

DECOLONIZE YOUR DIET



Luz Calvo is a professor of Ethnic Studies at Cal State

FOOD SOVEREIGNTY SERIES LECTURE BY LUZ CALVO & CATRIONA RUEDA ESQUIBEL

Saturday

June 17, 2017

1:00 p.m. - 3:00 p.m.

**CIMCC 5250 Aero Drive
Santa Rosa, CA 95403**

**Learn about native food of the Americas and cooking techniques.
Free and open to the public.**

East Bay and Catriona Rueda Esquibel is a professor of Race and Resistance Studies at San Francisco State University. Luz and Catriona live in Oakland, CA, where they grow fruits, vegetables, and herbs on their small urban farm, as they study traditional Mesoamerican cuisine. They co-authored the popular cookbook, *Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing*. They also have a Facebook group *Decolonize Your Diet*, where they post recipes, news, and commentary on food justice, indigenous food issues, and ancestral knowledge.

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