

Harvest of the Month



NATIVE BERRIES



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** native berry jam on its own.
2. **MAKE** a dish with native berry jam using the recipe and ingredients provided.
3. **LEARN** about native berries with the information below.



Fun Facts

- Red and black huckleberries, salmon berries, salal berries, and thimble berries are some of the native wild berries we can find in northern California.
- Native berries are important sources of food and medicine for Native Americans, including the Wiyot, Karuk, and Yurok tribes. Traditionally the berries were eaten fresh, or dried, or mashed and dried in cakes that were similar to fruit leather.
- Native berries are a great source of vitamin C which helps you heal!

Local Connection



Lee Anne Moore is from the Wiyot tribe and grew up picking native berries with her mom and grandmother. Now she picks berries with every summer and turns them into jams and jellies!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Got CalFresh? Sometimes DHHS needs to call CalFresh recipients. Make sure your name is included in your voicemail greeting so that DHHS can legally leave a detailed message.