

The cover features a collage of images: a person's face on the left, a house with a bay window in the center, a silver car in the background, and a large garden bed in the foreground. The sun is shining brightly in the upper right, creating a lens flare effect. The title 'RIGHT TO FOOD ZINE' is in large, bold, white letters on the left. A white banner with the word '*FREE*' is in the upper right. Three article titles are listed on the bottom left.

RIGHT TO FOOD ZINE

Spring/Summer 2019

VOL.21

FREE

GLYPHOSATE—
MONSANTO'S
"SAFE AND FRIENDLY"
HERBICIDE

TO WORM COMPOST
OR NOT? IS THAT THE
REAL QUESTION?

TIDES OF CHANGE:
SALMON FARMING
ON THE PACIFIC
NORTHWEST COAST

Right to Food Zine

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The views and opinions expressed in this publication are those of the original authors and contributors, and do not necessarily reflect the views and opinions of the Downtown Eastside Neighbourhood House.

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Letter From The Editor

Welcome to the *Right to Food Zine* issue 21. As we spring into May, many new Zinesters have joined our team. A warm welcome to the several students from UBC's Land and Food Systems program who have recently joined our team.

I'd like to give an honorable mention to Brittany Garuk, who has assumed many Zine team roles and responsibilities: Brittany is our designer, co-chairs our Wednesday meetings since last year, and is currently learning the position of IT consultant now that Michael Dubelko has retired. Not to mention she is generously sharing her skills around InDesign program use. We couldn't do it without you, Brittany!

We are always looking for new members and all skill levels are welcome. We all learn as we grow. We welcome all sorts of participation! I'm excited to introduce a prayer submitted by Daniel Moon, "Kukwtsetsmc Greatest Mystery of All." Daniel has been a member of our team for years, who often sits at the table, listens and gives feedback. His piece is followed by an investigative report by Sayena Tajdini, "Eating Healthy Food without Breaking the Bank: Smart Shopping at Sunrise Market." Read Ari Getzlaf and Kira Knight's article "Glyphosate, Monsanto's 'Safe and Friendly' Herbicide Spray," to learn about the hazards of the common household product Round-up and why you may want to reconsider having it in your home.

Gardeners will want to read Ava Caldwell's innovative approach, which asks "To Worm Compost or Not? Is THAT the Real Question?" Another important piece to help beginner gardeners is Ari Getzlaf's "Pollinators for Your Garden: What They Are and How to Attract Them." Mika Sage Pierre shares some more of her poetry written at Ulluilsc, also known as a [Voice for the Voiceless Camp](#) (an Indigenous reoccupation in unceded St'at'imc Territory) in "Mothers Cooking Red and Green."

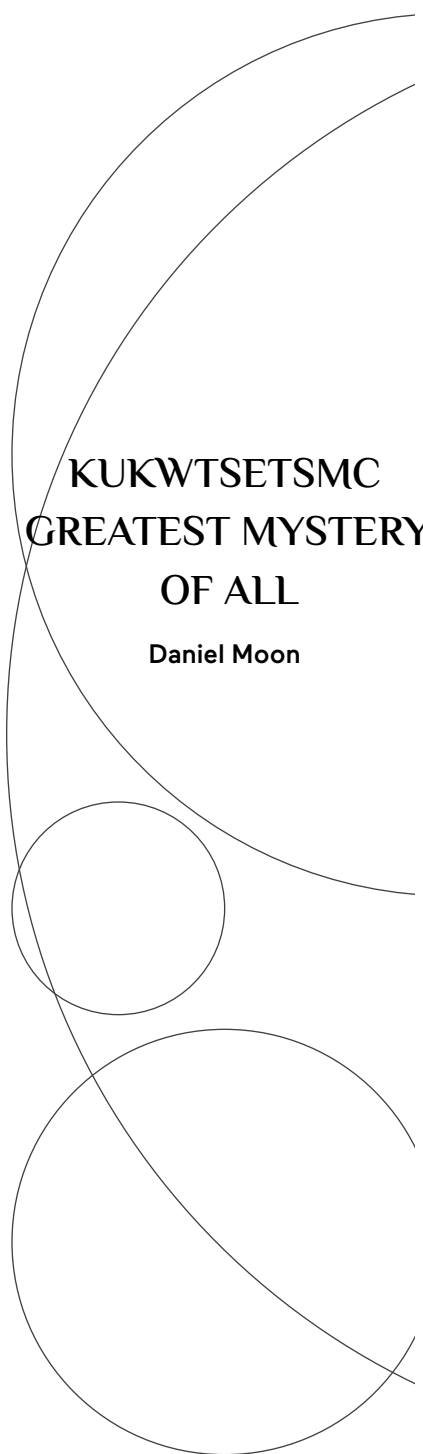
Speaking for those who cannot speak for themselves, Kaylie Higgs revisits the current issues around genetically modified fish sharing the same waters as Wild Salmon in "Tides of Change: Updates on Salmon Farming on the Pacific Northwest Coast," illustrated by Kira Knight. Jessica Fang reintroduces us to a local gem in her "Tour of Dr. Sun Yat-Sen's Traditional Chinese Garden and the Subtle Connection to Food."

