WILD BERRIES *(Continued from the Game section)*
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COMMUNITY FOOD SYSTEM DATA TABLE # 26

Food category: Wild berries
Scientific identification:
Amelanchier alnifolia
Local name & other common names:
sq'sk, Saskatoon berries (English)
Part(s) used:
Preparation: Dried and soaked, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	76
Energy, kcal	99
Protein, g	0.7
Fat, g	1.2
Carbohydrate, g	21.4
Fiber, g	6.4
Ash, g	0.65
Vitamin A RE - µg	0.5
Vitamin A RAE - µg	0.25
Beta-carotene, µg	3
Total carotene, µg	-
Thiamine, mg	T
Riboflavin, mg	0
Niacin, mg	0.3
Folic acid, µg (DFE)	-
Vitamin C, mg	10.9
Calcium, mg	69
Copper, µg	400
Iron, mg	0.5
Magnesium, mg	26
Manganese, µg	2 200
Phosphorus, mg	40
Sodium, mg	0.6
Strontium, µg	320
Zinc, mg	0.4

T= Trace amount --- = not analyzed

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, the berries were dried and then stored in cedar boxes. Today Saskatoon berries are made into dry jam or frozen in bags for fruit salad.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*	*			
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 27

Food category: Wild berries
Scientific identification:
Arctostaphylos uva-ursi
Local name & other common names:
milicw, kinnikinnick berries (English)
Part(s) used:
Preparation: Dried and soaked before cooking, cooked in dumplings

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	75
Energy, kcal	102
Protein, g	0.7
Fat, g	1.1
Carbohydrate, g	22.4
Fiber, g	14.8
Ash, g	0.64
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg (DFE)	-
Vitamin C, mg	-
Calcium, mg	37
Copper, µg	1 300
Iron, mg	0.7
Magnesium, mg	17
Manganese, µg	200
Phosphorus, mg	35
Sodium, mg	0.5
Strontium, µg	220
Zinc, mg	0.5

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, Kinnikinnick berries were traded for seaweed or sea urchins ("sea eggs"). The dried kinnikinnicks were cooked mixed with flour to make dumplings. Today, kinnikinnick berries are usually eaten fresh, frozen, or as dry jam.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested								*	*			
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 28

Food category: Wild berries
Scientific identification:
Cornus canadensis
Local name & other common names:
p'xwlht, bunchberries (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	81
Energy, kcal	76
Protein, g	0.6
Fat, g	0.8
Carbohydrate, g	16.6
Fiber, g	5.2
Ash, g	0.5
Vitamin A RE - µg	3.5
Vitamin A RAE - µg	1.75
Beta-carotene, µg	21
Total carotene, µg	-
Thiamine, mg	0.01
Riboflavin, mg	0.03
Niacin, mg	0.5
Folic acid, µg (DFE)	10.5
Vitamin C, mg	2.1
Calcium, mg	52
Copper, µg	100
Iron, mg	0.6
Magnesium, mg	12
Manganese, µg	100
Phosphorus, mg	19
Sodium, mg	0.4
Strontium, µg	200
Zinc, mg	0.1

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, bunchberries were dried on cedar racks outside. Prior to eating, they were soaked and then mixed with other berries. Today, bunchberries are eaten with ooligan grease and a little bit of sugar. They are also mixed with red huckleberries or made into dry jam with thimbleberries.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 29

Food category: Wild berries
Scientific identification:
Crataegus douglasii
Local name & other common names:
q'ay, black hawthorn berries (English)
Part(s) used:
Preparation: Mashed, strained, boiled, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	84
Energy, kcal	73
Protein, g	0.3
Fat, g	1.4
Carbohydrate, g	14.9
Fiber, g	2.6
Ash, g	0.7
Vitamin A RE - µg	8.1
Vitamin A RAE - µg	4.0
Beta-carotene, µg	48.6
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg (DFE)	-
Vitamin C, mg	9.5
Calcium, mg	31
Copper, µg	300
Iron, mg	0.5
Magnesium, mg	12
Manganese, µg	200
Phosphorus, mg	12
Sodium, mg	6.9
Strontium, µg	200
Zinc, mg	0.2

