

# COOKING FOR WELLNESS PROJECT



# COOKBOOK



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

# TETELAS DE GRANJA

RECIPE SHARED BY MARCUS OSORIO



## Ingredients:

### Tetelas

Maseca powder  
Fresh Nixtamalized Masa  
Grated Cheese  
1-2lbs Fresh vegetables  
1 Medium Onion  
1 Poblano pepper  
1 Jalapeno pepper  
7 cloves of Garlic  
1 bunch of cilantro  
1 teaspoon mexican oregano  
Salt

### Salsa

Tomatoes, any kind  
1/2 White Onion, sliced thin.  
1 Bunch of Cilantro  
3-4 limes  
Pinch of Mexican Oregano



# TETELAS DE GRANJA

## INSTRUCTIONS



- In a cast iron skillet, sauté diced farm veggies in oil with garlic and jalapeño.
- Using a cutting board and chef's knife, prepare remaining veggies and add them to the skillet. Cook until tender.
- Add herbs, season to taste, and transfer to a bowl to cool down.
- In a mixing bowl, combine the cooked veggies with cheese if desired.
- For Salsa Fresca, quarter tomatoes, thinly slice onion, and chop cilantro.
- Mix with salt and lime juice in a separate bowl, letting it marinate for 5-10 minutes. Chill if preferred.
- To shape Tetelas, flatten a masa ball between two plastic sheets in a tortilla press. Add filling, leaving the edges clear, then fold into a triangle.
- Pan-fry Tetelas in a cast iron skillet or non-stick pan with your choice of oil, lard, or butter. Cook over medium heat until golden brown, flipping as needed.
- Serve stacked side-by-side, topped with salsa, and garnish with cotija cheese or cilantro if desired.

### **Maseca Masa:**

Mix equal parts water and maseca, kneading until it reaches a fresh playdough-like consistency. Add water if edges crack when pressed.

Let rest for 15-20 minutes before use.

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### **A Note on Masa:**

I love fresh masa, but maseca is a great substitute. I've enjoyed plenty made with maseca in my culinary school dorm, and they were just as satisfying!



# THREE SISTERS STEW

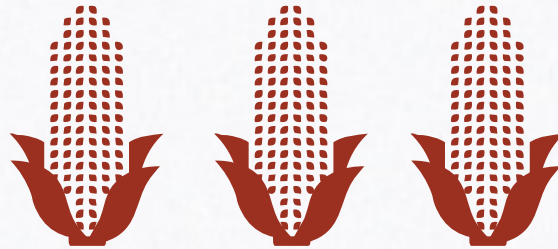
RECIPE SHARED BY ANALISA ROCKBRIDGE

## Ingredients:

- 1 large yellow sweet onion
- 6-8 cups of water
- 1 can diced tomatoes
- 8 small red skinned potatoes
- 1 can tomato sauce, no added salt
- 1 can of corn
- 2 yellow squashes
- 1 can light red kidney beans
- 1 can black-eyed peas, drained and rinsed (15.5-oz. can)
- ½ cup cooking barley
- 4 garlic cloves, minced
- 1½ teaspoon black pepper
- 2 tablespoons of olive oil or avocado oil

# THREE SISTERS STEW

## INSTRUCTIONS



### PREP:

- Chop 1 cup of yellow onion using a knife and cutting board.
- Pour 6-8 cups of water into a soup pot.
- Open a 14.5 oz can of diced tomatoes.
- Cube 8 small red-skinned potatoes (about 6 cups) and place them in a bowl.
- Open a 15 oz can of tomato sauce.
- Open and drain a can of corn.
- Dice 2 yellow squash, measure, and place in a bowl.
- Open, drain, and rinse a 15.5 oz can of kidney beans and a 15.5 oz can of black-eyed peas.
- Measure and rinse  $\frac{1}{2}$  cup of barley.
- Mince 4 garlic cloves and place them in a ramekin.
- Measure  $1\frac{1}{2}$  teaspoons of black pepper.
- Rinse the barley and set aside.