We appreciate all our readers and want to extend our invitation to anyone who has a passion for food and making it accessible!

Let's be the change we want to see!
Join the Team!



Shannon Hecker
RTF Zine editor



**KUKWTSETSMC
GREATEST MYSTERY
OF ALL**

Daniel Moon

Kukwtsetsmc greatest
mystery of all,
For all our relations,
And all our relationships
that keep us united within
reality's healthy, happy
touch.

Kukwtsetsmc greatest
mystery for the
preparation and
presentation of such
a healthy, happy, good
glorious day.

Bless the ingredients of
this day, to all our bodies
to help provide us with
the physical strength to
carry out all our daily and
nightly activities,

And may the majority
of our daily and nightly
activities be consumed
with respectfully reducing,
reusing, and recycling
enough to become
recyclones, to reverse
all actions and inaction
towards global warming.



It's no secret that Vancouver is one of the most expensive places when it comes to real estate, but an added notoriety to one of the most desirable places to live is its expensive food. Even within the Greater Vancouver area, Downtown Vancouver holds first place in prices. So how are residents to cope, especially those who live on people on disability or social assistance? Do they have to go hungry for days or settle for inexpensive junk food that delivers no nutrition but keeps them sated? Food sovereignty is the right to healthy and culturally appropriate food and is considered a fundamental human right, yet many people in DTES have to forgo it because of the impossibly high food prices.

Eating Healthy Food without Breaking the Bank: Smart Shopping at Sunrise Market

WRITTEN AND PHOTOGRAPHED
BY SAYENA TAJDINI

A place that sources its produce locally, not only keeps the prices affordable, but it also improves the community's health and supports BC farmers.

Our UBC Land Food System program research of food insecurity and DTES residents led us to Sunrise where we were amazed to discover that low-income residents could eat healthful food without breaking the bank. Sunrise offers a wide range of fresh fruits, vegetables and organic produce at much lower prices. Intrigued by their affordability, we interviewed one of the employees to find out how Sunrise can sustain this model. He answered a lot of questions, which gave us a glimpse into how Sunrise makes it possible for DTES residents to exercise their right to food→



WHAT IS THE SOURCE OF THE PRODUCTS AND HOW DO YOU MANAGE TO SELL QUALITY PRODUCTS AT SUCH LOW PRICES?

Sunrise buys the products from the wholesalers. Also, they buy only seasonal fruits and vegetables straight from the farmers which make it possible to keep the prices low.

WHY ARE SOME OF THE PRODUCTS TOO RIPE? ARE THEY SECOND-HAND PRODUCTS?

Sunrise buys both ripe and unripe fruits and vegetables from the wholesale distributors for a reduced price. The ripe products need to be consumed right away and are always offered at a discount price. That doesn't mean that the quality is lower.

WHAT ABOUT THE SHELF PRODUCTS? WHY ARE THEY CHEAPER THAN THE OTHER PLACES?

Sunrise looks for the good deals in different places. In addition, Sunrise Market does apply a minimal markup because their policy is aimed to support the community. The people behind Sunrise are just trying to be fair and help others.

There's no earth-shattering market model that Sunrise utilizes—just common trade sense and sincere care for those who live in their community. Sunrise is not clamoring for fame; they just want to make sure that people have access to fresh healthful food. If they can add their daily contribution to building and supporting their community, perhaps it behooves the rest of us to support them by shopping more often at Sunrise. A place that sources its produce locally, not only keeps the prices affordable, but it also improves the community's health and supports BC farmers. The benefits of purchasing our food from markets such as Sunrise don't stop at our wallets. Our support of the local economy and the reduction of food waste are some of the added bonuses to the affordable prices at Sunrise Market.



Monsanto 'bullied scientists' and hid weedkiller cancer risk, lawyer tells court

As ill California man's landmark case begins, attorney attacks Roundup maker's response to researchers' findings

HEALTH NEWS | OCTOBER 31, 2018 / 5:30 PM / 5 MONTHS AGO

Groundskeeper in Bayer in U.S. weed-killer case accepts reduced award

Tina Bollen

GLYPHOSATE—MONSANTO'S “SAFE AND FRIENDLY” HERBICIDE

Ari Getzlaf and Kira Knight

Review

Exposure to Glyphosate-Based Herbicides and Risk for Non-Hodgkin Lymphoma: A Meta-Analysis and Supporting Evidence

Luoping Zhang^{a, b, c}, Jemaan Rana^a, Rachel M. Shaffer^b, Emanuela Taioli^c, Lianne Sheppard^{b, d}

