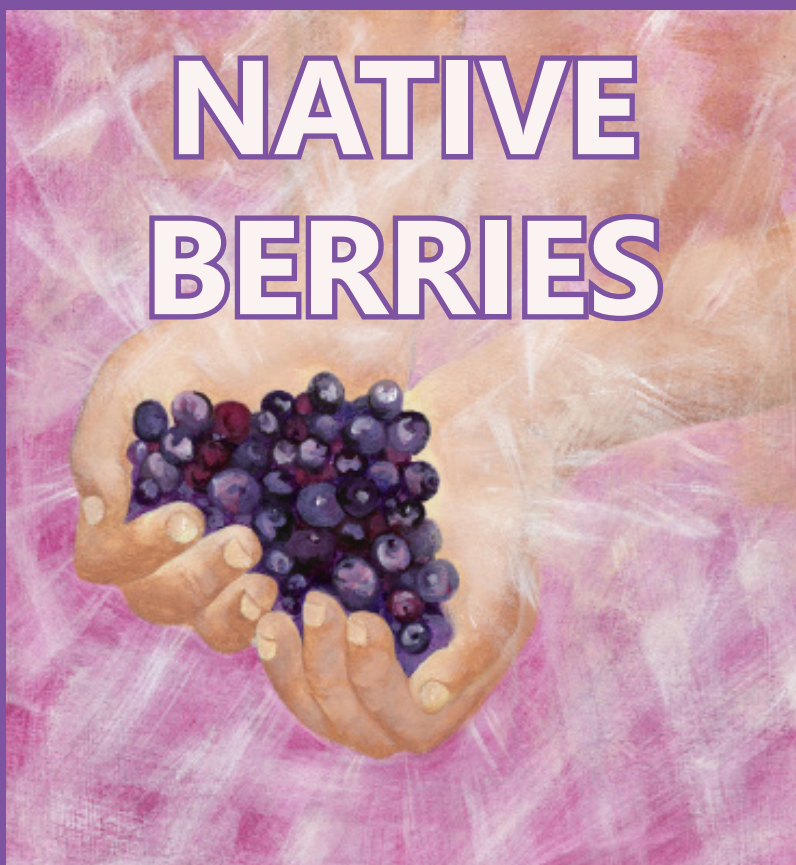


Harvest of the Month



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

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

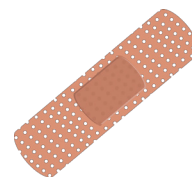


NATIVE BERRIES



Nutrition Power

Native berries are a great source of vitamin C.



Vitamin C
helps you to heal!

History

Native Americans use huckleberries and other native berries such as salal, salmonberry, elderberry, and thimbleberry as food sources and as medicine.

Traditionally the berries were eaten fresh, dried, or mashed and allowed to dry in cakes that were similar to fruit leather. Dried berries provided vitamin C during the winter months. 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.
- Bear, elk, birds, squirrels and other animals like to eat huckleberries and salal berries in the wild.