### COOK:

- Heat 6-8 cups of water in a large soup pot over medium-high heat.
- Rinse and add chopped potatoes to the pot, then add the barley. Once boiling, reduce to a simmer.
- In a skillet, heat olive or avocado oil over medium-low heat. Sauté onions and garlic for 2 minutes.
- Add corn and squash, increasing heat to medium or medium-high if needed. Cook for 5 minutes until softened.
- Turn off heat and transfer cooked veggies to the soup.
- Drain, rinse, and add kidney beans and black-eyed peas to the pot.
- Add diced tomatoes and tomato sauce.
- Season with black pepper and simmer for 35-45 minutes.





# MOLCAJETE COOKING

RECIPE SHARED BY PYET DESPAIN

## Ingredients:

### Taqueria-Style Salsa

- 3 ripe Roma tomatoes
- 1 garlic clove
- 1 small white onion, quartered
- 1-2 dried chiles, stemmed & deseeded
- ½ lime, juiced
- Small handful of fresh cilantro
- Salt, to taste

### Guacamole

- 2 ripe avocados
- 1 small garlic clove
- 1 small jalapeño or serrano pepper, finely chopped
- ¼ cup diced white onion
- ¼ cup chopped fresh cilantro
- ½ teaspoon salt, to taste
- Juice of 1 lime
- ¼ cup diced tomato



# MOLCAJETE COOKING

## INSTRUCTIONS



### **Taqueria-Style Salsa**

- Roast tomatoes, onion, and chiles on a dry skillet until charred; add garlic toward the end.
- In a molcajete, grind garlic with salt, then add chiles, tomatoes, and onion, mashing to desired consistency.
- Stir in cilantro and adjust salt.



### **Guacamole**

- Mash garlic and salt in a molcajete, then grind in onion, jalapeño, and cilantro.
- Add avocados and mash to desired texture.
- Mix in lime juice and tomato (if using), then adjust seasoning.



### **How to Season a Molcajete**

- Clean (10 min): Scrub with water, no soap, and dry.
- Grind Rice (30-45 min): Grind uncooked rice until the powder stays white, repeating as needed.
- Season (15 min): Grind garlic, salt, and water into a paste, let sit, then rinse.
- Final Rinse & Dry (10 min): Rinse well and air dry before first use.





# BLUE CORN CUPCAKES

RECIPE SHARED BY ANNETTE PHOENIX



## Ingredients:

### Blue Corn Cupcakes

- $\frac{3}{4}$  cup roasted blue cornmeal
- $\frac{3}{4}$  cup all-purpose flour
- 1 tsp baking powder
- $\frac{1}{2}$  tsp juniper ash
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  cup unsalted butter, melted & cooled
- $\frac{1}{4}$  cup granulated sugar
- 2 large eggs
- $\frac{3}{4}$  cup milk
- 1 tbsp vanilla extract
- Optional: Blueberries, nuts, or seeds

### Vanilla Frosting

- $\frac{1}{2}$  cup unsalted butter, room temperature
- 2 teaspoons vanilla extract
- $\frac{1}{4}$  teaspoon salt
- 3 cups powdered sugar
- 2 to 4 tablespoons heavy cream
- Optional: Piñons (pine nuts) for topping

### Less Sweet Cream Cheese

- 8 oz cream cheese, room temperature
- 8 tbsp lightly salted or unsalted butter, room temperature
- 1 cup powdered sugar
- $\frac{1}{2}$  tsp almond or vanilla extract
- $\frac{1}{8}$  tsp salt (if using unsalted butter)
- Optional: Squeeze of lemon juice for added brightness



# BLUE CORN CUPCAKES

## INSTRUCTIONS



- Preheat oven to 350°F (180°C) and line a pan with cupcake liners.
- Sift blue cornmeal into a bowl, discarding debris. Add flour, baking powder, juniper ash, and salt, then whisk together.
- Whisk butter, sugar, and eggs in another bowl. Add milk and vanilla, then gradually whisk in dry ingredients.
- Fill cupcake liners two-thirds full with batter and bake for 15-18 minutes, until a toothpick comes out clean. Let cool.

