other tribes for foods not available in the Sitka area.

SOMETIMES THERE WAS ENOUGH FOOD TO SELL, LIKE THESE TLINGÍT WOMEN SELLING BERRIES



FROM THE RUSSIANS TO THE AMERICANS



FROM THE RUSSIANS TO THE AMERICANS



Governor Brady's Garden, 1900.

THE RUSSIANS PLANTED GARDENS TO ENSURE THEY HAD FOOD TO GET THROUGH THE WINTER



THE RUSSIANS GROUND THEIR OWN GRAIN AND EVEN HAD THEIR OWN BAKERY

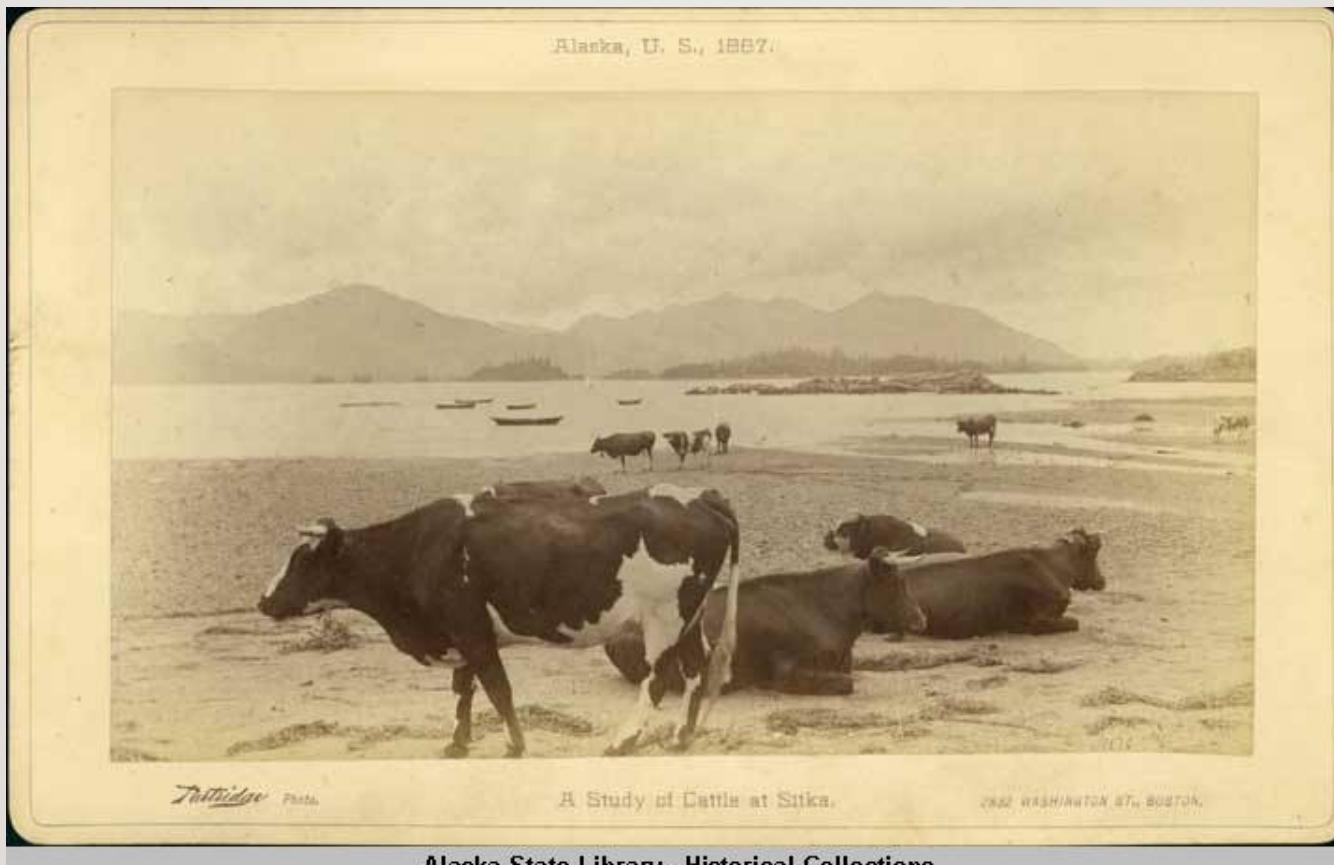


The Bakery and Shops of the Russians
Later the Sitka Trading Co.'s Building.