T= Trace amount --- = not analyzed

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, people mashed the berries, strained out the seeds and then boiled the fruit. After being boiled, they were stored in cedar boxes. Today, the berries are made into dry jam or jelly. Dry jam is stored in cellars or freezers and taken out as needed.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 30

Food category: Wild berries
Scientific identification:
Empetrum nigrum
Local name & other common names:
crowberries (English)
Part(s) used:
Preparation: Mashed and strained to remove seeds, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	89
Energy, kcal	45
Protein, g	0.2
Fat, g	0.7
Carbohydrate, g	9.5
Fiber, g	5.9
Ash, g	0.71
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Thiamine, mg	0
Riboflavin, mg	0
Niacin, mg	0.1
Folic acid, µg (DFE)	-
Vitamin C, mg	16.4
Calcium, mg	9
Copper, µg	1 000
Iron, mg	0.4
Magnesium, mg	4
Manganese, µg	400
Phosphorus, mg	11
Sodium, mg	2.5
Strontium, µg	30
Zinc, mg	0.1

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 31

Food category: Wild berries
Scientific identification:
Fragaria vesca
Local name & other common names:
qululuuxu, wild strawberries (English)
Part(s) used:
Preparation: Fresh

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	85
Energy, kcal	61
Protein, g	0.6
Fat, g	0.9
Carbohydrate, g	12.5
Fiber, g	2.9
Ash, g	0.63
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Thiamine, mg	0
Riboflavin, mg	0.03
Niacin, mg	T
Folic acid, µg (DFE)	-
Vitamin C, mg	23.8
Calcium, mg	64
Copper, µg	800
Iron, mg	0.4
Magnesium, mg	54
Manganese, µg	800
Phosphorus, mg	35
Sodium, mg	0.6
Strontium, µg	410
Zinc, mg	0.2

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use: June- July
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Although the Nuxalk people really like their taste, wild strawberries have never been a major source of food. This is because there are only a few berries located in any patch and patches are spread far apart. Strawberries are only eaten fresh in season alone, or mixed with other fruit.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*					
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 32

Food category: Wild berries
Scientific identification:
Ribes bracteosum
Local name & other common names:
q'is, stink currants (English)
Part(s) used: Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	83
Energy, kcal	70
Protein, g	0.8
Fat, g	1.2
Carbohydrate, g	13.9
Fiber, g	4.4
Ash, g	0.82
Vitamin A RE - µg	3.7
Vitamin A RAE - µg	1.85
Beta-carotene, µg	22.2
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg (DFE)	-
Vitamin C, mg	27.5
Calcium, mg	98
Copper, µg	700
Iron, mg	0.8
Magnesium, mg	19
Manganese, µg	600
Phosphorus, mg	47
Sodium, mg	1.8
Strontium, µg	570
Zinc, mg	0.8

T= Trace amount --- = not analyzed

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, the berries were dried on cedar racks out side. Today, eaten fresh, frozen or as dry jam.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Peter Kuhnlein, and Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 33

Food category: Wild berries
Scientific identification:
Ribes divaricatum
Local name & other common names:
atl'anulh, wild black gooseberries (English)
Part(s) used:
Preparation: Fresh, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	82
Energy, kcal	77
Protein, g	1.1
Fat, g	1.5
Carbohydrate, g	14.7
Fiber, g	4.6
Ash, g	0.87
Vitamin A RE - µg	1.5
Vitamin A RAE - µg	0.75
Beta-carotene, µg	9.0
Total carotene, µg	-
Thiamine, mg	0.02
Riboflavin, mg	0
Niacin, mg	1.0
Folic acid, µg (DFE)	19.9
Vitamin C, mg	40.2
Calcium, mg	111
Copper, µg	400
Iron, mg	0.7
Magnesium, mg	23
Manganese, µg	500
Phosphorus, mg	53
Sodium, mg	0.6
Strontium, µg	500
Zinc, mg	0.2

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Today, people make dry jam or jelly with wild black gooseberries picked when they are ripe and a purplish colour.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 34

Food category: Wild berries
Scientific identification:
Ribes divaricatum
Local name & other common names:
atl'anulh, wild "green" gooseberries and leaves (English)
Part(s) used:
Preparation: Green berries cooked with their leaves