Technology & Science

"Troubling allegations" prompt Health Canada review of studies used to approve popular weed-killer

Maker of Roundup denies any hidden influence on studies used in approval process



Gil Shochat · CBC News · Posted: Nov 11, 2018 4:00 AM ET | Last Updated: November 11, 2018

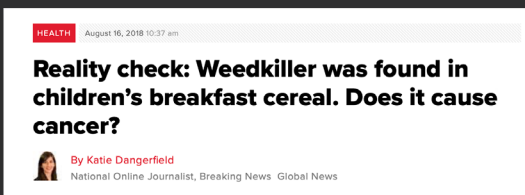
HEALTH • CANCER

I Won a Historic Lawsuit, But May Not Live to Get the Money

BY CAREY GILLAM | UPDATED: NOVEMBER 21, 2018 5:18 PM ET

Roundup, a herbicide used by farmers and gardeners alike, was first developed in the 1970's, when chemists John Franz and Dr. Phil Hamm, the head of Monsanto's herbicide screening program, discovered the molecule glyphosate. Since then glyphosate-based herbicides have spread across the world, including Canada, killing almost any weed that arises in crops and gardens, and becoming the most widely used herbicide in the United States.

It was initially marketed to be the safest and most environmentally friendly herbicide in the world, due to the multitude of studies that stated that glyphosate was a harmless chemical to the human body. However, recent allegations have brought the validity of these studies into question, resulting in the finding that Monsanto has been doctoring studies for decades without properly disclosing their involvement. Thus making the studies look independent and unlinked to Monsanto, when in reality they were heavily influenced and funded by the corporation.



HEALTH August 16, 2018 10:37 am

Reality check: Weedkiller was found in children's breakfast cereal. Does it cause cancer?

By Katie Dangerfeld
National Online Journalist, Breaking News Global News

Fortunately, more and more independent research is being published demonstrating glyphosate's potential to cause cancers through continued exposure. More specifically, a recent study states that exposure to glyphosate has the potential to increase the

risk of developing non-Hodgkin lymphoma, a terminal cancer of the immune system, by as much as 41%. This is especially worrisome, due to glyphosate's wide-spread use on cereal crops. Another significant study was published in August of 2018 by the US-based Environmental Working Group where it was found that significant levels of glyphosate were present in multiple cereal brands due to the grains used in production having been in a field where glyphosate was used as a herbicide. Leading to the question of how can we protect the health of the population when a herbicide, now considered to be a carcinogen, is still as prevalent as glyphosate is today.

In 2018, a groundbreaking case concluded when American lawyers were able to sue the makers of Roundup, a glyphosate-based herbicide, after the chemical was linked to a school groundskeeper's terminal cancer. Since then, over 11,000 US plaintiffs are suing the company Bayer AG, which bought out Monsanto last year. Additionally, a federal judge ruled that cancer survivors and relatives of the deceased could also come forward in separate trials if they too had been affected by glyphosate. The terminally ill school groundskeeper's name is Dewayne Johnson and his team of lawyers fought for a month in

trial stating that Monsanto had "fought science" for years. There is landmark evidence showing that internal documents in Monsanto's possession proved that the company had known for decades that glyphosate was a carcinogen.

There is landmark evidence showing that internal documents in Monsanto's possession proved that the company had known for decades that glyphosate was a carcinogen.

Johnson's case is horrifying and infuriating, as well as an important first step in the removal of Roundup and other glyphosate-based products from use, with the potential to force corporations like Bayer to take responsibility for the deaths that they have caused. Unfortunately, however in recent months, Bayer has appealed the ruling of Johnson's case, extending the case by at least several months. This is especially saddening as Dewayne Johnson has been suffering for years from the negative effects of glyphosate, and with his death expected to be within the next two years, he may not live to see the case be closed.

An unsettling link to the cancer-causing glyphosate was made when research revealed that trace amounts of the chemical were found in every oat-based cereal and miscellaneous food item that was tested. Quaker Oats and General Mills were targeted by this research because every one of their breakfast products that are directly advertised and designed for children was tested positively for glyphosate. The two brands are deflecting this research by saying that their foods are safe on the basis of passing legal standards, however there is little to substantiate "legally safe" with being actually safe in the United States. The Food and Drug Administration (FDA) is notorious

for allowing outrageous, potentially dangerous, and unresearched food items pass their gaze. Additionally, the general lack of studies that are not funded by Bayer or Monsanto themselves is alarming; we cannot be sure that glyphosate is safe especially given the newness of the product and the lack of publicly funded research studies. Children's cereals containing glyphosate is at the very least unsettling, and at the most downright deadly.

On the Canadian front, the CEO of Friends of the Earth, Beatrice Olivastri, says that they are looking "actively" for "ways forward in litigation", meaning Canadians can anticipate a lawsuit against the use of glyphosate on Canadian soil soon.

