

# Spapium Little Prairie Farm

## Video Clip 1: Product Selection

**Paula:** I've been out gathering the roots and had an elder teaching me how to split the roots. Because I work with cedar bark—we all do, all of us gals do—it made it easier to learn that, but that's a teaching in itself on connectivity to the land. You know, how you have to be gentle with the earth. And, you know, all those trees out there are talking to each other through their root systems, and so when we go to gather the roots, you don't just, like, dig in there and yank them out. You gotta gently coax them out, out of the earth, and then put it all back. You know, so it's nice like it was before you got there. So, you know, that's something people need to know, because there's so many people going out in the woods these days, and they're just ripping full forest floors up for moss, or salal, or whatever it is... taking too much

Please note that this transcript has been slightly modified; it is not a verbatim copy of the original audio clip.