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### **Cream Cheese Frosting:**

- Beat cream cheese and butter on medium-low speed for 1-2 minutes until smooth.
- Sift in powdered sugar, add almond or vanilla extract and salt, and beat on low speed. Increase to medium-high and beat until fluffy, 1-2 minutes.
- Taste and add lemon if desired. Use immediately or refrigerate for up to 1 week. Let soften to room temperature before using.

### **Vanilla Buttercream Frosting:**

- Beat butter, vanilla, and salt on medium speed for 2 minutes until fluffy. Gradually add powdered sugar.
- Add 2 tablespoons of cream, mixing on low speed. Adjust consistency by adding more cream if needed, then beat on high for minute.
- Frost cupcakes and sprinkle with piñons, if desired.

# MESQUITE PIZZA

RECIPE SHARED BY ANALISA ROCKBRIDGE



## Ingredients:

### Mesquite Pizza

2 cups all-purpose flour (Chewy pizza = bread flour; Thin & crispy = 00 flour)

$\frac{3}{4}$  tsp salt

1 tbsp olive oil

$\frac{3}{4}$  cup warm water (100-110°F)

$\frac{1}{4}$  oz (7g) packet active dry yeast (NO instant yeast)

2 tsp granulated sugar, honey, or brown sugar

1 tbsp mesquite flour

1 tsp dry herbs (rosemary, oregano, Italian seasoning) or  $\frac{1}{2}$  tsp garlic/onion powder

Pizza sauce

Mozzarella cheese (sliced)

Basil

Toppings (Optional): Pepperoni, sliced olives, mushrooms, sweet Italian sausage

### Bruschetta Recipe

1 French baguette

2-3 garlic cloves (optional)

2-3 Roma tomatoes

Mozzarella cheese (sliced)

Fresh basil

Olive oil

Balsamic glaze

Finishing salt





# MESQUITE PIZZA

## INSTRUCTIONS

### Mesquite Pizza:

- In a large bowl or stand mixer, combine flour, salt, sugar, mesquite flour, olive oil, and yeast mixture. Mix with a wooden spoon until shaggy.
- Knead by hand on a floured surface for about 10 minutes, adding flour if too wet or water if too dry.
- Lightly oil a large bowl, place dough inside, and coat with oil. Cover with plastic wrap or a damp towel. Let rise in a warm area for 1 hour until doubled in size.
- Preheat oven to 450°F.
- Lightly flour, cornmeal, or use parchment paper on a baking sheet.
- Punch down the dough, then stretch or roll it out into desired shape.
- Add sauce, cheese, and toppings.
- Bake for 12-15 minutes until golden brown and cheese is melted.



### Vegan Alternative:

- Dice tomatoes and chop basil. Mix with olive oil and salt.
- Toast baguette and rub with garlic if desired.
- Top each slice with the tomato-basil mixture.

### Bruschetta:

- Slice baguette and toast in the oven. Rub toasted bread with garlic if desired.
- Slice tomatoes and mozzarella into rounds.
- Layer mozzarella, tomato, and basil on top of each slice.
- Drizzle with olive oil, balsamic glaze, and sprinkle with salt.