FOOD IS STILL LOCAL, BUT THERE WAS NO WEEKLY
BARGE BRINGING GROCERIES TO TOWN



WE EVEN HAD CATTLE IN SITKA IN THE 1880'S



Alaska State Library - Historical Collections

SINCE GARDENS WERE SEASONAL, HUNTING AND FISHING WERE MAJOR FOOD SOURCES



Alaska State Library - Historical Collections

COMMERCIAL FISHING BECAME A BIG BUSINESS IN SITKA



SALMON WERE PLENTIFUL



B. L. J. Fish Trap, Food Bay, Alaska.
The Photo Shop Studio, Sitka, Alaska.

THE SITKA COLD STORAGE PLANT GAVE FISHERMEN A PLACE TO STORE AND PROCESS THEIR CATCH



HERRING EGGS WERE A POPULAR LOCAL FOOD FOR ALASKA NATIVES



IN 1898 THE USDA ESTABLISHED ALASKA'S FIRST EXPERIMENTAL STATION IN SITKA



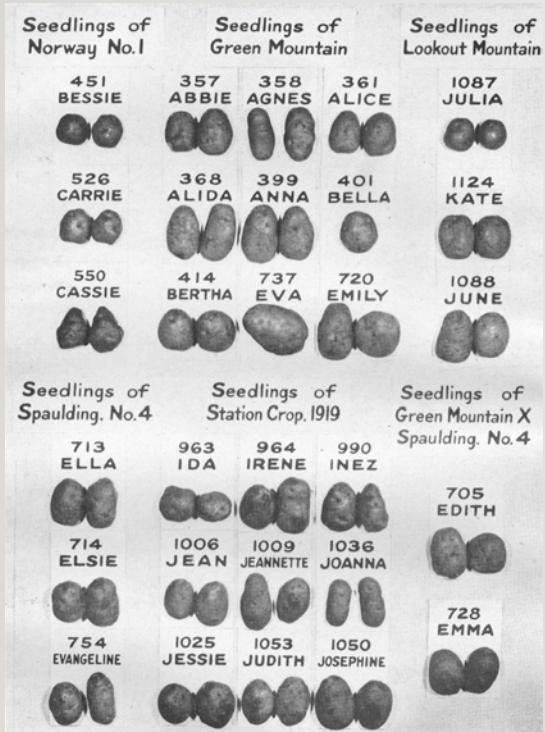
Oats, barley, flax, grasses, clover and potatoes grown during
the station's first year, 1898.

THE SITKA EXPERIMENTAL STATION GREW A WIDE VARIETY OF CROPS



Display of produce grown at the Sitka station in the early twenties.

POTATOES AND CHERRIES WERE POPULAR CROPS



Seedling Potatoes Grown at Sitka Station, 1921.



Cherries grown on the station, E.W. Merrill 1921.

RHUBARB AND PEAS ALSO WERE BIG CROPS

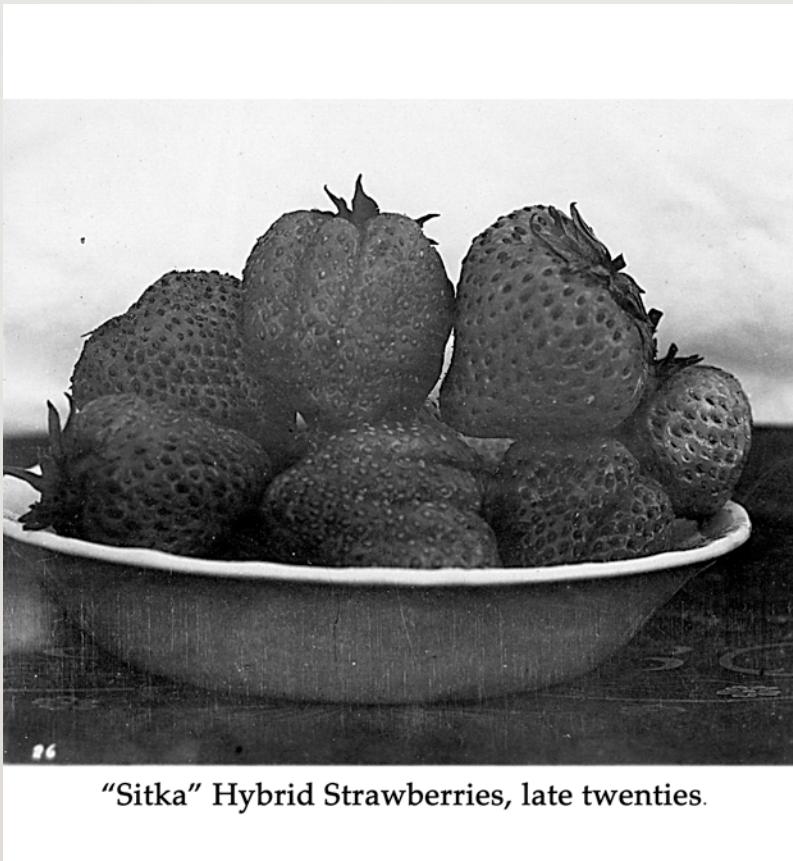


F.E. Rader, Sitka Horticulturist 1899-1903



Boy with peas, late twenties.

