



NATIVE BERRIES

- Red and black huckleberries, salmon berries, salal berries, and thimble berries are some of the native wild berries we can find in northern California. They are all important to Native Americans in the region.
- Native American tribes in the north east revered wild blueberries. The top of the berry forms the shape of a perfect 5-pointed star. Tribal elders shared through stories how the Great Spirit sent "star berries" to relieve children's hunger during a famine.
- With all wild berries make sure you have identified them correctly as edible before you eat them.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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.).