Of course, the disenfranchised agricultural stakeholders will be the most severely affected by the dangers of glyphosate; those who will continue to use glyphosate even as more research reveals its carcinogenic effects are those who either do not have access to the information about its harm, or those who have no financial choice but to continue working with the product. In this way, it is particularly imperative for our collective consciousness to spread the word far and wide that glyphosate is a dangerous, cancerous chemical that will destroy us and the world we live in.

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- time.com/5460793/dewayne-lee-johnson-monsanto-lawsuit/

Have some concerns, or more information?

Want to share your opinions?

We are our own media.

JOIN THE TEAM!

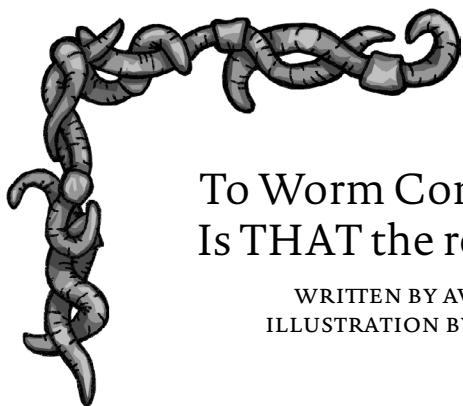
Right to Food Zine presents:

WRITING FOR FUN WORKSHOP

Every other Wednesday at 2pm at the
Downtown Eastside Neighbourhood
House, 357 East Hastings

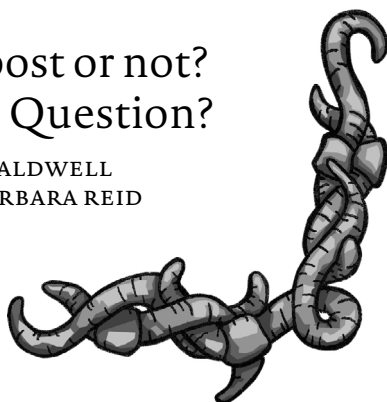
Upcoming workshops:
May 1, 15, 29, and June 12

***regular Zine meetings every
Wednesday at 1pm at the DTES NH!**



To Worm Compost or not? Is THAT the real Question?

WRITTEN BY AVA CALDWELL
ILLUSTRATION BY BARBARA REID



Vancouver is known as the most sustainable city in Canada and certainly in North America. We have three levels of governmental supports, a dedicated new mayor and city council, and tenured city staff ensuring that everyone has the ability to recycle, compost and re-use and re-purpose everything several times.

Wow, Vancouver rocks when it comes to the 3R's and composting. Landfill is being composted daily and is making wonderful humus to enrich the ravaged soil. Vancouver provides the way for apartment dwellers and corporations alike to compost their garbage as easily as pie. There's a bin somewhere and you just drop it off with your recycling.

But, hang on a sec, pie is not EASY, it is always been hard to make. People mostly want to EAT pie, not spend the hours rolling out pastry and pitting cherries.

Humans. We take. We use. We take the easy way.

The sad truth is that it may be too late. We have used up the earth. We have plundered the resources and killed the animals, insects and other life which makes life cycles and the natural order of this planet we call Earth.

We have polluted our waters, contaminated our soil, killed our pollinators, tar-sanded Alberta and destroyed the environment and culture. For profit, for control, and to the detriment of the entire planet. They are now trying to sneak in "the back door" with a 3rd Pipeline on the unceded Indigenous land at Wetsu'wet'sen and Unist'ot'en. This project, unless we stop it now, will destroy our beautiful land, water, devastate our ecosystems, and all forms of life.

There are so many ways that the Indigenous Peoples in BC have fought to preserve the beautiful rainforest that we have, the clear, pristine waters, the wealth of the forest and creatures. They are leading the way in fighting devastating projects that will destroy this country and planet.

I am proud to stand with them and share in helping people deal with the reality before us.

Yes. The future is up to you and me. We can stand by, citing “its inevitable,” “can’t stop progress,” However, when the money/resource hungry politicians, bureaucrats, and “business leaders” ruin the beauty that is the land. If you don’t decide to act now, there will be devastation in our beautiful land and country.

The money-mongers are “users,” not preservers of nature.

When we have no water, no earth, no pollinators, no life—and certainly no gas, oil or power to power the vehicles that destroyed our climate and equilibrium—people will have to go back to basics and live off the land. Humanity will have to learn to find fresh water, how to survive, how to build shelter, how to grow food and how to build family and community.

Many will NOT survive. Water, Land, Air. All polluted with the desire to profit.

This possible future is a very scary one. Total survival, return to the basics with little government infrastructure.

Reality means that the future is ours to influence and determine. I believe that this is the precise time to act to turn around humanity’s mis-use of Earth’s gifts. Right now, today, take one step to the 3R’s....

Recycle. Reduce. Re-use.
Be the solution, not a NIMBY or a Complainer/negator/kvetcher....