# PUPUSA SLAW & SALSA

RECIPE SHARED BY MARCUS OSORIO



## Ingredients:

### Curtido (Fermented Cabbage Slaw)

1 green cabbage, washed and cut  
2 carrots, shaved or thinly sliced  
1 red onion, thinly sliced  
2 tbsp apple cider or pineapple vinegar  
2 smashed garlic cloves  
1 bay leaf  
Mexican oregano (to taste)  
Coriander seed, toasted & ground (to taste)  
Toasted cumin (to taste)  
Salt (2.5% of total vegetable weight or to taste)

### Salsa Roja

5 whole Roma tomatoes  
1 serrano pepper  
1 small/medium yellow onion, quartered  
2-3 garlic cloves  
Canned chipotle peppers (optional, for extra heat)  
Lime juice (to taste)  
Salt (to taste)  
Mexican oregano (to taste)



# PUPUSA SLAW & SALSA

## INSTRUCTIONS



### **Pupusa Slaw (Curtido):**

- Wash and cut all vegetables. If possible, weigh them and add salt at 2.5% of the total weight.
- Mix vegetables with spices and vinegar, using clean hands to combine well.
- Store in a clean container and let ferment at room temperature for 1-3 days. This allows flavors to develop and the cabbage to soften. Keep everything sanitized to ensure proper fermentation.

### **Salsa Roja:**

- Preheat a comal or cast iron skillet over medium/low heat.
- Char tomatoes, onion, garlic, and serrano until deeply roasted and softened. This slow-roasting method, called "Tatemado," enhances sweetness and removes raw bitterness.
- Let the vegetables cool slightly.
- Blend until smooth or use a molcajete for a chunkier texture.
- Add lime juice, salt, and Mexican oregano to taste, balancing the flavors for the perfect salsa.

# MEET THE CHEF



## MARCUS OSORIO

Hello everyone, my name is Marcus. I'm a salvadoran-indigenous professional chef, with about 6 years of experience in Michelin Star establishments. I love combining my culture and my food whenever I can. I'm excited to teach you some of my favorite, affordable, and incredibly delicious recipes.



(Salvadoran/Cherokee/Sac & Fox)

## QUESTION

*In what ways do you see food as a form of healing or self-care?*

In my upbringing, food has always been a form of love. I was blessed to be a youngster in the kitchen with my Grandmother from a young age. Frying plantains with her or chopping onions while she'd recount stories of her youth; helping her mother on the roadside stand off a highway in El Salvador, where my Great Grandmother cooked to support her family as a single mother. Food has always been a form of connection with my family, something that not only is shared with one another to spread love and caring, but also as a literal means of survival.





# MEET THE CHEF



## ANALISA ROCKBRIDGE

Movement is medicine and I enjoy sharing this knowledge with the community. I have an educational background in both Kinesiology and Yoga. I strive to share the balance of physical movement and nutrition for the body through the love of cooking and the knowledge of movement.



(Diné)