THE SITKA EXPERIMENTAL STATION DEVELOPED THE SITKA HYBRID STRAWBERRY ABOUT 1904



SOME APPLE TREES PLANTED BY HORTICULTURIST CHARLES GEORGESON STILL PRODUCE FRUIT



Dr. C.C. Georgeson standing with a young apple tree
at the Sitka station.

AFTER GEORGESON MOVED TO FAIRBANKS, HANS LINDBERG BECAME HORTICULTURIST (DAUGHTER ELLA MAY CHECKS SWEET PEAS AT LEFT)



Horticulturist Lindberg's daughter Ella May standing with sweet peas.



Horticulturist Hans Lindberg (1921-1925).

FLOWERS ALSO WERE GROWN AT THE STATION, SUCH AS NARCISSUS, IRISES AND TULIPS



Narcissus growing in the late twenties. Two varieties of narcissus can still be found growing on station land.

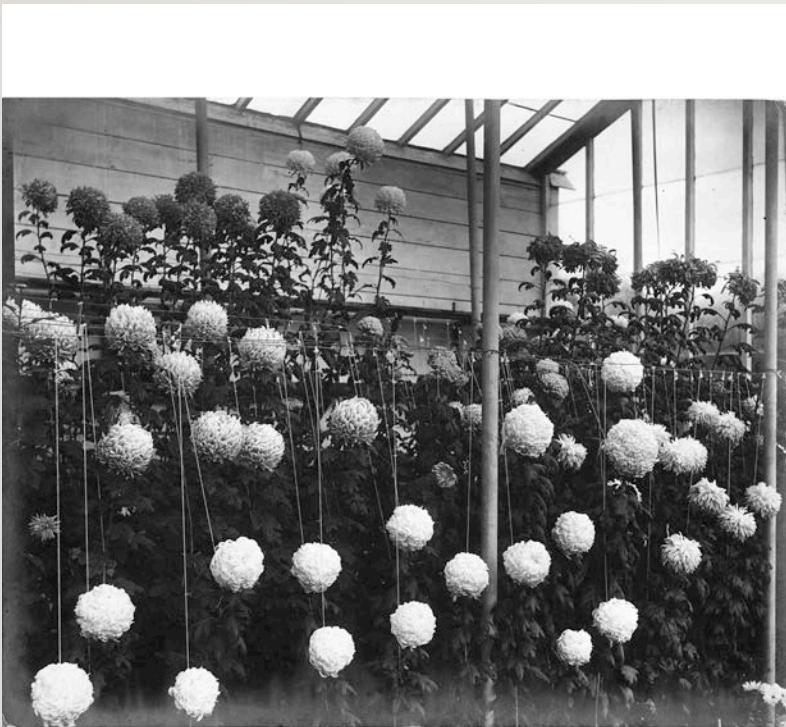


WHEN PRESIDENT HARDING CAME TO SITKA, HIS WIFE WAS PRESENTED WITH FLOWERS FROM THE STATION



Horticulturist's daughter Ella May Lindberg presenting the First Lady with a bouquet of station-grown flowers outside the post office in downtown Sitka.

THERE WAS A GREENHOUSE, AND A HOUSE FOR THE HORTICULTURALIST'S FAMILY



Station Greenhouse 1921 Photographed by E.W. Merrill



The horticulturist's cottage, shown 1930, built by horticulturist F.E. Rader in 1901.

