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“Our traditional foods are physical, mental, and spiritual medicine. And that means that when we are actively on the land in pursuit of wild game, or fishing the rivers, or harvesting foods and medicines with good intention, and then generously sharing those with people, we're gifted.”

Valarie Segrest (Muckleshoot), NMAI Interview, August 2016

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Valarie Segrest is an enrolled member of the Muckleshoot Indian Tribe, the coordinator for the Muckleshoot Food Sovereignty Project, and a Traditional Foods and Medicines Program Manager.