## QUESTION

*How do you incorporate mindfulness or intention when preparing this dish?*

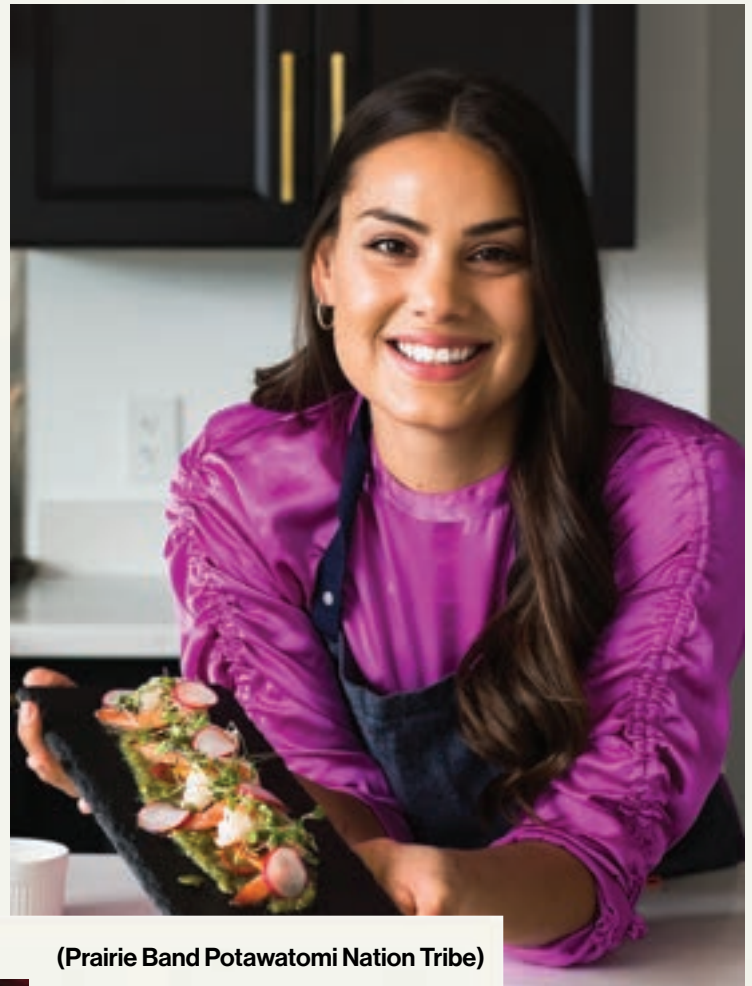
We can not breathe in the past, nor can we breathe in the future. The only way to be present in life is to follow our breath. When we take moments to breathe with intent, we are able to move with mindfulness throughout the kitchen. Making for a dish prepared with love. Never cook when angry or in a rush. This opens the opportunity for mistakes or burning the food. It is often Love that is the secret ingredient to a great dish.

# MEET THE CHEF



## Pyet DeSpain

Pyet DeSpain, a member of the Prairie Band Potawatomi Nation Tribe, is an award winning and global private chef. Her life's work is dedicated to Indigenous Fusion Cuisine, where she combines the food of her heritage - both Native American and Mexican, via storytelling, traveling, and cooking.



(Prairie Band Potawatomi Nation Tribe)



## QUESTION

*In what ways do you see food as a form of healing or self-care?*

I see food as one of the most powerful forms of healing and self-care. Being conscious of what we eat is a direct way of honoring both our physical and mental well-being. There's truth in the saying "we are what we eat", our bodies respond to the quality of the food we consume. When we rely on low-quality, overly processed foods that lack nourishment, we start to feel it: our energy drops, stress builds, and over time, it can even lead to illness. But when we choose foods that are whole, vibrant, and nutrient-rich, we're sending a message to our bodies, to heal, to thrive, and to function at our highest potential. We start feeling better, thinking more clearly, and moving through life with greater calm and clarity. Eating mindfully is a form of self-respect. It's a way to align ourselves with balance, vitality, and good vibration.





# MEET THE CHEF



## Annette Phoenix

Annette Phoenix is Tohono O'odham and a mother, grandmother, beader, seamstress, and pow-wow dancer. She has an extensive background in community-focused activities, including catering, cooking lessons, and running a popular frybread booth.



(Tohono O'odham)

## QUESTION

*How does this dish reflect cultural traditions or ancestral knowledge related to health and well-being?*

Every reservation or tribal land has natural plants and animals grown in certain areas, which are most nutritious and healthy for us. The Creator blessed us with them and the opportunity to use them. Examples: Blue corn is a good source of essential vitamins and minerals, such as iron, magnesium, and zinc. It can help regulate blood sugar levels and improve heart health by reducing inflammation, lowering cholesterol levels, and protecting against cardiovascular diseases. Buffalo/bison - bison meat is leaner than beef. It contains less saturated fat and cholesterol. This makes it a heart-healthy option. What is grown in your area/reservation? Are there special recipes you use or that you'd like to try with these plants/animals? Ask your family or other tribal members.