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	85
Energy, kcal	65
Protein, g	1.7
Fat, g	0.9
Carbohydrate, g	12.5
Fiber, g	4.3
Ash, g	0.20
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Thiamine, mg	0
Riboflavin, mg	0.01
Niacin, mg	0.5
Folic acid, µg (DFE)	-
Vitamin C, mg	12.6
Calcium, mg	124
Copper, µg	400
Iron, mg	0.9
Magnesium, mg	26
Manganese, µg	400
Phosphorus, mg	46
Sodium, mg	1.1
Strontium, µg	670
Zinc, mg	0.4

T= Trace amount --- = not analyzed

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, berries were sometimes picked green along with leaves and both were cooked together to make a sauce. These berries were never dried.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 35

Food category: Wild berries
Scientific identification:
Ribes lacustre
Local name & other common names:
mnmntsa, swamp gooseberries (English)
Part(s) used:
Preparation: Dried

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	86
Energy, kcal	66
Protein, g	1.5
Fat, g	2.3
Carbohydrate, g	9.7
Fiber, g	3.5
Ash, g	0.90
Vitamin A RE - µg	3.0
Vitamin A RAE - µg	1.5
Beta-carotene, µg	18.0
Total carotene, µg	-
Thiamine, mg	0.04
Riboflavin, mg	T
Niacin, mg	T
Folic acid, µg (DFE)	-
Vitamin C, mg	58.2
Calcium, mg	68
Copper, µg	100
Iron, mg	0.4
Magnesium, mg	22
Manganese, µg	300
Phosphorus, mg	47
Sodium, mg	0.6
Strontium, µg	560
Zinc, mg	0.2

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: The berries are eaten fresh off the bush. Today, they are not used by many people.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 36

Food category: Wild berries
Scientific identification:
Ribes laxiflorum
Local name & other common names:
ts'ipscili, wild blue currants (English)
Part(s) used:
Preparation: Cooked briefly

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	84
Energy, kcal	65
Protein, g	0.7
Fat, g	0.6
Carbohydrate, g	14.2
Fiber, g	5.2
Ash, g	0.52
Vitamin A RE - µg	5.7
Vitamin A RAE - µg	2.85
Beta-carotene, µg	34.2
Total carotene, µg	-
Thiamine, mg	0
Riboflavin, mg	T
Niacin, mg	T
Folic acid, µg (DFE)	-
Vitamin C, mg	61.5
Calcium, mg	51
Copper, µg	100
Iron, mg	0.6
Magnesium, mg	18
Manganese, µg	1 200
Phosphorus, mg	23
Sodium, mg	1.8
Strontium, µg	460
Zinc, mg	0.4

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use: June - August
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Wild blue currants are always eaten fresh, after they are cooked with a little water. They are not preserved.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 37

Food category: Wild berries
Scientific identification:
Ribes parviflorus
Local name & other common names:
snutatiiqw, thimbleberries (English)
Part(s) used:
Preparation: Fresh, dried, jam, in porridge

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	74
Energy, kcal	110
Protein, g	1.7
Fat, g	1.2
Carbohydrate, g	23
Fiber, g	11.9
Ash, g	0.62
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Thiamine, mg	0.03
Riboflavin, mg	T
Niacin, mg	T
Folic acid, µg (DFE)	-
Vitamin C, mg	63.6
Calcium, mg	89
Copper, µg	200
Iron, mg	0.7
Magnesium, mg	44
Manganese, µg	1 800
Phosphorus, mg	62
Sodium, mg	0.8
Strontium, µg	400
Zinc, mg	0.4

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, thimbleberries were dried on cedar racks. Today, they are mixed with raspberries to make dry jam. They are also wonderful with porridge.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 38

Food category: Wild berries
Scientific identification:
Rosa nutkana
Local name & other common names:
skupik, rose hips (English)
Part(s) used:
Preparation: Fresh, seedless, dried for tea