THE EXPERIMENTAL STATION WAS CLOSED IN 1932 BECAUSE OF THE DEPRESSION



Sitka Station Barn, built 1901 by F.E. Rader



Workers at the Experiment Station 1908-1911

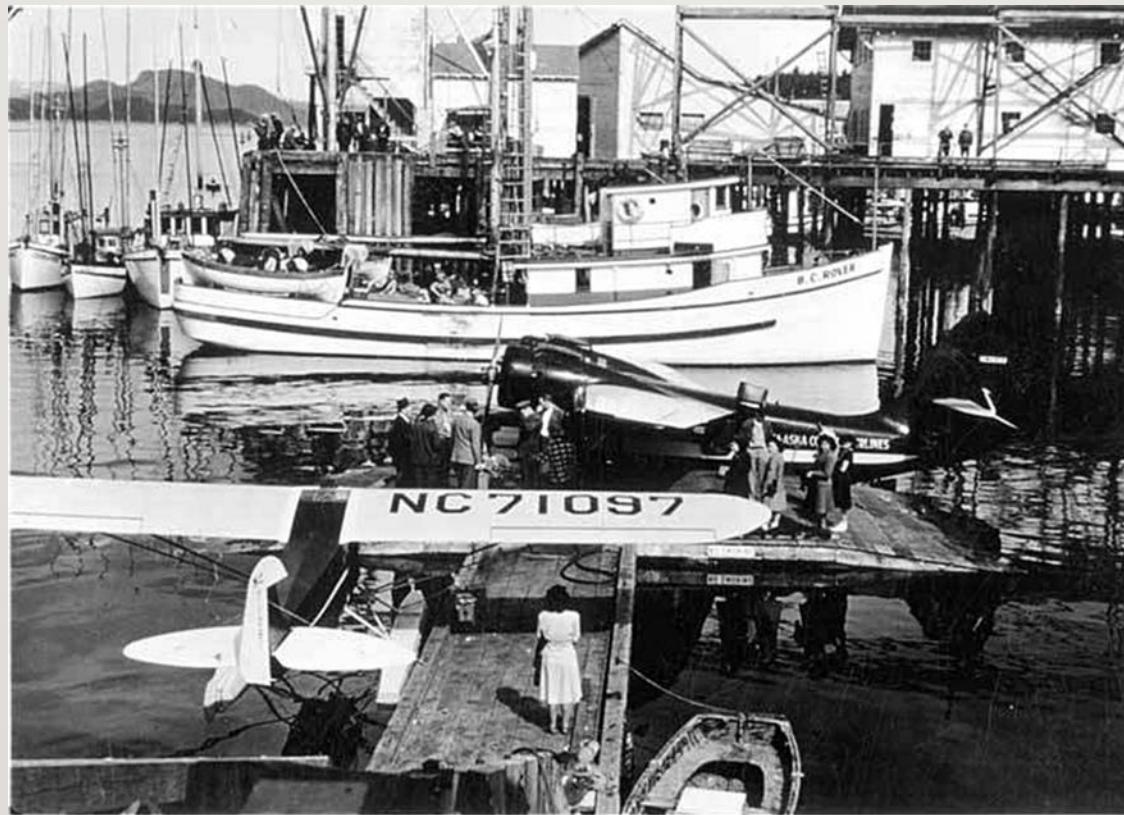
THE STATION SITE STILL HAS SOME GARDENS,
BUT ON A MUCH SMALLER SCALE THAN BEFORE



