

FOOD SOVEREIGNTY
AND THE
QUAPAW NATION

by Sarah Wood

LESSON PLAN 5

HISTORY, 9–12



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These lesson plans are created with Farina King and the History Department at Northeastern State University. Students of the program – most of them active schoolteachers – study areas of the political and cultural history of Native American individuals and tribes and create thorough, engaging lesson plans based on their research. It is through the generosity of Farina King and her students that the Museum of Native American History is able to share this wonderful material with the Education community, with the hope of creating a broader and more inclusive understanding of Native American history and culture.

This lesson plan was created by Sarah Wood



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How To Use This File

This file is designed to give you all the resources necessary to create a compelling lesson plan using whichever program or lesson planning style you are most comfortable with. All of the text can be easily copied and pasted, and the images can be dragged and dropped into any program, showing up in high quality. All videos and websites referenced can be reached directly using their hyperlinks. A PDF slideshow created by the author is included as a separate file so that it can be printed or sent to students separately from the lesson plans.

Lesson Plan

OVERVIEW AND PURPOSE

To educate students on the value of food within the Quapaw Nation and the historical purpose for food sovereignty initiatives.

MATERIALS NEEDED

- Wifi, access to internet

QUESTIONS TO ASK

- Name 3 things the Quapaw tribe has done to achieve food sovereignty. (meat processing plant, bee hives, coffee shop, farmers market, etc)
- How can you contribute to the food sovereignty movement? (growing your own food, learning about your tribes traditional foods, gather foods)
- What are the benefits to food sovereignty? (health, cultural connection, sustaining the tribe)

KEYWORDS

Quapaw Nation
Food Sovereignty
Sustainability
Land Rights
Colonization
Reservations
Agriculture

Activity

CONTENT

- What is tribal food sovereignty?
- Why do we need tribal food sovereignty?
- The effects
- How do we fix it?
- Quapaw Nation's traditional foods
- Quapaw Nation origin story
- Quapaw Nation's initiatives towards achieving food sovereignty
- The benefits
- Progress made

1. View attached PDF slideshow, or the link below, for more information on each bullet point above:

https://www.canva.com/design/DAEaP-YayRo/1oMbApoLE3WeF-3hO3iGmug/view?utm_content=DAEaP-YayRo&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton

2. Go to this link to find out more about national food sovereignty programs and initiatives:

<https://www.wellforculture.com/tribal-food-sovereignty>

3. Use this link to learn more about the background of the Quapaw Nations food sovereignty initiatives:

<https://dailyyonder.com/many-faces-of-sovereignty-one-tribes-story-of-reclaiming-its-food-system/2020/06/12/>

4. Use this link and these time codes to learn more about the Quapaw Nation and their food sovereignty initiatives:

<https://www.youtube.com/watch?v=Tfyjz20-NBY&t=657s>

3:02 Food sovereignty

7:46 Bison working facility

10:57 Meat processing plant

14:22 Feeding facility

17:42 Farmer's market

27:38 Coffee roasting facility

31:11 Questions

Food Sovereignty and the Quapaw Nation

by Sarah Wood

HISTORICALLY, Native American tribes' food systems were targeted by colonists and settlers to try and eradicate the Native population, assimilate them, or remove them from their homelands. Buffalo herds were wiped out until they were on the brink of extinction, invasive plants and animal species were introduced that killed traditional plants and medicine, and removed tribes away from their homelands where their foods were. As a result of this, Native communities developed diet-related illnesses, addiction problems, crime rates rose, and suicide and mental health issues skyrocketed as well. There is evidence to back this up, in regards to colonization and the creation of reservations, "public health experts believe that these are two of the reasons Indigenous people have some of the highest rates of diabetes in the U.S.," as stated by the CDC, "Native American adults are three times more likely to be diagnosed with diabetes than white adults, and 1.6 times more likely to be obese" (Wallace, para. 7). These things are still seen today and have been passed down through generations, causing the cycle to be even harder to break. Many Natives foods have influenced American food culture and food culture worldwide, even though Natives did not have access to their own foods and were forced to eat Euro-American diets.

For this project, the Quapaw Nation will be highlighted for their initiatives taken to achieve food sovereignty. The Quapaw Nation's home has not always been here in Oklahoma, they were

first settled in the Ohio River Valley. A large group of the Dehiga Sioux, as they were known as then, came upon the Mississippi River and decided to cross. They all were holding onto a grapevine for security when a dense fog came upon them and the vine broke, forcing a portion of the tribe to float downstream to what is now known as Pine Bluff, Arkansas. This is how they got their name, Quapaw or O-Gah-Pah, which means "downstream people" (Givens, para. 1). During the era of removal, the tribe was removed from their lands in Arkansas and placed in Indian Territory. This removed the Quapaw tribe not only from their lands, but from their food. They traditionally hunted bear, deer, and bison and grew beans, squash, gourds, corn, tobacco, and pumpkins; they gathered nuts, seeds, roots, and fruit all pre-contact with European settlers. Seasonally they hunted wild turkeys, fish, and waterfowl. After contact with Europeans, they adopted their foods like melons, peaches, and chickens (Wilson and Sabo, para. 2). Without access to their traditional foods, the Quapaw tribe began to develop health issues and many citizens became distanced from their culture.

In the 1520s, Hernan DeSoto wrote that he saw five miles of cultivated agriculture that the Quapaws had and noted that their food systems were thriving (Givens, para. 2). Today, the tribe has tried to go beyond the five miles that DeSoto saw with their food programs. The Quapaw Nation has started many food sovereignty initiatives in hopes of sustaining the tribe and keeping their people

healthy. These initiatives include a meat processing plant, greenhouses, bee hives, a farmers market, and much more (Missouri State News, para. 4). With these initiatives being put in place, the tribe has almost become completely independent in terms of food. They are actively fighting the legacies of colonization and reclaiming their power by trying to achieve complete food sovereignty. We cannot go back and fix the past historical events that got us to this place but with the initiatives that the Quapaw Nation has taken, a lot of progress has been made. They set an example for other tribes to follow so that hopefully, one day, tribes across America can reclaim their power in food and reconnect their citizens with their culture.

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