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‘Shailesh Shukla, Priscilla Settee, and Noa Kekuwa Lincoln, Indigenous Insights for Planetary Health and Sustainable Food Systems: Learning from International Case Studies’

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Shailesh Shukla, Priscilla Settee, and Noa Kekuewa Lincoln (Editors), *Indigenous Insights for Planetary Health and Sustainable Food Systems: Learning from International Case Studies* (Canadian Scholars, 2025), 372pp. Paperback. C\$79.95. ISBN: 978-1-7733-8471-9.

Indigenous Insights for Planetary Health and Sustainable Food Systems: Learning from International Case Studies is a valuable addition to food studies – specifically Indigenous food sovereignty. It contributes unique perspectives on food and planetary health. It is a useful resource for both teaching and research. For some reason, it is classified as ‘Canadiana’ by the publishers but goes well beyond the borders of what we call Canada to include case studies from Hawai’i, Costa Rica, Japan, Zimbabwe, and Nigeria to name some examples.

The book reads very much like a textbook with learning objectives, suggested learning activities, and glossaries of terminology at the end of each chapter, which is helpful for explaining concepts from a variety of Indigenous languages. The book is divided into three thematic parts: insights, initiatives, innovations, and also includes comprehensive introductory and concluding chapters. There is a PDF version, which may be an option for libraries and some readers which will make word searches easier to navigate for readers interested in specific topics or regions. However, it is not clear if there is a version available yet for Kindle or Kobo or other e-readers which would add convenience for some audiences.

In terms of substance, the reader is exposed to unique concepts in a variety of Indigenous languages that are related to food and the relationship with the land. Heirloom crops, such as multiple varieties of sorghum and millet, are described in detail with recurring attention to seed sovereignty. There is also reference to the eating of insects in one chapter, which, as many in food studies know, is often considered a pathway to sustainable protein consumption. There is also an inspiring chapter on the Rockefeller Food System Vision Prize outlining how three of the authors - including one of the book’s editors, Priscilla Settee – succeeded in receiving this award.

Cross-cutting themes in all case studies are how food has been weaponized by colonialism and the fact that precious knowledge held by elders is rapidly disappearing. However, most of the case studies speak of hope with youth becoming interested in learning cultural knowledge as part of the revival of their identities and renaissance of their languages after hundreds of years of intentional colonial decimation. A particularly salient example is from Chapter 14, which describes successful intergenerational efforts by Elders and youth to protect agriculturally and culturally significant lands in Lualualei Valley on the Island of O’ahu in the predominantly Native Hawai’ian community of Wai’anae.

I enjoyed reading this collection of case studies from around the world. My only constructive criticism is the lack of a definition of Indigenous by context and a bit more description of these peoples in certain chapters. Perhaps this is evident to the authors, but the readers would have benefitted from a more thorough explanation of what it means to be Indigenous in Costa Rica or South Korea for example. If there is a second edition, this would be a modification to consider. The book is well-written and edited. I offer my congratulations to all the authors and editors for a job well done. I highly recommend it to anyone with an interest in food studies, Indigenous peoples, planetary, and human health or any combination of these topics.

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