Future Plan #2:
Teach people to say NO to the

Coastal GasLink Pipeline and take action in their daily lives NOW. I help people take active steps now to limit their use of fuels and pollutants. There are basic ways that you can live the principles of environmentalism and the 3R’s. Here’s my plan. I teach children how to have a 5% carbon footprint, REALLY! How to actually take their own personal garbage, and through the beauty of our little friends, the Red Wiggler worms, compost all their personal garbage INDOORS and reduce their carbon footprint to 5%. 95% actual garbage is now magical humus compost, the best gift to your plants.

Landfill can evolve to become yummy lasagna, made from the organic tomatoes that grew in the compost that used to be garbage.

We learn skills now that will help us in the next generations.

Humans must act NOW to learn what we can do to survive WHEN our planet fails on a critical level. There won’t be garbage trucks to pick up refuse, and the entire transportation systems to deliver food and goods will also be obsolete. We will have to return to the land.

I have taught 4,148 people to Indoor worm-compost in the last 20 years. My goal is.....thousands more.

Start now. You can turn landfill into lasagna with the help of some little friends.

Magic friends. Red Wigglers.

Beautiful little friends who take all kitchen and household waste and “eat their way” into fresh, clean, almost soil. These are friends who like to live indoors in a ventilated plastic bin. They do not escape into

your kitchen, and they do not create fruit flies. We learn to live in harmony with our pink little friends and we help and support each other. This is a beautiful friendship.

But there is a “magic” in how you prepare a lovely little home for the red wrigglers to meet, fall in love, and make thousands more little red wrigglers and so on. You layer. It’s that simple.

STEP ONE:

Repurpose an old plastic bin and poke some ventilation holes along the top, spacing the holes 8cm apart along the top edge. Use a large nail.

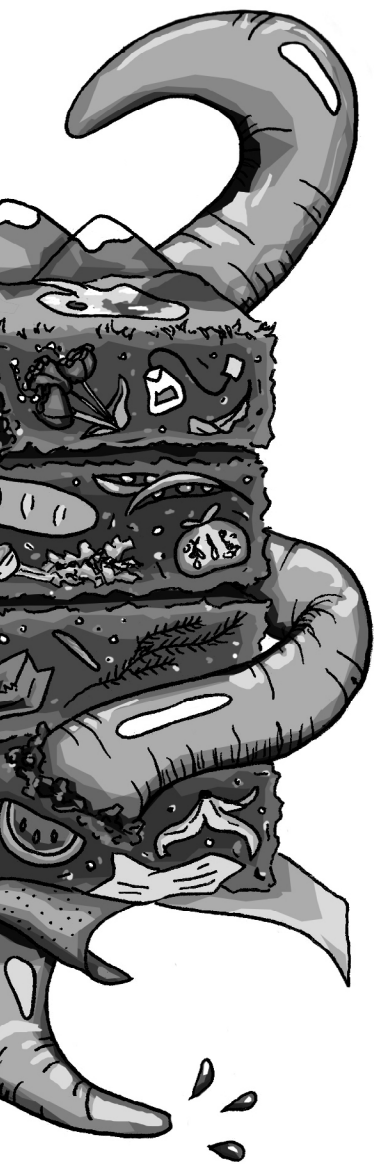
1 Make a nice Bed. Use all the paper products like newspaper, writing paper, towels or tissue from the bathroom and make a layer like a blanket on the bottom. NB use common sense, if someone is very ill—dispose of their used Kleenex as you don’t want to spread viruses through compost. If you are using newspaper, make sure that a vegetable-based dye is used for ink, otherwise, the ink is extremely toxic. In most of BC, newsprint is only vegetable-based. Check with the publisher if you live outside BC. Glossy magazines and dense cardboard are not suitable for compost as they use complex and toxic glues and dyes.

2 Take all the vegetable and kitchen waste, old food from the fridge, but do NOT use any protein. The metabolic breakdown of protein causes peculiar repugnant doors and will lead to fruit flies. A rule of thumb: our friends, the Red Wrigglers, are Vegetarians!! You can certainly crush up egg shells, but they take about 10 years to decompose even when pulverized.

Landfill can evolve to become yummy lasagna, made from the organic tomatoes that grew in the compost that used to be garbage.



3 Take a little time and chop up any large fruits or vegetable residues from the fridge; one trick I do is to puree all my forgotten vegetables with a little water and just pour it over the worm composting bed. Just be careful to use very little water because these are not aquatic worms, so be sure to add some crushed dry leaves or lawn/garden trimmings if you have made soup instead of a bed.



4 LAYER! Include all the possible things in your household that are compostable, for example by asking your children to clean out the dryer lint and while they clean out the coffee pot, you can add the coffee grounds. Take some time to add autumn leaves to your bed, because it is MAGIC for compost.