THEY STILL GROW POTATOES, AND THEY EVEN EXPERIMENTED WITH GROWING CORN

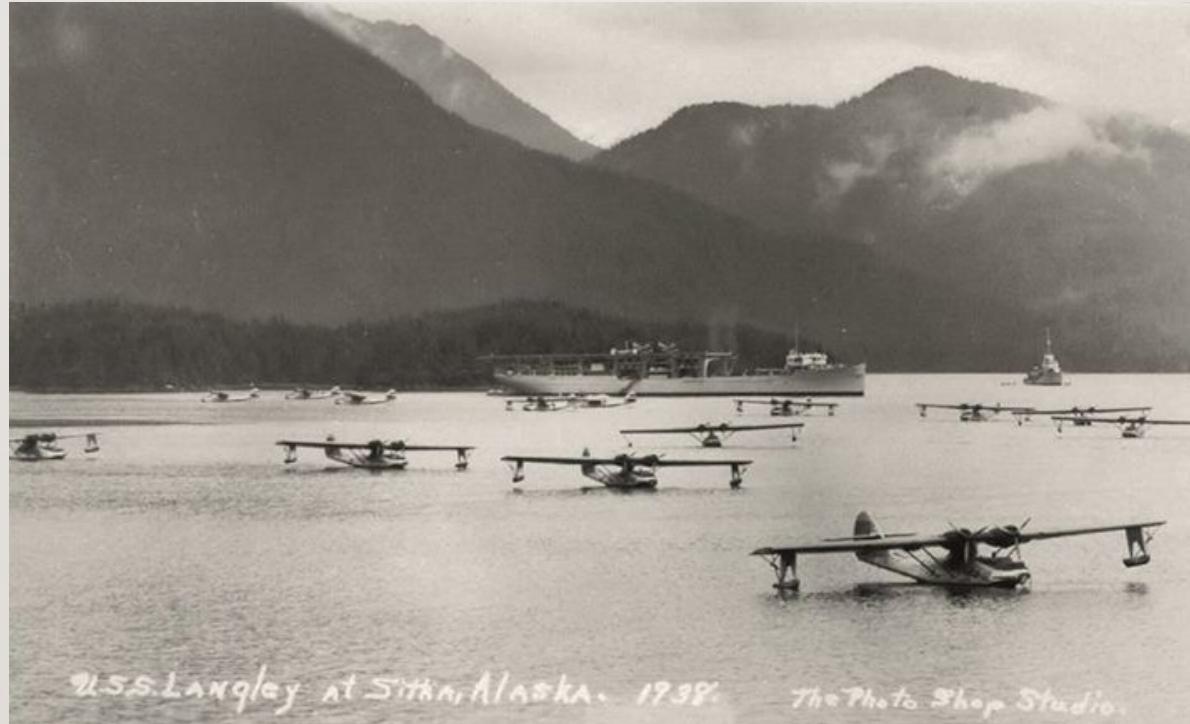


CHEAP TRANSPORTATION AFTER WW2 MEANT IT WAS EASIER TO BRING FOOD TO SITKA THAN TO GROW IT



Alaska State Library - Historical Collections

PLANES BROUGHT PERISHABLE FOODS FROM THE LOWER 48 IN LESS TIME THAN IT TOOK A SHIP



U.S.S. Langley at Sitka, Alaska. 1938. The Photo Shop Studio.

AND NOW ABOUT 90-95 PERCENT OF OUR FOOD
COMES BY A BARGE THAT ARRIVES TWICE A WEEK



OVER TIME, WE BECAME USED TO GETTING OUR FOOD FROM
THE GROCERY STORE INSTEAD OF GROWING IT



AT THE 2008 SITKA HEALTH SUMMIT, SITKANS BEGAN TO WONDER ABOUT FOOD SECURITY AND A LOSS OF CONNECTION TO THEIR FOOD



PEOPLE WORRIED ABOUT HOW FAR THEIR FOOD HAD TO TRAVEL TO GET TO SITKA



THE 2008 SITKA HEALTH SUMMIT PRODUCED IDEAS FOR A LOCAL FOODS MARKET AND A COMMUNITY GREENHOUSE



THE SITKA LOCAL FOODS NETWORK WAS STARTED
AFTER BOTH PROJECTS WERE CHOSEN AT THE 2008
SITKA HEALTH SUMMIT



THE ST. PETER'S FELLOWSHIP FARM COMMUNAL GARDEN WAS STARTED TO GROW PRODUCE FOR THE SITKA FARMERS MARKET



SOME OF THE FOLKS WHO HAVE HELPED AT THE SITKA FARMERS MARKETS



PEOPLE WAITING TO BUY PRODUCE AT THE SITKA LOCAL FOODS NETWORK FARM STAND



SELLING SOME PRODUCE



MORE LOCAL PRODUCE SALES



SOME OF THE OUTSIDE BOOTHS AT THE SITKA FARMERS MARKET



CARROTS FOR SALE AT THE MARKET



APPLES READY TO BAG FOR SALE AT THE FARMER'S MARKET



KALE GROWING AT ST. PETER'S FELLOWSHIP FARM



GETTING THE GARDEN BEDS PLANTED DURING A ST. PETER'S FELLOWSHIP FARM WORK PARTY



YOUNG MEN HELP PREPARE GARDEN BEDS FOR PLANTING



KIDS HELP WITH THE HARVEST AT ST. PETER'S FELLOWSHIP FARM



THE SITKA LOCAL FOODS NETWORK HOSTED THE 'LET'S GROW SITKA' GARDEN SHOW FOR A COUPLE OF SPRINGS



THE SITKA LOCAL FOODS NETWORK HOSTED A GARDEN MENTORING PROGRAM



THE GARDEN MENTOR PROGRAM HELPED NEW GARDENERS LEARN HOW TO GROW FOOD IN SITKA



THE SITKA LOCAL FOODS NETWORK ALSO HOSTS
SEVERAL GARDENING CLASSES IN THE SPRING



FIFTH-GRADERS AT KEET GOOSHÍ HEEN ELEMENTARY WERE HELPED AS THEY BUILT A SCHOOL GARDEN



THIS YEAR THE SITKA LOCAL FOODS NETWORK LAUNCHED THE SITKA FOOD BUSINESS INNOVATION CONTEST

Sitka Food Business Innovation Contest



- Win \$1,500 to launch or expand a Sitka food business.
- Two divisions — one for existing and one for start-up businesses (two years old or younger).
- Check link below for contest details and entry form.



