

# Foraging Food

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I came across foraging at Rainbow Gathering this summer - eating a wild food salad. Interesting [article](#) from the [Gaian-Mind](#) festival folks on foraging and other eco activities.

"For 99% of human history we've been **foragers**. Our nomadic ancestors gathered and hunted for food. Gardening, farming, and animal raising are recent developments in human history going back only about 10,000 out of 3 million years of our evolution as hominids.

The goal of **The Gaian Mind** is for our eco-arts and education collective to nurture a culture of ecological awareness and provide the means to connect urban youth and families with bioregional natural living systems.

-We hope to build and test replicable modules of alternative sustainable natural living systems that can be applied/adapted to any community throughout the world. Malcolm X advised that the only way for communities to experience liberation would be to create better working systems that make oppressive systems obsolete. We combine this axiom with the wisdom of indigenous cultures and the science of ecology which tell us that the answers to the world's problems are to be found in the ground beneath our feet. The path towards global peace, harmony, and liberation we believe starts by developing permanent local subsistence strategies that rely on the abundance of nature, not the scarcity of the industrial economy, for survival. Our purpose is to reunite people with each other and the land to restore resilient systems of human ecology.

-In this life-time we're committed to growing bioregionally sustainable communities that can survive with or without the global industrial economy.