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh, seedless
Moisture, g	79
Energy, kcal	82
Protein, g	1.6
Fat, g	0.6
Carbohydrate, g	17.6
Fiber, g	4.4
Ash, g	1.4
Vitamin A RE - µg	18
Vitamin A RAE - µg	9
Beta-carotene, µg	108
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg (DFE)	-
Vitamin C, mg	414
Calcium, mg	77
Copper, µg	T
Iron, mg	0.3
Magnesium, mg	26
Manganese, µg	900
Phosphorus, mg	37
Sodium, mg	1.8
Strontium, µg	720
Zinc, mg	0.2

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, rose hips were not preserved, just eaten fresh off the bush for snacks. Today, rose hips are dried for tea and /or to make dry jam or jelly.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested								*	*	*		
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 39

Food category: Wild berries
Scientific identification:
Rubus idaeus
Local name & other common names:
qalhqa, wild raspberries (English)
Part(s) used:
Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	83
Energy, kcal	73
Protein, g	0.6
Fat, g	0.8
Carbohydrate, g	15.8
Fiber, g	4.5
Ash, g	0.34
Vitamin A RE - µg	0.6
Vitamin A RAE - µg	0.3
Beta-carotene, µg	3.6
Total carotene, µg	-
Thiamine, mg	0.01
Riboflavin, mg	0
Niacin, mg	0.4
Folic acid, µg (DFE)	61.8
Vitamin C, mg	30.7
Calcium, mg	36
Copper, µg	600
Iron, mg	0.7
Magnesium, mg	17
Manganese, µg	400
Phosphorus, mg	38
Sodium, mg	0.4
Strontium, µg	160
Zinc, mg	0.4

T= Trace amount --- = not analyzed

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Wild raspberries are eaten fresh, made into dry jam, or dried in the sun. These berries have always been a big favourite among Nuxalk.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*					
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 40

Food category: Wild berries
Scientific identification:
Rubus leucodermis
Local name & other common names:
usukw'ltlh, blackcap (black raspberries) (English)
Part(s) used:
Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	79
Energy, kcal	87
Protein, g	1.2
Fat, g	1.4
Carbohydrate, g	17.5
Fiber, g	11.5
Ash, g	0.46
Vitamin A RE - µg	0.4
Vitamin A RAE - µg	0.2
Beta-carotene, µg	2.4
Total carotene, µg	-
Thiamine, mg	0.01
Riboflavin, mg	0
Niacin, mg	0.01
Folic acid, µg (DFE)	20.9
Vitamin C, mg	6.5
Calcium, mg	38
Copper, µg	200
Iron, mg	0.7
Magnesium, mg	28
Manganese, µg	300
Phosphorus, mg	40
Sodium, mg	0.8
Strontium, µg	150
Zinc, mg	0.6

T= Trace amount **-- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, the berries were dried and were either soaked in water and then eaten or mixed with ooligan grease before being eaten. Today, people make jam or jelly and/or freeze the berries to use them throughout the year in fruit salad.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 41

Food category: Wild berries
Scientific identification:
Rubus spectabilis
Local name & other common names:
qaax, salmonberries (English)
Part(s) used:
Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	88
Energy, kcal	52
Protein, g	1.4
Fat, g	0.8
Carbohydrate, g	9.9
Fiber, g	2.6
Ash, g	0.16
Vitamin A RE - µg	31.4
Vitamin A RAE - µg	15.7
Beta-carotene, µg	188.4
Total carotene, µg	-
Thiamine, mg	0.04
Riboflavin, mg	0.001
Niacin, mg	0.5
Folic acid, µg (DFE)	16.5
Vitamin C, mg	14.4
Calcium, mg	15
Copper, µg	500
Iron, mg	0.6
Magnesium, mg	16
Manganese, µg	700
Phosphorus, mg	24
Sodium, mg	2.6
Strontium, µg	80
Zinc, mg	0.2

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: The shoots or stems are eaten fresh. Today, some children eat the stems dipped in sugar.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo from Thelma's/Bill Tallio's Nuxalk presentation.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested		*	*	*								
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 42

Food category: Wild berries
Scientific identification:
Sambucus racemosa
Local name & other common names:
k'ipt, red elderberries (English)
Part(s) used:
Preparation: Always cooked, added sugar and ooligan grease, jam

