

# FOOD

**WHY  
ACT  
NOW**

## Traditional Facts - Berries

Mother Earth provides us with food and water.

“Berries are an important part of traditional knowledge and culture.”



### BERRIES

#### Traditional Food Use:

- Many types of berries have been harvested in traditional territories.
  - Summer– buffalo berries, wild blueberries, raspberries, Saskatoon
  - Fall– cranberries, choke cherries and black currants.
- Buffaloberry also called soapberry is commonly collected by beating the branches over a canvas or hide. They are normally eaten fresh, boiled, dried, canned or frozen. When mixed with water 4:1 they make a frothy dessert called “Indian ice-cream”.



Buffalo berries



#### Traditional Harvesting:

- Berries are an important traditional food also used for medicines.
- Berries are harvested from early summer to late fall.
- Berry picking brings the community together.

#### Nutrition:

- Berries are an excellent source of **vitamin C**.
- Berries are also a good source of **fiber**.
- Berries have many medicinal properties.
- Blueberries & cranberries - have anti-bacterial properties which help prevent urinary tract infections.
- Cranberries, rosehip & blackberries - high in antioxidants which help boost the immune system.



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Indigenous & Global Health Research Group

(780) 492 - 3214

info@whyactnow.ca