# BALANCED MINDS, NOURISHED BODIES:

## Mental Wellness Cooking Class for Native College Students

Event one was “Balanced Minds, Nourished Bodies: Mental Wellness Cooking Class for Native College Students”, with a total of 16 Indigenous college students taking place at El Sereno Community Garden. Participants started off with a plant identification scavenger hunt, with the first place winner taking home a copy of Sara Calvosa Olson’s *Chimi Nu’am: Native California Foodways for the Contemporary Kitchen*, provided by our facilitator, Marcus Osorio (Salvadoran/Cherokee/Sac & Fox). During the cooking class, participants created Tetelas de Granja, a Oaxacan traditional street food. After participants ate a catered, nutrient-dense lunch, they participated in a Native student mental health talking circle created by Monique Castro (Diné), Founder and CEO of Indigenous Circle of Wellness. The talking circle focused on discussing signs and symptoms of mental health, providing resources to reduce barriers and stigma, along with coping skills students can use to support their mental health throughout their educational career and beyond.



**Learn More!**





# HEALING THROUGH HERITAGE:

## Mental Wellness Cooking Class for Native Elders

Our second gathering was “Healing Through Heritage: Mental Wellness Cooking Class for Native Elders” and had a total number of 27 participants, over the originally anticipated amount of 20 individuals. This gathering was held at United American Indian Involvement (UAI) in Echo Park and facilitated by Analisa Rockbridge (Diné). Participants prepared Three Sisters Stew, a popular Native American dish using three ingredients: beans, squash, and corn. Elders participated by chopping and roasting the vegetables, using directions created by the facilitator to make the process accessible. An example was learning how to grate garlic for a recipe and preventing arthritis flare-ups. Once the stew was finished, elders were served and participated in a talking circle with Indigenous Circle of Wellness therapist Kylee Jones (LCSW).



# SEVEN GENERATIONS HARVEST:

## Mental Wellness Cooking Class for Native Families

“Seven Generations Harvest: Mental Wellness Cooking Class for Native Families” was our third gathering, held at The Grand Annex and The Feed and Be Fed Community Garden in San Pedro, CA, with 20 participants from nine Native families. Facilitator Pyet DeSpain (Potawatomi and Mexican) led a plant identification walk in the community garden, encouraging mindfulness, seasonal cooking, and connection to the land. Families engaged in open dialogue with Pyet and garden staff as they explored the space. Back at the main venue, Pyet led a hands-on cooking class featuring guacamole and salsa prepared with a molcajete, a traditional Indigenous tool. Participants of all ages collaborated in seasoning the molcajete and preparing ingredients, fostering intergenerational learning. The event concluded with a mental health talking circle, facilitated by Stephanie Mushrush (Washoe Tribe of NV & CA; Filipina), LCSW, offering space for reflection and community healing as she led folks through a medicine wheel exercise to support balance and provide folks with coping skills they can lean on when experiencing mental health struggles.



**Learn More !**





# RISING SPIRITS:

## Baking Up Wellness for Native Youth

**“Rising Spirits: Baking Up Wellness for Native Youth” was our fourth event, hosted at Live Oak Park Community Center in Temple City, with 15 participants in attendance. Native youth took part in a hands-on baking class to make blue corn cupcakes, facilitated by Annette Phoenix (Tohono O’odham). Blue corn, a cherished ingredient in many Southwest Native communities, is rich in iron, magnesium, and antioxidants, and has a lower glycemic index. Youth worked in small groups of 2–3 to bake and decorate a dozen cupcakes each. Annette shared the cultural significance of blue corn and emphasized the importance of preparing traditional foods. She also guided participants through key baking skills, including proper measuring techniques and maintaining cleanliness throughout each step. Once the cupcakes were ready, the youth decorated them with fresh berries and piñon nuts. Following the baking session, participants gathered in a talking circle facilitated by Stephanie Mushrush (LCSW). The circle focused on identifying signs and symptoms of mental health challenges that may be more relatable for youth, practicing mindfulness using the five senses, accessing available mental health resources, and fostering community connection through the discussion of positive coping skills.**