Submit entries with \$25 entry fee before 5 p.m., Friday, April 6, to Sitka Local Foods Network, 408-D Marine Street, Sitka, Alaska 99835 or sitkalocalfoodsnetwork@gmail.com, attention Food Business Contest For info, Charles Bingham, 623-7660 or charleswbingham3@gmail.com

www.sitkalocalfoodsnetwork.org/contest

HOPE MERRITT OF GIMBAL BOTANICALS WON AND HIRED TWO INTERNS TO HELP WITH HARVEST



GIMBAL BOTANICALS SELLS BEACH ASPARAGUS AND OTHER SEA VEGGIES AND TEAS



SEVERAL OTHER SITKA HEALTH SUMMIT PROJECTS WERE CENTERED AROUND FOOD, SUCH AS FISH TO SCHOOLS



THE FISH TO SCHOOLS PROGRAM NOW GETS A LOCAL SEAFOOD CHOICE INTO THE MENU ONCE A WEEK AT ALL SITKA SCHOOLS, INCLUDING PRIVATE SCHOOLS



LOCAL COMMERCIAL FISHERMEN DONATE COHO SALMON TO THE FISH TO SCHOOLS PROGRAM



ANOTHER SITKA HEALTH SUMMIT PROJECT WAS TO PLANT FRUIT TREES AROUND TOWN



APPLE, CRABAPPLE AND CHERRY TREES WERE PLANTED AT SEVERAL LOCATIONS AROUND TOWN



SEVERAL OF THESE TREES NOW BEAR FRUIT



SOME OF THE TREES ARE ON PUBLIC PROPERTY, BUT
OTHERS ARE ON PRIVATE PROPERTY



ANOTHER SITKA HEALTH SUMMIT PROJECT WAS THE “SICKA-WASTE” COMPOST PROJECT



THE SITKA COMMUNITY FOOD ASSESSMENT GAVE US BASELINE DATA ON SITKA'S FOOD SECURITY

 **For a Food Resilient Sitka:
Planning and Action for
Health & Security**

Contact: sitkalocalfoodsnetwork@gmail.com | Facebook: Sitka Community Food Assessment

Food Assessment Goals:

- Create a community food security profile
- Map Sitka's existing food resources & food production capacity
- Assess household food security
- Assess food resource accessibility
- Assess food availability and affordability

Why a Sitka Community Food Assessment?

- What would happen if barges supplying Sitka's food stopped running?
- With a 44% increase in food costs since 2008, how are Sitkans living on limited incomes coping?
- Does our community have the capacity to feed itself if a natural disaster left us isolated?

Questions like these emerged during the 2012 Sitka Health Summit and lead to a call to action to complete a food security assessment.

The Sitka Community Food Assessment will help us gauge just how resilient Sitka's food system is and point us to steps we can take to improve it.

The assessment team is using the USDA Food Security Toolkit to guide our process. The kit empowers community members to use their own resources in a systematic way to identify resources, needs, and specific challenges or problems in regard to food security.

Sitka's community food assessment will:

- Improve our understanding of Sitka's local food system
- Identify our food system's strengths and weaknesses
- Inform decision-making about policies and actions to improve community food security
- Position Sitka to access food system improvement grant funding

How can I get involved?

- Visit: www.facebook.com/SitkaCommunityFoodAssessment
- Complete the Sitka Food Security Survey on Survey Monkey!

SITKA COMMUNITY FOOD ASSESSMENT INDICATORS REPORT



2014

THE SITKA COMMUNITY FOOD ASSESSMENT LED TO A SITKA FOOD SUMMIT IN 2013 TO DISCUSS EARLY FINDINGS



ANOTHER PROJECT WAS THE SITKA KITCH COMMUNITY RENTAL COMMERCIAL KITCHEN



THE SITKA KITCH HOSTS SEVERAL FOOD PRESERVATION CLASSES



STUDENTS LEARN HOW TO CAN JAMS AND JELLIES OR SEAFOOD AT THE FOOD PRESERVATION CLASSES



THE SITKA KITCH ALSO HOSTS A VARIETY OF COOKING CLASSES



THE SITKA KITCH OFFERED A FOUR-CLASS BASIC CULINARY SKILLS COURSE



COURSE TOPICS INCLUDE MAKING PASTA, BAKING
BREAD, MAKING YOGURT, AND MORE



THE SITKA KITCH HAS HOSTED SEVERAL COOKING AROUND THE WORLD CLASSES



THE SITKA KITCH ALSO SERVES AS A MAKER-SPACE FOR FOOD BUSINESSES SUCH AS SIMPLE PLEASURES



OUTSIDE THE SITKA HEALTH SUMMIT, OTHER FOOD PROJECTS WERE STARTED, SUCH AS THE SITKA FOOD CO-OP WHICH SERVES AS A BUYING CLUB



