



February, 2022

Greetings Relatives,

We are sending you and all your circles good wishes for health and wellness!

We are excited to share the release of two new projects - the next episode of our Native Seed Pod podcast and a new Native Foodways community cooking video!

Episode 4 of [The Native Seed Pod](#) Season 3 is here - [Rematriating the Land with Corrina Gould](#).

In this episode, host Melissa Nelson joins Ohlone leader Corrina Gould outside on the land at TCC's Heron Shadow for a wide-ranging conversation discussing rematriating homelands, the history and strategy of land trusts, and *Himmetka* resilience hubs in the Bay Area.



We are honored to have partnered with [American Indian Cultural Center SF](#) on a Native Foodways community health video project.

As our partnerships and regional food distribution work grows, we continue to receive requests for online resources for growing and cooking Native foods. We

were excited to invite a group of elders from SF to join us on the land at [Heron Shadow](#) where we shared stories and taught an outdoor cooking session on how to prepare the market greens that come in the food donation boxes.

Watch [Cooking Greens: A Native Foodways Teaching](#) and share in the recipes!

As we move through winter and the days get longer, we look toward the coming spring. We give thanks for the nourishment of warm winter fires and good stories at the feet of our elders. Thank you for being part of our circles and working along side us!

In gratitude,  
The Team at TCC



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