

WHERE TO GET MORE INFO:

Yurok Tribe Environmental Program

(YTEP): (707) 482-1822
for information on herbicide applica-
tions on or near the Yurok Indian Res-
ervation.

Humboldt Agricultural Commissioner:

(707) 445-7223
information on what herbicides have
been used in Humboldt County (2 weeks
post application)

Del Norte Agricultural Commissioner:

(707) 464-7235
information on what herbicides have
been used in Del Norte County (2 weeks
post application)

Got Mercury?

Mercury Calculator
www.gotmercury.org

Office of Environmental Health Hazard Assessment (OEHHA)

Safe eating guidelines: local advisories &
fish consumption benefits
www.oehha.ca.gov/fish.html

Some info used:

California Indian Environmental Alliance
(CIEA) www.cieaweb.org

California Indian Basketweavers Associa-
tion (CIBA) www.ciba.org

Photos:

Salmon cooking: Matt Mais-Yurok Tribe
Acorns & Beargrass: Joe Hostler-YTEP
Huckleberries: www.spranch.org/plantlist
Eels: [klamathriver.org/Documents/
KlamathRiverNews_winter09.pdf](http://klamathriver.org/Documents/KlamathRiverNews_winter09.pdf)



Yurok Tribe Environmental Program
P.O. Box 1027 Klamath, CA 95548

Subsistence Resources on the Yurok Indian Reservation

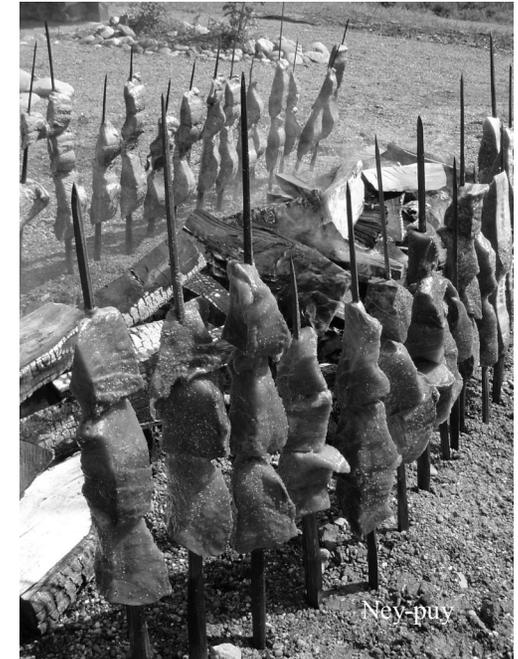


Photo by Matt Mais-Yurok Tribe

WHAT TRIBAL MEMBERS NEED TO KNOW TO PROTECT THEIR HEALTH AND THE ENVIRONMENT



Yurok Tribe
Environmental Program-YTEP
(707) 482-1822
www.yuroktribe.org



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What are Subsistence Resources?

Subsistence resources can be any plant, animal or other resource gathered, harvested or hunted from the land, water or air. Yurok people have utilized subsistence resources for survival and cultural use since time immemorial. Some subsistence resources include but aren't limited to: acorns, salmon, steel-head trout, sturgeon, candlefish, surf fish, eels, deer, elk, waterfowl, huckleberries, salmonberries, basket materials such as hazel, various ferns, bear grass, spruce roots, as well as mussels, clams, seaweed and traditionally sea lions, and many more.

What are the environmental hazards?

Today's world is not the same world that our ancestors lived in. The benefits of our modern day living make life easier but also can create environmental contamination. Household wastes, cleaning chemicals, leaking oil and gas from junk cars, pesticides and historic contaminants such as mercury from gold mining and petroleum products and chemicals used in logging can all be environmental hazards impacting traditional resources.

Traditional foods are safe

Fortunately subsistence resources gathered on and around the Yurok Indian Reservation are relatively safe to eat and use when compared to food bought in a grocery store. Traditional foods are generally safe from contamination but because there is always some possibility of contamination, the following precautions should be taken when gathering:



What you can do:

Know your gathering area: find out if pesticides have been applied nearby within the past year. Is there an old illegal dumpsite that has been buried? Refer to YTEP's posted maps of proposed pesticide spray units. Or call YTEP (707) 482-1822.

When gathering: look for signs of pesticide use for example; discolored or dead plants & unusual odors like kerosene or gasoline. Burnt looking leaves or a pinkish tint on plants, which is the residue of a dye added to herbicides before spraying. This dye lasts only a few days depending on sun exposure and will disperse completely with little rain. Look for pieces of trash that may be buried, which may indicate an old illegal dumpsite.

When preparing: wash well with clean water to remove contaminants. Remove skin, fats and livers, since toxins can accumulate there. Drain fats & oils since they can contain toxins. Microcystin toxins from Blue-Green Algae can concentrate in fish livers. As a precaution, do not drink or wash with Klamath River water when warnings are posted. Boiling water doesn't remove microcystin.

After gathering: if you were in an area recently sprayed with herbicides:

- Use gloves to remove clothing & wash skin
Wash contaminated items separately
- Avoid inhaling dust from contaminated items
- Clean where contaminated shoes have been
- Wash thoroughly with soap & water for at least 15 minutes
- If flu like symptoms persist, contact your doctor and explain what, where & when you have been.



What you can do:

Eat fish safely

Avoid large predatory fish such as Tuna. Fortunately, studies have shown that wild caught salmon has very low levels of mercury contamination and is a healthy traditional food.

- Mercury is stored in the entire fish. You cannot clean the head guts, fat and skin to get rid of it. Other toxins, like PCBs may be stored there so trimming these off is recommended.
- Check fish you plan to eat at the EPA and OE-HHA websites. You can also visit a mercury calculator website such as the one at www.gotmercury.org.
- Do not eat fish caught from Trinity Lake. California has issued a mercury warning for Trinity Lake fish.



What is a serving size?

- A serving is 6 ounces of cooked fish, or about the size and thickness of the palm of your hand.
- Most Yurok People eat much more than 6 ounces per serving. For reference a pint is about 18.6 dry ounces.
- www.gotmercury.org calculator estimates a 150lb person can eat 120 ounces of fresh wild salmon in a week. 120 oz = 20 six ounce servings.
- With these estimates, adjust salmon consumption according to body weight.