5 ADD Red Wigglers....They will work their magic and have happy, productive family lives too!! Red wigglers are a special type of small worm $\frac{1}{4}$ centimetre wide by 3 centimetres that like to live inside in containers, they do not wander out into your house and are very light sensitive. They like it dark, moist and mostly just eat, sleep and create more worm babies. Red wriggler worms (*Eisenia fetida*) are available in the Lower Mainland through the Composting Hotline (604-736-2250), 2150 Maple Street in Kitsilano. The city offers huge outside composter or indoor kits with worms; or Burnaby Red Wigglers (604-564-8089) Wormworx ([HTTP://WORMWORX.CA/WORM-PRODUCTS/WORMS](http://wormworx.ca/worm-products/worms)). Worms will cost about \$150 per kilo and be sure to start out with 500 grams for a 40 litre plastic bin.

It will take at least 2 months for 500 grams of worms to eat through 12 inches of layered household refuse. Be sure to add your vegetable and garbage scraps every day, and after a month, gently move over the bed to one side, and start layering again. Use a large plastic spoon, and be gentle when moving worms; they are a form of life to respect and cherish.

Also, remember that these special worms like the same temperature that we humans like, 15-25°C. So they like to stay indoors...all year round.

There are lots of people who “Outdoor Compost,” using any type of outdoor garden refuse and leaves with any type of worm can be found. Some are not hardy and cannot survive freezing temperatures. Many types of worm are happy nomads, and simply, are creatures that eat and procreate and have no minds

to remember their homes. The red wrigglers, like to be enclosed. If you want the best results, get the Red Wrigglers, they are expensive, but rapidly have many children and grand-children. You may find that you start a new industry—worm farming...seriously, worms are a growing industry. Try it!!!

Happy Composting...and happy growing in the beautiful fertile compost you have created. Worm castings are one of the best ways to significantly improve the fertility of the earth. There are so many micro-organisms and enzymes that are so beneficial to all the plants we grow. The plants will FLOURISH and have wonderful fruit, blooms and foliage.

Its the tomatoes that I am particularly attracted to. So tasty, so yummy, so good for you !!

Make Lasagna!!! Make pizza!!!
Have your family over and Enjoy!

For more information on workshops on how to get started and how to get worms for your co-op, business, school on #RecycleCompostandGrow, please contact Ava Caldwell —MOONANGEL.AVA@GMAIL.COM

Happy worming and composting!!!

I'm looking forward to a future for ALL people, with air, water, land, creatures, insects, birds, and humans.

Be the change. Humans and worms can save each other!!!





Pollinators for Your Garden: What They Are and How to Attract Them

Written By Ari Getzlaf
Illustrated By Kira Knight

Following Vancouver's surprising snowstorm at the end of February, the days have been sunny and springtime appears to be just around the corner. With spring comes the yearly opportunity to grow some plants, or perhaps even create your own garden plot. The nice part about growing your own food and flowers is that plants want to grow so badly; nature has designed them to be resilient and determined under the right conditions! However, the "right conditions" must be considered when you want to grow food. Most people

are aware of aspects such as sunlight, water, healthy soil, and pollination; however, making sure your plants are pollinated can be much more difficult than ensuring your plants are watered and given enough Sunlight.

About one in every three bites of food you eat was made possible by a pollinator. That ratio is even higher if you are a vegetarian or vegan! That's right: 75-95% of all flowering plants (including everything from canola oil, to hemp, to tomatoes) need some help with pollination.

Pollination occurs when a pollen grain moves from the anther, which is the male part of the flower, to the stigma, which is the female part. This pollen movement leads to the production of the vegetables, fruits, and nuts we enjoy so much. While pollen can be moved from the anther to the stigma by its own accord, or via wind, most often it is moved by a class of animals called "pollinators".

Some common pollinators are bees, butterflies, birds, and specifically Hummingbirds. The global pollinator population is currently in decline because of a growing human population. This is largely because of climate change shifting weather patterns, as well as effects from industrialized agriculture such as pesticide spraying. A lowered pollinator population, combined with living in a city, means it is harder than ever to make sure your garden plants are pollinated.

The best way to attract pollinators to your garden is to plant native species that attract pollinators.

For Vancouver and the surrounding area, here are the top pollinator-attracting plants:

- Mint
- Oregon grape
- Saskatoon berry
- Huckleberry
- Sunflower
- Snowberry

And, some top pollinator-attracting plants that are not necessarily native:

- Butterfly bush
- Borage flower
- Indian paintbrush
- Lavender
- Milkweed
- Floss Flower
- Verbena
- Rosemary

Sunflowers, borage, verbena, rosemary, and floss flower are all especially good options because they are perennial, meaning that they will live at least two years (often times much longer!). This means less time and money purchasing seeds and planting. All of these plants create

beautiful additions for bouquets and flower arrangements, and some of them are edible and can be used as herbs in a variety of ways.