Nutrient	Nutrient Composition/100g (edible portion)	
	Fresh	Cooked
Moisture, g	78	78
Energy, kcal	113	110
Protein, g	1.1	2.9
Fat, g	5.6	4.8
Carbohydrate, g	14.6	13.9
Fiber, g	9.3	8.2
Ash, g	0.94	0.73
Vitamin A RE - µg	3	2.2
Vitamin A RAE - µg	1.5	1.1
Beta-carotene, µg	18	13.2
Total carotene, µg	-	-
Thiamine, mg	-	-
Riboflavin, mg	-	-
Niacin, mg	-	-
Folic acid, µg (DFE)	68.3	-
Vitamin C, mg	36.7	30.9
Calcium, mg	98	89
Copper, µg	800	500
Iron, mg	1.1	1.0
Magnesium, mg	44	40
Manganese, µg	1 000	600
Phosphorus, mg	84	77
Sodium, mg	1.3	1.9
Strontium, µg	580	480
Zinc, mg	0.5	0.7

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, red elderberries were always cooked or dried; they were never eaten raw. Today, red elderberries are cooked in a little water with their stems on for about 20 minutes. They are then eaten right off the stems or they are jarred or made into dry jams.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*	*			
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 43

Food category: Wild berries
Scientific identification:
Shepherdia canadensis
Local name & other common names:
nuxwski, soapberries (English)
Part(s) used:
Preparation: Dried or jarred, made thick whip with added sugar

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	81
Energy, kcal	80
Protein, g	1.8
Fat, g	0.7
Carbohydrate, g	16.6
Fiber, g	5.3
Ash, g	0.35
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Thiamine, mg	0.01
Riboflavin, mg	0.1
Niacin, mg	0.2
Folic acid, µg (DFE)	-
Vitamin C, mg	165.6
Calcium, mg	16
Copper, µg	300
Iron, mg	0.5
Magnesium, mg	8.0
Manganese, µg	200
Phosphorus, mg	21
Sodium, mg	0.5
Strontium, µg	70
Zinc, mg	1.4

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information:
In the past, soapberries were just eaten fresh off the bush for snacks. Today, some people dry the soapberries for tea and/or to make dry jam or jelly.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*	*			
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 44

Food category: Wild berries
Scientific identification:
Vaccinium alaskense
Local name & other common names:
snuqlxlayk, watery blueberries (English)
Part(s) used:
Preparation: Fresh, dried, jam with sugar and ooligan grease

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	82
Energy, kcal	74
Protein, g	0.9
Fat, g	0.6
Carbohydrate, g	16.2
Fiber, g	2.8
Ash, g	0.86
Vitamin A RE - µg	2.0
Vitamin A RAE - µg	1.0
Beta-carotene, µg	12.0
Total carotene, µg	-
Thiamine, mg	0.02
Riboflavin, mg	0
Niacin, mg	0.4
Folic acid, µg (DFE)	4.9
Vitamin C, mg	3.3
Calcium, mg	24
Copper, µg	300
Iron, mg	0.5
Magnesium, mg	9
Manganese, µg	100
Phosphorus, mg	21
Sodium, mg	1.0
Strontium, µg	70
Zinc, mg	0.2

T= Trace amount --- = not analyzed

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, watery blueberries were dried on cedar racks. Today, people make jam and jelly, and freeze the berries.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*	*			
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 45

Food category: Wild berries
Scientific identification:
Vaccinium membranaceum
Local name & other common names:
sqaluts, mountain bilberries (English)
Part(s) used:
Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	86
Energy, kcal	59
Protein, g	0.6
Fat, g	0.5
Carbohydrate, g	13.1
Fiber, g	2.0
Ash, g	0.14
Vitamin A RE - µg	0.5
Vitamin A RAE - µg	0.25
Beta-carotene, µg	3.0
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg (DFE)	-
Vitamin C, mg	6.6
Calcium, mg	14
Copper, µg	100
Iron, mg	0.2
Magnesium, mg	8
Manganese, µg	2 500
Phosphorus, mg	17
Sodium, mg	0.4
Strontium, µg	30
Zinc, mg	0.1