STARTED IN 2011, THE SITKA FOOD COOPERATIVE
HELPS PEOPLE BUY WHOLESOME AND NATURAL
FOODS AS INEXPENSIVELY AS PRACTICABLE

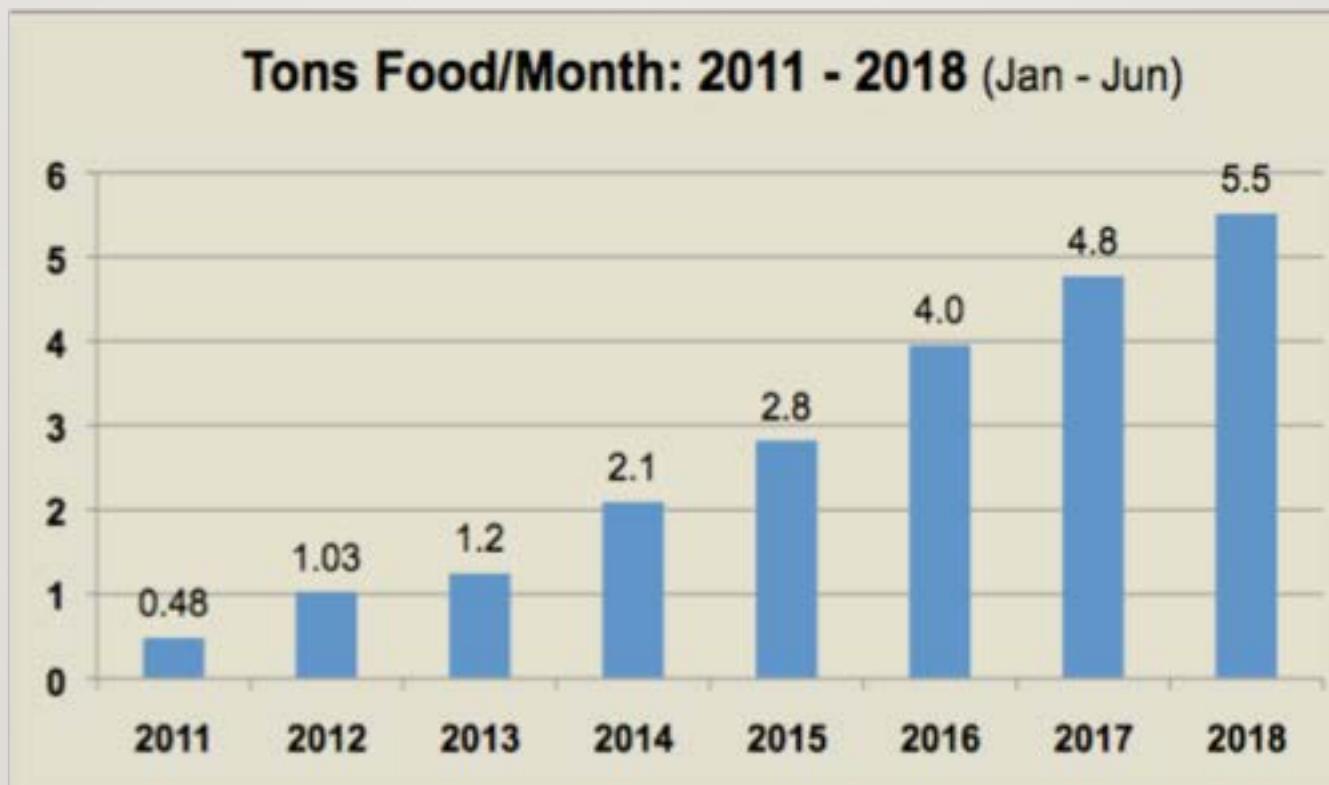


Bringing Good Food & Community Together

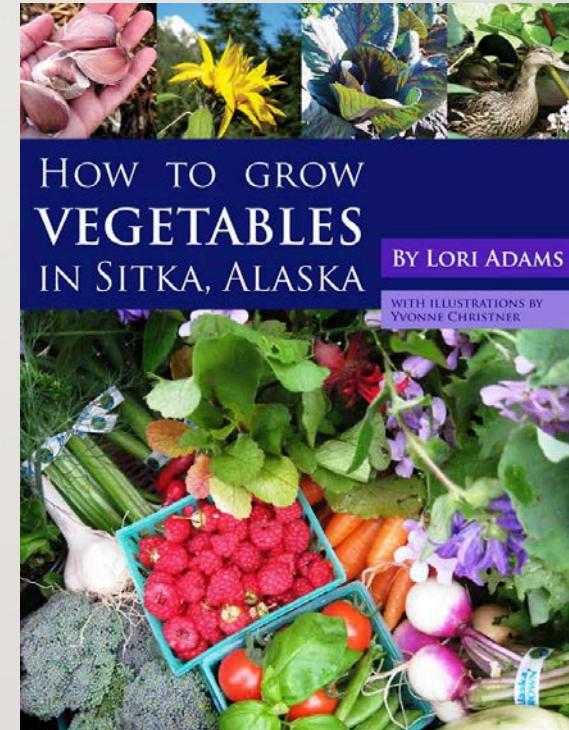
THE SITKA FOOD CO-OP ALSO PROVIDES A VENUE FOR LOCAL FARMERS TO SELL THEIR PRODUCE