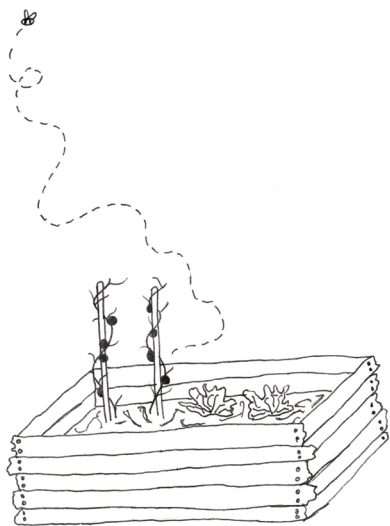
Another way to attract pollinators to your garden is to create a water catchment system. This can be as simple as digging a small, shallow basin where water will collect and create mud.

The muddy water attracts butterflies who gain nutrients from it, and birds and bees will utilize the water source as well. Additionally, you can create shelter for pollinators by growing a hedgerow (woody, perennial trees and bushes,) or letting grass grow wild so the pollinators can hide from predators. If you have some spare time and money on your hands, you can also build your own beehive. Here is a great resource to get started if you have a computer:

[youtube.com/watch?v=gZqtdjntd2s](https://www.youtube.com/watch?v=gZqtdjntd2s)

(YouTube: How to Make Your Own Beehive) and if you would rather read a book about it, check out *Beginning Beekeeping* by Tanya Phillips at your local library!

Best of luck to all in this upcoming growing season, may your bounty be fruitful!



Tides of Change: Updates on Salmon Farming on the Pacific Northwest Coast

Written By Kaylie Higgs
Illustration By Kira Knight

In recent Zine issues, the significance of wild salmon, as well as some of the recent news surrounding them, has been highlighted—including the state of Washington’s effective banning of fish farms and recent evidence for virus transmission from farmed to wild salmon. Since then, there have been some further stories developing around fish farms in the region currently called BC, some of which this article intends to cover.

Open-net salmon farming is dangerous to wild salmon populations as it contaminates water, concentrates and spreads diseases and parasites, and can introduce competing (and potentially invasive) species.

These harms directly impact people as wild salmon are hugely significant on many levels, including cultural and nutritional.

In particular, many Indigenous nations have close connections with salmon; in the words of Mike Wesley

(Gitxsan), the “people are only as healthy as the salmon.” Salmon farms often are run without any consent from the First Nations whose territory they operate in; simultaneously working without permission while threatening the health of the salmon and the relationships that they hold.

These infringements on Indigenous rights and cultures are a couple of the reasons why some nations, such as the ‘Namgis and Dzawada’enuxw First Nations, as well as many individuals and groups, have been and are actively resisting the presence of fish farms. This resistance and pressure on colonial governments has been leading to some recent changes and movement in a direction that seems promising.

This winter, the ‘Namgis First Nation, in conjunction with scientist Alexandra Morton, won a lawsuit against the minister of fisheries and oceans and two salmon farm companies. This win should result in a change in federal policy that will require testing of young Atlantic farmed salmon for a very contagious and harmful salmon virus (Piscine orthoreovirus, PRV) before they can be placed in the open-net pens. This virus is one that has been shown to be able to be transmitted to wild salmon, such as Chinook; hopefully this change in policy will help to protect these incredible wild fish.

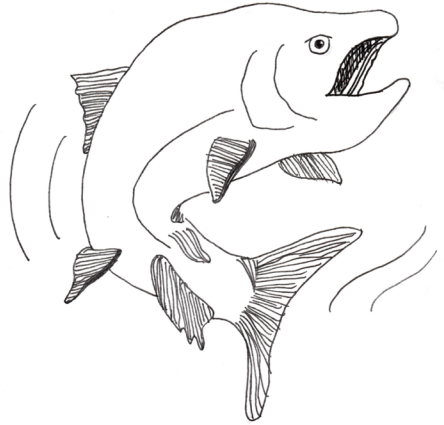
Additionally, this past autumn, a new agreement was made between three First Nations (Kwkwwasut'inuxw Haxwa'mis, 'Namgis, Mamalilikulla) and the provincial government.

This agreement solidifies shared decision-making power between these three nations and the provincial government regarding the continuation of seventeen fish farms in the Broughton Archipelago. The agreement will lead to ten fish farms closing in the archipelago within the next five years, with up to another seven also closing depending on decisions and agreements made by the First Nations. While other nations are also affected by these fish farms, this seems like a step in a better direction and hopefully will lead to more control over these resources and places by First Nations as well as more cultural and ecological safety around fish stocks.

In a similar vein, this past summer, the provincial government announced that fish farms will require agreements with the First Nation(s) whose territories they are in in order to continue operations. While it seems that this should have been the case all along and some criticize 2022 as being too late, this move is hopefully a step in the right direction towards more food sovereignty and control for Indigenous peoples along the coast.

