



Hunting, fishing, and foraging

Regeneration, at its heart, is about reciprocity and restoration; it's about giving back more than we take. Hunting, fishing, and foraging root us in tradition and connect us not just to the land, but to the natural world around us. It's a return to relationship with life beyond our fences and our primal instinct to provide for those we love. It's in the quiet moments as you track a deer through the morning fog; cast your line at dusk; or forage for mushrooms after a soft, springtime drizzle. These experiences teach us to respect the origins of our food and the path it travels to sustain us.

Hunting asks for persistence and patience. It teaches us to sink into the silence and to embrace the calm. You wait, counting the minutes that stretch into hours. You smell it in the air, feel it in the shift of the wind, and honor it in a moment of celebration. This is life serving life. It's raw, it's real, and it challenges every part of you. You now know with certainty that you are part of something bigger than yourself.

Fishing asks for stillness and the pace of quiet solitude. Lulled by the subtle sway of the water, you listen for a sound no bigger than a drop. You wait for the gentle tug on your line. The sun sinks low on the horizon, and you know it's now or never. Then—a jolt! With the pull of life at the end of the line, you lean forward, your arms rising with your confidence. You pull back sharply, breaking the silence in a moment of pure pleasure. You feel alive.

Foraging demands our focus. Time slows while searching for edible treasures like plants, fruits, berries, and mushrooms. It reminds us to tread lightly; to move gently so we can take it all in. The morning fog hangs heavy, and your breath fills the air as you inhale deeply, your senses alive with anticipation. The scent is intoxicating, and the rain falls gently, creating pools of moisture that glisten as they catch the light. We carefully observe, touching and feeling the forest around us, filling our bags and baskets with whatever the day offers, fresh and full of nature's flavors. *This* is what true nourishment feels like.

Hunting, fishing, and foraging each have a place on the path to renewal. They encapsulate the food chain in motion and bring clarity to the cycle of the wild. As we source our own food and embrace the natural world with respect, we create community and an admiration for life around us, exactly as it's meant to be.

When we gather food with our own two hands, we take part in a regenerative cycle that is older than agriculture. The forests, fields, and waters become our guides on our journey with food. They allow us to practice gratitude, humility, and an authentic understanding of what *comfort food* really means. When we take part in these rituals, they become restorative actions that give back to the waters and lands we depend on.