THE SITKA FOOD CO-OP CONTINUES TO GROW AS SITKA RESIDENTS LOOK FOR ALTERNATIVE FOOD SOURCES



LORI ADAMS STARTED DOWN TO EARTH U-PICK GARDEN (NOW A CSA) AND WROTE A BOOK



FLORENCE WELSH OF 'FORGET ME NOT GARDENS' NOW WRITES THE SITKAVORES BLOG ABOUT LOCAL FOOD IN SITKA



THE ALASKA LONGLINE FISHERMEN'S ASSOCIATION STARTED ALASKANS OWN SEAFOOD, ALASKA'S FIRST CSF PROJECT



SITKA SALMON SHARES IS A SITKA-BASED CSF THAT SELLS SITKA SEAFOOD IN THE MIDWEST



ALASKA PURE SEA SALT NOW SELLS ITS PRODUCT AROUND THE COUNTRY



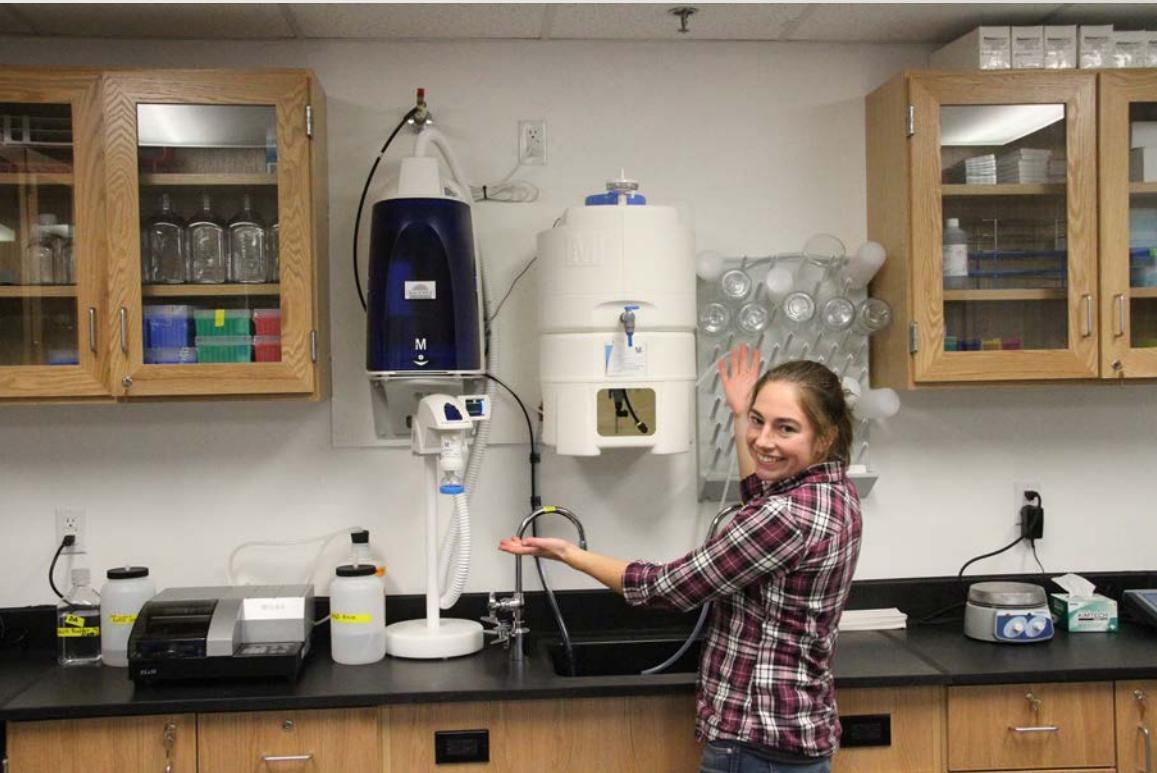
BARANOF ISLAND BREWING COMPANY MAKES SEVERAL TYPES OF BEER AND ROOT BEER



BEYOND LEAFY LLC GROWS BASIL AND OTHER HERBS USING HYDROPONICS IN A GARAGE



SITKA TRIBE OF ALASKA IS THE LEAD AGENCY FOR SOUTHEAST ALASKA TRIBAL OCEAN RESEARCH (SEATOR), WHICH RUNS A LOCAL LAB TO TEST SHELLFISH FOR PSP AND OTHER TOXINS



DISCUSSION: AS SITKA MOVES FORWARD, WHAT DO WE WANT OUR LOCAL FOOD SYSTEM TO LOOK LIKE?