Wild salmon are incredible beings that have supported and upheld peoples, cultures, and all life along this coast for thousands of years.

“PEOPLE ARE ONLY AS HEALTHY AS THE SALMON”



They are key to many species survival, including the Resident Killer Whales, and are directly tied to food sovereignty and justice. While farmed salmon is a direct threat to their continuation and we need to continue to actively support wild salmon, I have hope that the resilience of these species, and the cultures in relation with them, will continue to resist and strive for a long, healthy future—filled with beautiful wild salmon and nourished peoples and cultures for many, many years to come.

Kaylie is a white settler of mixed european ancestry. She grew up around UBC and is currently a student there studying land and food systems.

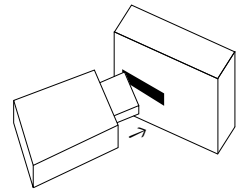
Tour of Dr. Sun Yat-Sen's Traditional Chinese Garden and the Subtle Connection to Food

WRITTEN AND PHOTOGRAPHED
BY JESSICA FANG

Despite living in Vancouver for virtually all my life and having been to Chinatown many times before, I recently went to Dr. Sun Yat-Sen's Traditional Chinese Garden for the first time. It was definitely an enjoyable experience, despite the chilly weather and the inconsistent glaring of the sun in my eyes. I participated in the one hour tour and learned a lot about the many features of the garden, some important historical facts as well as the significance of yin and yang.

Our tour guide Paul shared with us all the intricate aspects of the garden, emphasizing how all of the material in the private garden had been shipped from China and all the infrastructure had been constructed using techniques only used in traditional Chinese architecture such as mortise and tenon joints →

One thing that Paul said to us at the beginning of the tour, that really stuck with me is that “everything in this garden has a meaning” and by the end of the tour, I had gained a deeper understand of what he meant.



mortise and tenon joints

We learned about how the principles of yin and yang had been incorporated into the different elements of the garden:

- The different pebbles that made up the floor, some smooth and some rough,
- The arrangement of the patterns of pebbles in flowery shapes (yang) and some in geometric shapes (yin)
- The leak windows with flower shapes versus those with geometric shapes
- The circular gates representing the moon or heaven (yang) and the square gates representing earth (ying).

Something else that we were shown is how intricate details were designed into the garden. On door handles, there were little bats (pronounced “bian-fu” in Chinese); since the word “fu” sounds similar to the word meaning “lucky” in Chinese. And the rock shaped like the shell of a tortoise, symbolizing longevity as tortoises are known for their long lives.

The careful thoughtfulness of each pebble, each piece of wood and every single other element of the garden plays a significant role in bringing together the harmony of the garden as a whole. The ideas of togetherness, balance and collectivism are all very central Chinese values and they were really brought to life in this garden.

After attending this tour, I was inspired to do research on yin and yang, and found how yin and yang are even related to food. Foods can be either yin or yang related to their different characteristics and

how they complement the body’s many needs. Yin, are known more as “cold” foods—sour or bitter foods that need less sun to grow and grow more often in winter or in rainy seasons. Some examples include seaweed, tofu, bananas, pears and coconuts. On the other hand, yang foods are known as “hot” foods, usually more sweet or spicy, and grown more in the sun. Some examples of yang foods are ginger, sesame oil, pumpkin, cinnamon and beef.

What’s important about yin and yang is that they are not to be seen as complete opposites, but rather counterparts that balance each other out.

In the case of yin and yang foods, many dishes can be created with the intent of seeking this balance, as people believe that taking in external yin or yang can greatly enhance one's interplay of yin and yang in the body.

A dish that would be an example of a yin yang dish is a soup with green vegetables (yin) and white egg yolk (yang). This discovery was very meaningful to me, because it helped me learn something new about my own culture.

Since I am also currently a UBC student in the faculty of Land and Food Systems, I have a enormous interest in culturally and nutritionally acceptable food. I feel fortunate to live in Vancouver where we have access to so many varieties of foods, and if you know



where to look, you can find them all at affordable prices. Returning to Chinatown reminded me of all the local grocery stores that are culturally appropriate, in season and accessible. Combining familiarity and nostalgia I have for Chinatown mixed in with my new-found knowledge from Dr. Sun Yat-Sen's Garden, I found myself feeling enlightened and content with my experience of the day. It's not always easy to make trips like this to a tranquil, beautifully designed garden with all our hectic schedules, but once in awhile, to go that extra mile and to find calmness in the centre of a busy city, is absolutely worth it. And you might even learn something new along the way.

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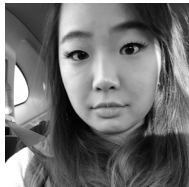
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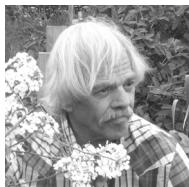
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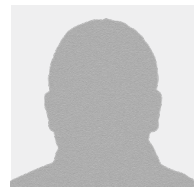
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