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Today, mountain bilberries are not used very much because they are hard to find, but they are still favorite among Nuxalk**.**
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 46

Food category: Wild berries
Scientific identification:
Vaccinium ovalifolium
Local name & other common names:
spuuxaltswa, grey blueberries (English)
Part(s) used:
Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	87
Energy, kcal	54
Protein, g	1.1
Fat, g	0.5
Carbohydrate, g	11.3
Fiber, g	3.3
Ash, g	0.23
Vitamin A RE - µg	0.7
Vitamin A RAE - µg	0.35
Beta-carotene, µg	4.2
Total carotene, µg	-
Thiamine, mg	0
Riboflavin, mg	0
Niacin, mg	0.4
Folic acid, µg (DFE)	7.4
Vitamin C, mg	6.2
Calcium, mg	16
Copper, µg	600
Iron, mg	0.4
Magnesium, mg	9
Manganese, µg	1 300
Phosphorus, mg	21
Sodium, mg	0.9
Strontium, µg	50
Zinc, mg	0.2

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, these berries were dried. Today, people eat them fresh, frozen or use them in pies, dry jam and/or jelly. They are also used in fruit salad, pancakes and muffins.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested						*	*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 47

Food category: Wild berries
Scientific identification:
Vaccinium parvifolium
Local name & other common names:
sqala, red huckleberries (English)
Part(s) used:
Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	87
Energy, kcal	56
Protein, g	0.8
Fat, g	0.5
Carbohydrate, g	12.0
Fiber, g	3.9
Ash, g	0.13
Vitamin A RE - µg	0.2
Vitamin A RAE - µg	0.1
Beta-carotene, µg	1.2
Total carotene, µg	-
Thiamine, mg	0.02
Riboflavin, mg	0.01
Niacin, mg	0.5
Folic acid, µg (DFE)	2.8
Vitamin C, mg	6.2
Calcium, mg	22
Copper, µg	400
Iron, mg	0.3
Magnesium, mg	7
Manganese, µg	4 500
Phosphorus, mg	16
Sodium, mg	0.8
Strontium, µg	50
Zinc, mg	0.2

T= Trace amount **--- = not analyzed**

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, berries were harvested, dried on drying racks. Today, red huckleberries are preserves frozen, as dry jam or as jelly.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*				
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 48

Food category: Wild berries
Scientific identification:
Vaccinium uliginosum
Local name & other common names:
bog blueberries (English)
Part(s) used:
Preparation: Fresh, dried, jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	88
Energy, kcal	51
Protein, g	0.7
Fat, g	0.6
Carbohydrate, g	10.6
Fiber, g	3.3
Ash, g	0.23
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg (DFE)	-
Vitamin C, mg	-
Calcium, mg	19
Copper, µg	200
Iron, mg	0.2
Magnesium, mg	8
Manganese, µg	2 700
Phosphorus, mg	13
Sodium, mg	-
Strontium, µg	100
Zinc, mg	0.3

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 49

Food category: Wild berries
Scientific identification:
Viburnum edule
Local name & other common names:
st'ls, highbush cranberries (English)
Part(s) used:
Preparation: Cooked, jarred, and mixed with ooligan grease and sugar.

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh
Moisture, g	89
Energy, kcal	42
Protein, g	0.1
Fat, g	0.4
Carbohydrate, g	9.4
Fiber, g	3.8
Ash, g	0.53
Vitamin A RE - µg	5.8
Vitamin A RAE - µg	2.9
Beta-carotene, µg	34.8
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg (DFE)	-
Vitamin C, mg	13.4
Calcium, mg	24
Copper, µg	100
Iron, mg	0.3
Magnesium, mg	11
Manganese, µg	100
Phosphorus, mg	23
Sodium, mg	0.6
Strontium, µg	130
Zinc, mg	0.1

T= Trace amount **--- = not analyzed**

Type of procurement: Picking
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the old days, Highbush cranberries were stored in 10 gallon barrels filled with water and covered with ooligan grease. Now, highbush cranberries are preserved in jars.
Source of nutrient data: The analyses were carried out at the School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Photo by Nancy Turner

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested							*	*	*	*		
Seasonality of use												

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