

Let's begin our safari...

Imagine you are flying across the country, perhaps across an ocean, to the northwest corner of the United States.

You have three days to learn as much as you can about botanicals and the people who live in Portland.

Please fasten your seatbelts and return your tray table to its full upright position.

We are about to land in the heart of Cascadia.

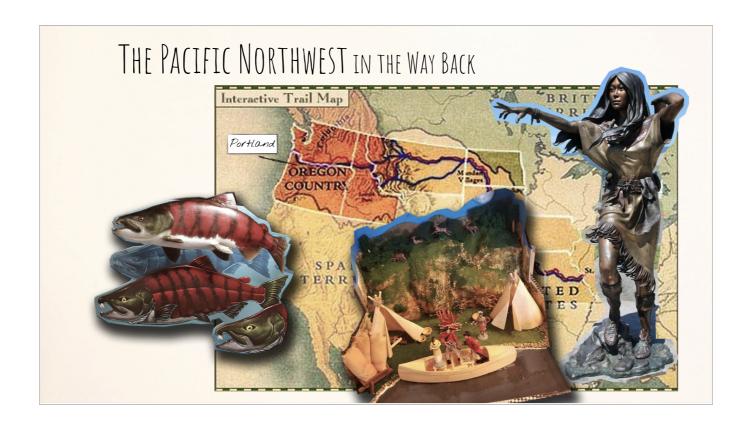
 $Cascadia\ is\ a\ bioregion\ and\ bioregional\ movement\ located\ within\ the\ western\ region\ of\ North\ America\ that\ proposes\ secession\ from\ the\ United\ States.$ 

Cascadia would stretch from coastal Alaska in the north into Northern California in the south, and inland to include parts of Idaho, Montana, Nevada, Utah, Wyoming, and the Yukon.

While, currently, not a likely proposition, the concept has deep roots in the region.

There are many cultural and scientific research projects that span across borders and affect the sense of place of its inhabitants.

Let's get oriented with the layout of the city...



Let's go father back into history...

To the indigenous peoples who lived along the shores of the Columbia and Willamette rivers.

The Columbia river ran wild from what is now British Columbia, Canada, through the states of Washington and Oregon to the Pacific Ocean.

The river was filled with salmon. The river was so full with salmon it is said that one could walk across the river on the backs of the wild salmon during spawning season.

The native American culture of the region is largely based on the lore of the salmon and salmon fishing.

Where the Columbia River meets the Willamette River is now known as Portland, Oregon.

Oregon's population was largely Native American until relatively recently.

It's easy for people to think that Native Americans live somewhere in the distant past, but that's simply not the case. They live here and now and are a social and political force in the Pacific Northwest.

 $Portland's \ has \ estimated \ 58,135 \ Native \ American \ people \ that \ represent \ more \ than \ 380 \ tribal \ affiliations.$ 

Why are there some many different tribes represented in Portland?

The Indian Removal Act of 1830 institutionalized the practice of removing Native Americans from their ancestral lands - including all of what is now Portland - in order to make way for white settlement.

Under the Western Oregon Termination Act of 1954 and the Klamath Termination Act of 1954, a large number of Oregon tribes had their governments abolished, lands taken and treaty agreements broken, resulting in an increase of tribal members moving to Portland.



There's another tradition in Portland, that's been around since the late 1970s, and that's drinking locally brewed beer AKA microbrews. A microbrew is everything a mass produced beer like a Pabst Blue Ribbon, or a Budweiser isn't.

A microbrew is brewed in small batches, has quality ingredients like fresh Pacific Northwest style hops, and is inventive. Brewmasters come up with new beers and formulas often.

Portland is known as the epicenter of the craft beer movement in the United States.

It all happened because of a change in an Oregon law in 1985 that didn't allow breweries to sell their beer in the same location as they brewed it.

Once the law changed, the craft brewery scene exploded. There are over 84 breweries and counting. The most breweries in any city in the world. There are countless brewpubs, and bottle shops in and around Portland.

People take brew tour by bike, or brewcycles.

And you can drink beer just about anywhere: at the movies, the laundromat, church...

The entrepreneurial spirit is strong in Portland  $\dots$ 



## INTERVIEWEES

Tania Hayes: Mossy Tonic - Sustainable Herbal Healing Blog Site

 ${\bf Amanda\ Furbee:\ } \underline{\bf Herb\ Shoppe\cdot Local\ Natural\ Alternative\ Medicine\cdot Herbal\ Consultations}$ 

SLIDE REFERENCES (partial list, in order)

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1859 Oregon Magazine - The History of Oregon Beer

Botanical.com - Information on the Common Hops - Botanical, Folk-lore, and Products

Craft Beer Site - Deschutes Brewery Botanic Ale - Inspired by Botanicals and Gin

Guide to Portland Oregon Distilleries

Freeland Spirits - Woman Owned Gin Craft Distillery in Portland

The Arctos School of Herbal and Botanical Studies in Portland – Hands-on Classes

NUNM - National University of Natural Medicine - Education and Research

NAMANU - Outdoor School - For All 6th Graders in Portland Public Schools

NAMANU - Outdoor School - For All 6th Graders in Portland Public Schools

Oregon State University Extension Services - Master Gardeners and Master Naturalist

Traditional Roots Institute - Herbal Medicine Education for Healthcare Providers Traditional Roots Institute - Herbal Medicine Education for Healthcare Providers

Last Thursday Event - Every Last Thursday in the summer - Music, Art, Food, on Alberta Street

Albertamainst.org - Alberta Street Fair - Annual in August - Music Arts, Food, Music

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Gardencollage.com - Urban Foraging in Varous Locations in Portland

Thekitchn.com - How to Make Kombucha Tea at Home

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Brew Dr. Tea Company - Teahouse Menu

Shopwoodlot.com Blog - A Daily Botanical Shower Ritual

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Thetarotlady.com - A Primer for Tarot and Crystals and Rituals

Portland's Mystic District - Shops Offer Crystals, Candles, Tarot Readings and Astrology

Locust Light Farm blog - The Wonders of Smoking Herbs

National Native Network - Traditional vs Commercial Tabacco - Commercial Tobacco-related Illnesses.

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Home Grown Apothecary - Recreational Cannabis and Health and Wellness Herbal Apothecary

Yesonip34.org - Petition for Ballot Legalizing Psilocybin Therapy

Wikipedia - Ken Kesey - Bio History Including, Books, LSD, and Merry Pranksters

Ken Kesey's Biography - Writer