# LEANING IN LOVE:

## Mental Wellness Cooking Class for Native Couples

“Leaning in Love: Mental Wellness Cooking Class for Native Couples” was our second-to-last gathering, hosted at LA Cocina de Gloria Molina—a culinary teaching kitchen and extension of LA Plaza de Cultura y Artes, nestled in downtown Los Angeles. This event was designed for Native couples and curated to feel like a date-night experience, especially since it took place over Valentine’s weekend. After arriving, couples participated in a cooking class led by Analisa Rockbridge. Throughout the session, Analisa emphasized how cooking for one another can be a meaningful way to express love and care. She also introduced positive communication skills to help strengthen relationships. Each couple prepared a personalized mesquite-dough pizza for their partner, applying the lessons in a hands-on, engaging way. Mesquite flour, a traditional food of Southern California Tribes, is rich in calcium and magnesium and has a low glycemic index. Once the pizzas were baked and enjoyed for lunch, participants transitioned into the mental wellness portion of the event. The talking circle was facilitated by Kylee Jones (LCSW), who was joined by her husband as a guest. Kylee spoke about the connection between nutrition and mental health, how to recognize signs and symptoms of mental health challenges, ways couples can support one another, and how to access mental health services in Los Angeles County.



**Learn More !**





# SACRED SUSTENANCE:

## Indigiqueer Mental Wellness Cooking Class

**“Sacred Sustenance: Indigiqueer Mental Wellness Cooking Class”** was our final event, held at the Julia McNeill Senior Center in Baldwin Park. This gathering centered Indigiqueer and 2SLGBTQIA+ community members, many of whom attended with partners, relatives, or chosen family. The event was facilitated by Marcus Osorio (Salvadoran, Cherokee, Sac & Fox), who identifies as queer. To open the gathering, Marcus led a farm produce game designed to foster connection and build community. Participants paired up with someone they didn’t know and worked together to identify 10 different plants. The winning pair received a cookbook as a gift from Marcus. Following the game, participants moved into a hands-on Salvadoran pupusa cooking class. Using blue corn masa, community members created pupusas with customizable fillings, including locally sourced vegetables, meat, and Indigenous ingredients. The event concluded with a talking circle facilitated by Stephanie Mushrush (LCSW). The circle focused on strengthening connections within the Indigiqueer community and incorporating the medicine wheel into daily life. Stephanie also spoke about recognizing signs and symptoms of mental health challenges, the connection between our nutrition and mental health, using our five senses to practice mindfulness, and shared resources to support community wellness.



# EXERCISES



## WELL FOR CULTURE:

Well For Culture promotes holistically well lifestyles. We believe in mind-body-spirit optimization through the seven circles of wellness. Much like a ceremony, a song, a story, or an activist movement, Well For Culture is at once a space, a place, a group of people, and an evolving idea. Well For Culture's videos focus on Indigenizing movement as they share that this, "will lead to stronger individuals, stronger communities, and stronger tribal nations."

## VIDEOS + TUTORIALS



REZ GYM



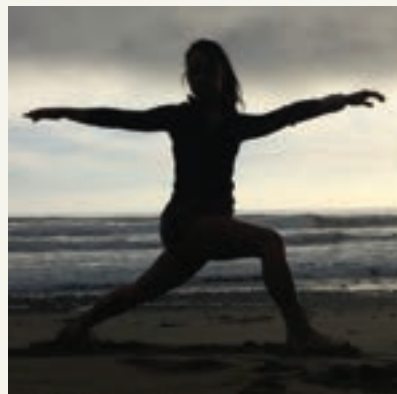
EARTH GYM



FITNESS IN  
INDIGENOUS LANGUAGES



EASY EXERCISES



STRETCHING



and MORE!





