



Mural in Wahpepah's Kitchen by NSRGNTS

June 21, 2022

Greeting Relatives,

Happy Summer Solstice to you all!

We are pleased to announce episode 5 of [The Native Seed Pod](#) Season 3 is here - [Indigenous Food Warriors](#) with Chef Crystal Wahpepah and guest host Sara Moncada. We join Chef Crystal and Sara as they sit down in [Wahpepah's Kitchen](#), her newly opened Native-owned restaurant in Oakland, California. In a wide-ranging and intimate conversation, they discuss Crystal's vision of what it means to be an Indigenous Food Warrior: nourishing community through cooking and serving Native foods and educating the next generation on the power and beauty of traditional Indigenous food systems.



From her work as a traveling caterer to opening her first restaurant in the heart of the Bay Area Native community, Crystal shares her journey of exploring the deep connection with our foods and food traditions through the healthy responsibility of knowing our ingredients' origins, revitalizing traditional trade networks, and tending traditional lands and foods.

Many thanks, good wishes for health and wellness, and happy listening to you all!

The Native Seed Pod Team



Image Notes

lower left - Chef Crystal and Sara sharing stories
lower right - part of Crystal's Native foods pantry wall at the Kitchen



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