



NATIVE BERRIES

- There are many types of native berries in northern California. They are all important to Native Americans in the region including the Wiyot, Karuk, and Yurok tribes. Some of the native berries (with their Wiyot names) include: huckleberry (vou'gul), salmonberry (we'daw), salal berry (viqhul), and elderberry (ti'ma).
- Some types of native berry plants like huckleberries produce better fruit when they grow in or on the edges of forest clearings. Native Americans have used fire to create these ideal growing conditions for the plants.
- Make sure you correctly identify any wild berries as edible before you eat them!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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HISTORY/ART: Berry Ink

Supplies needed:

- 2/3 cup ripe or frozen blueberries, strawberries, or raspberries
- 1/2 tsp. salt, 1/2 tsp. vinegar
- Paint brushes and water color paper

Directions:

1. Fill strainer with berries and place over a bowl.
2. Crush berries using a large spoon, letting the juice stream into the bowl. Compost the berry pulp.
3. Add salt and vinegar and stir.
4. Use small paint brushes to write or paint with the ink. Store in a lidded jar.

This is a great way to preserve berries for writing. Reflection question: How can we continue to eat berries in the winter? Have students brainstorm ways berries can be preserved for eating (freeze, dehydrate, can, etc.).



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