## **NATIVE PLANTS & FOODS INSTITUTE:**

**Native Plants & Foods Institute powered by Tahoma Peak Solutions “The Native Plants and Foods Institute connects people with plants, native foods, local ecosystems, and cultural traditions. Our educational resources are rooted in the Pacific Northwest region and include Native knowledge, stories, and traditions. They are adaptable to various ages, cultures, abilities, and learning environments, including behavioral health programs, community health and wellness facilities, early childhood education, K-12 schools, and outdoor education programs.”**

## VIDEOS + PLANT TEACHINGS



## Nettle: Build Inner Strength

This video features plant teaching from the nettle plant related to building inner strength and a movement activity with Chenoa Egawa.



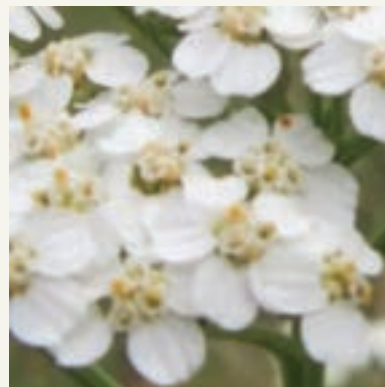
## Plantain: Self-Soothe

This video features plant teaching from the Plantain and a self-soothing movement activity with Chenoa Egawa.



## Willow: Flexibility

This video features plant teaching from the Willow tree related to strength and flexibility, along with a movement activity with Chenoa Egawa.



## Yarrow: Boundaries

This video features plant teaching from the Yarrow plant related to upholding boundaries and a movement activity with Chenoa Egawa.

# VENDORS

## Bidii Baby Foods LLC

<https://www.bidiibabyfoods.org/>

Specializes in: Organically Grown, Navajo owned Indigenous baby food.

## Blue Corn Custom Designs

(602) 679-5801

<https://linktr.ee/bccdofficial>

Specializes in: Designing innovative and sustainable blue corn products.

## Bow & Arrow Brand

(970) 565-6412

[bowandarrowbrand.com](http://bowandarrowbrand.com)

Specializes in: Blue Corn, White Corn & Yellow Corn

## Jinjééh Coffee & Roastery

<https://jinjeehcoffee.carrrd.co/>

Specializes in: Coffee and Navajo tea beverages and blue corn donuts.

Note: Ordering is through their direct messaging.

## Navajo Pride

(505) 566-2600

<https://napi.navajopride.com/>

Specializes in: Navajo farming, producing superior products, practicing stewardship, and creating value for our people.

## Ramona Farms

(520) 418-0900

<https://ramonafarms.com/>

Specializes in: American Indian grown traditional, heirloom, and non-traditional food products.

## San Xavier Co-op Farm

[sxca@sanxaviercoop.org](mailto:sxca@sanxaviercoop.org)

<https://www.sanxaviercoop.org/>

Specializes in: Run by members of the Tohono O'odham Nation, this community farm nurtures traditional desert cultivars.

## Sakari Farms

[sakarifarms@gmail.com](mailto:sakarifarms@gmail.com) | (541) 647-9604

<https://www.sakarifarms.com/>

Specializes in: Growing regional traditional foods using ancestral tribal seed, native fruits, vegetables, herbs, and specialty plant medicine.

## Séka Hills Olive Mill & Tasting Room

[arobinson@sekahills.com](mailto:arobinson@sekahills.com), (530) 723-3696

<https://www.sekahills.com/>

Specializes in: Specialty foods from the Yocha Dehe Wintun Nation.

## Spirit Lake Native Farms

(218) 393-6902

<https://spiritlakenativefarms.com/>

Specializes in: Producing high-quality wild rice that is both delicious and nutritious.

## Tocabe Indigenous Marketplace

[help@tocabe.com](mailto:help@tocabe.com)

<https://shoptocabe.com>

Specializes in: Making regional shopping local by giving access to Native & Indigenous ingredients online.