

# Indigenous Food Hubs

## 2026 Harvest of the Month



### MAY: TROUT

#### CULTURAL SIGNIFICANCE

Trout have been a cornerstone of life for tribes living by cold-water rivers and lakes. Fishing was tied to seasonal cycles, community gatherings, trade networks, and cultural identity. Fish were eaten fresh, dried, or preserved for year-round food security. The near-collapse of trout populations due to overfishing, water diversion, and habitat destruction devastated tribal communities. The return of the trout represents resilience and the restoration of culture.

#### AT-HOME ACTIVITY

- Watch a documentary about Lahontan cutthroat trout restoration at Pyramid Lake.
- Research tribal-led fish hatchery programs and water protection efforts.
- Visit a local fish hatchery or trout stream.
- Compare wild-caught vs. farm-raised fish, including taste and nutrition.

#### TRADITIONAL STORIES & CULTURAL TEACHINGS

Teachings about trout emphasize:

- Reciprocity: Fish are gifts that must be respected and never wasted.
- Stewardship: Caring for rivers and lakes ensures the fish return.
- Balance: Taking only what is needed creates harmony between people and nature.

#### NUTRITION AND FUN FACTS

- High-quality protein: Supports muscle growth and repair. A 100g serving provides 20–22g of protein.
- Omega-3 fatty acids: Promote heart health and support brain development.
- Vitamin D: One serving provides 400–600 IU — helps build strong bones and supports the immune system.
- Vitamin B12: For energy and nervous system function.
- Minerals: Higher in potassium, zinc, and calcium than salmon, gram for gram.
- Leaner than salmon: ~140–170 calories per 100g, with less fat.
- Low cholesterol - heart-healthy protein!
- More than 7 species of trout are native to North America.
- The Lahontan is the largest inland trout, known as 'agai' in the Northern Paiute language; the world record is 41 lbs, caught in 1925.
- Lahontan are known as a "desert trout" that survives in the harsh, arid Great Basin environment.
- Young trout hatch from eggs called alevin.



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## SIMPLE BAKED TROUT



#### COOK TIME

20-25 Minutes



#### SERVINGS

4

### INGREDIENTS

- 4 trout fillets
- 2 Tbsp olive oil or butter
- 1 lemon, sliced
- 2 cloves garlic, minced
- 1 tsp dried thyme or dill
- Salt and pepper to taste



#### DIFFICULTY:

EASY  MEDIUM  HARD

### DIRECTIONS

1. Preheat oven to 375°F.
2. Place trout fillets on a lined baking sheet.
3. Drizzle with olive oil or butter.
4. Add garlic, herbs, salt, and pepper.
5. Top with lemon slices.
6. Bake 15–20 minutes, until fish flakes easily with a fork.
7. Serve warm.

**COOKING TIP:** Trout cooks quickly — don't overcook or it will dry out. It's done when the flesh turns from translucent to opaque and flakes easily.

### NOTES

Baked trout is a simple, healthy way to try this traditional food! Fresh or frozen trout fillets are available at most grocery stores. Look for sustainably sourced or wild-caught options. You can substitute trout for salmon in most recipes — try it in pasta, tacos, or on top of rice!



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