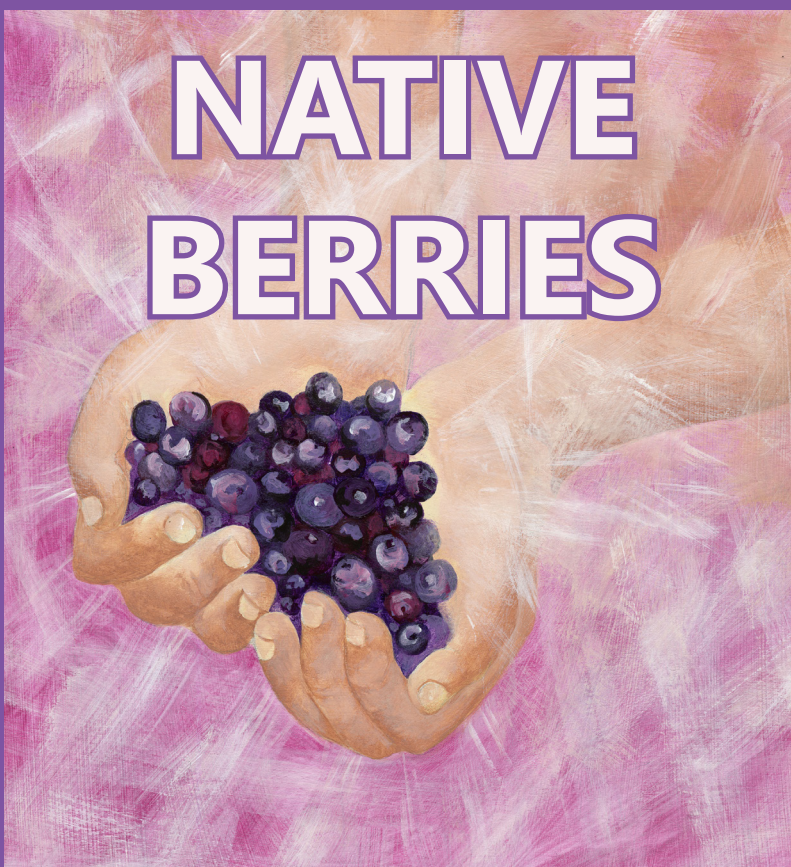


Harvest of the Month



NATIVE BERRIES



Local Highlight

Humboldt County is home to many native berries that are important to the Native Americans in our region.

Check out our video about native berries and Lee Ann Moore of Oceanside Jams:

vimeo.com/channels/hcoenutrition

Literature Links

- *Berry Magic*, by Teri Sloat
- *The First Strawberries*, by Joseph Bruchac
- *Bears Make Rock Soup*, by Lise Erdrich

Video Discussion

What are some of the native berries that grow in Humboldt County?

What tools does Lee Ann use to harvest berries?

How does Lee Ann make it possible to eat native berries when they are not in season?



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month



NATIVE BERRIES



Nutrition Power

Native berries are a great source of vitamin C.



Vitamin C
helps you to heal!

History

Indigenous peoples of what is now northern California and Oregon, including the Wiyot, Yurok and Karuk tribes, use native berries as a food source and as medicine. Huckleberries, salal berries, salmonberries, elderberries, and thimbleberries can be eaten fresh or dried. Tribes also developed a method of mashing berries and allowing them to dry in cakes that are similar to fruit leather. Dried berries provide vitamin C during the winter months when fresh fruit is not available. Today the berries are also frozen or canned.



Did You Know?

- Plant part we eat: FRUIT
- Huckleberries are related to cranberries and blueberries.
- The bark of the salmonberry plant can be used to help wounds heal.
- Wiyot names for native berries:
huckleberry: vou'gul
salal berry: viqhul
salmonberry: we'daw
- Bear, elk, birds, and other animals like to eat native berries in the wild!

