

Enjoy Cooking With Chef Nephi Craig

The Indigenous Peoples Workgroup of Oregon State University Extension is proud to present this event.

May 5th, 3:30pm



Oregon State University
Moore Family Center



Chef Craig is the founder of [The Native American Culinary Association](#) (NACA), an organization that is dedicated to the research, refinement and development of Native American Cuisine. He is an enrolled member of the [White Mountain Apache Tribe](#) and is half Diné. Nephi graduated culinary school at Scottsdale Community College and gained 24 years of culinary experience in America and around the world.

Nephi is focused on cooking, educating and raising respect for Native food, as well as helping his people reconnect to their food and their landscape. In an [interview with NPR](#) in 2016, Craig said “There’s no separation with you and your food, and you and your food ways, and your indigenous landscape.” Grounding the food in both the modern landscape and in the genetic history of his community is intended to comfort and restore.

Chef Craig’s mission is to reintroduce the healing potential of food: for generations, this was at the center of any recovery process in Native lives. Nephi explains in an interview with [Native News Online](#), “When they say you’re trying to get clean, you’re trying to get sober, trying to reconstruct your life, you can’t do the work unless your own house is in order. And usually that means — your body first...” His desire to help in the recovery process of his tribe led Nephi to become the Nutritional Recovery Program Coordinator as well as the Executive Chef at the [Rainbow Treatment Center](#) and [Café Gozhóó](#) located in Whiteriver, Arizona.

Sign up to join us for this special event!

Just type this link into a web browser:

<https://beav.es/wVU>

OR

Scan this QR code.



For more information contact:

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Cook-along Kits for each of the 9 Tribal populations and Urban communities available based on sign-ups. Kit contents include:

- 13 ounces quinoa
- Harissa spice mix
- Food Hero Monthly/newsletter
- Recipe card
- Coloring sheets

