



# Foodways & Byways

The Story of Food in North Central Washington

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## Discussion Guide

*Developed by Leita Crossfield*

*Foodways & Byways – The Story of Food in North Central Washinton  
produced by*

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Initiative for  
Rural Innovation  
& Stewardship

## About the DVD

### ***Foodways & Byways - The Story of Food in North Central Washington.***

In this informative 30-minute DVD, you'll meet people of Latino, Tribal, and European descent from across North Central Washington who share stories of their past and present food harvest and distribution practices in the region. Through a tapestry of music, video and photographs along with excerpts from interviews, these stories are told in the cadence of real people whose ancestors lived here. Whether it was wind-drying salmon, picking huckleberries, sacking wheat or trading cream at the market, the people of North Central Washington enjoyed food. They were settlers, farmers, ranchers, traders, mothers, fathers, grandparents and kids. And for the most part, they were self sufficient people, raising their own crops and animals for food.

These are just some of the stories you'll hear in the DVD. The Initiative for Rural Innovation & Stewardship (IRIS) created the *Foodways & Byways* DVD to help us all learn more about successful food harvest, processing and distribution practices of our region. These practices include hunting, fishing and gathering, farming, ranching, gleaning and more. In cooperation with volunteers and partner organizations across the region, IRIS aims to learn more about how food has been shared among families and communities, to showcase those traditions, and to help pass them on to others who can use them to create their own stories of success.

## Discussion Introduction

We hope the DVD will inspire you to take actions that help strengthen the regional food system in North Central Washington. The *Foodways and Byways* DVD can be used in a number of ways including: In classroom settings with middle and high school students; and as a tool for activists to introduce policy makers and other community members to regional food issues. You might want to grab a pen and paper to jot down notes and ideas as you view the video. Then, review the questions on the following pages to stimulate your thinking.

## Contributors to the Discussion Guide

Leita Crossfield, *Upside Down Marketing*

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Dave Spies, *Board President Columbia Breaks Fire Interpretive Center*

## Featured Voices

Here are the voices you will hear throughout the DVD. Arnie Marchand, Atayde Gamez , Carol Peters, Cayle Diefenbach, Charlotte Massey, Darold Wax, Elaine Emerson , Gene Weimerskirch, George Honey, Harriet Bullitt, Homer Wolfe, Jack Feil, Jay Stokes, Jim Danielson, John Ruud, Ken Condon, Laura Jean Worthington, Marilyn Gearhart, Mark "Chief" Timentwa, Mary Ellen Wax, Mary O'Brien, Mikael Hernandez, Pat Stoudt, Patricia Ortiz, Paul Gray, Paul Hinderer, Pedro Sandoval and Vic Stokes.



## Discussion Questions – Add to the Conversation

We all learn by listening and sharing ideas and perceptions about things we care about with our family, friends, and neighbors. The DVD is divided into themes to stimulate conversation. The following questions are designed to encourage discussion from diverse community members about successful stewardship practices relative to the harvest, handling, and distribution of food – practices that together help assure the future health of our lands and communities.

**Julie (Du Bois) Ashmore sings: “...This means I’m alive and I’m ready.” What do you think this means?**

### Guiding Questions:

- What questions if answered would make the most difference?
- What can we learn from what’s happened and what possibilities do we now see?
- How can we collaborate to make these possibilities happen?
- What might this mean for our community, for our region and for the world?

### 1. Place

- What kind of geographical features did people talk about in the DVD? How did they describe these features? What were some of the things they said they loved about this region? Why is this important to our discussion about food?
- As you think about the geography, why and how does this relate to food in our region? What about the world?
- What kind of edibles were described and how did people harvest them?
- Charlotte Massey and others talked about local food. Why did people talk about local food? What did they talk about? How did they describe local food? What did they most like about local food?
- Mikael Hernandez talked about learning from his grandparents? What did he learn and why did he share these things?
- Now think about your own life. Do you eat local food? Why is it important to have local food? If we want more local food what can we do?
- What have you learned from grandparents, family and community about growing food?
- Mikael Hernandez talked about Farmer’s Markets. What is a Farmer’s Market? Have you visited a Farmer’s Market? If so, what did you find there?

### 2. Growing, harvesting and processing food

- Elaine Emerson talked about the “science” of gathering and harvesting. What do you think she was talking about?
- Mark “Chief” Timentwa talked about riding out with his mother for “root digging?” What is root digging?
- Jay Stokes described the “Indians” he saw when he was a child. Why do you think he mentioned this? How was this important to the story? What did he say was the reason the “Indians” came to his area?
- What kind of berries did people pick?
- People discussed fishing. What kind of fish did they talk about? Were the fish plentiful? What did they do with the fish?
- Jay Stokes talked about the winter of 1915-16. What was the deer population like then? Why was this important to the story?
- John Ruud talked about what teens, at the age of 14 or 15 were doing? How is this different that today?
- How did people process the wheat?
- Homer Wolfe and others described the early experience of setting up an orchard. How many acres did the orchard have? Why did people plant raspberries, gooseberries and rhubarb in the beginning?



### **3. Distributing and marketing food**

- Patricia Ortiz and Carol Peters talked about the Bracero Program. What was the Bracero Program? Why was this important to the story?
- What was something that influenced the people during the early 1940's here? Why was this important?
- What was a common activity? Canning or eating out? How is this different from today?
- George Honey talked about Victory Gardens. What is a Victory Garden and why did people have them?
- Mary Ellen Wax talked about the weeds? What did she mean? Why was this mentioned in the story?
- What were the Red Pontiacs?
- Marilyn Gearhart discussed how people butchered deer. Why did they butcher deer in this manner?
- Mary Ellen Wax talked about how her family moved sheep from Ephrata to the Methow. What was the sheep operation?
- Who was Lamby?
- Gene Weimerskirch and Laura Jean Worthington talked about mills. How many towns had mills? Why was this important?
- What was a common way for people to have bread on the table?
- How did people get their cattle to market? What was this effort called?
- Jack Feil talked about food stands and how his mother sold her produce. How did people sell their produce? What did they sell?
- How many people today have chickens or cows which provide eggs and milk? How common is it for families to have a garden?
- Harriet Bullitt talked about how it was common in the 1940's and 50's for people to have farms. Did nearly everyone have a small farm? Why?
- What was "cream day?"
- How many dairies were there on Eagle Creek Road prior to the 1940's? How does this compare with today? Why is this important?
- What did it mean when the phone rang five short rings?
- How are the ways we distribute, market and transport food different today than in the past?
- Pedro Sandoval talked about Brewster. What important things can we learn from what he said?

### **4. Preparing, eating and sharing food**

- What is wind-dried salmon? What kind of traditions surrounding food did people talk about in the DVD?
- What was a common activity for the women while the men went hunting?
- How did people freeze their food? Why did they do this?
- If the stores were closed tomorrow - what would you eat - and where would you go to get it?
- What dish would you like your family to make for you if you have been gone for a year? Why?
- What celebrations do you have around local food in your family? How have you preserved these celebrations?

### **5. Learning and caring for the land**

- Cayle Diefenbach talked about picking berries and leaving some, not picking them all. What does this mean?
- What are some ways we can best care for the land?
- What can we learn from watching this story about what's possible?

