

PLANTS AND BERRIES *(Continued from the Birds section)*
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COMMUNITY FOOD SYSTEM DATA TABLE # 31**Food category:** Plants and Berries**Scientific identification:***Empetrum nigrum***Local name & other common names:**

dineech'uh, crowberry/blackberry (English)

Part(s) used: Berries**Preparation:** Raw

Nutrient	Nutrient Composition/100g (edible portion)
	Berries, raw
Moisture, g	87.6
Energy, kcal	57
Protein, g	0.4
Carbohydrate, g	11.6
Fat, g	1.0
Ash, g	0.26
PUFA*, g	0.05
Omega-3 fatty acids, g	0.03
Omega-6 fatty acids, g	0.03
MUFA†, g	0.05
Saturated fatty acids, g	0.05
Retinol, µg	-
Vitamin A, RE-µg	11
Vitamin A, RAE-µg	5.5
Vitamin D, µg calciferol	0
Vitamin C, mg	2.4
Riboflavin, mg	0.01
Vitamin B ₆ , µg	0
Folate, µg	0
Folate, µg (DFE)	0
Vitamin E, α-tocopherol, mg	1.17
Calcium, mg	5.5
Iron, mg	0.25
Copper, µg	147.9
Manganese, mg	1.0
Magnesium, mg	4.7
Phosphorus, mg	6.9
Potassium, mg	92.8
Selenium, µg	0.9
Sodium, mg	2.2
Zinc, mg	0.08

**Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated):** Wild, gathered.**Home harvested or purchased:** Collected in the forests.**Seasonality of use:** Consumption is low in both summer and winter.**Importance value to the community by age/gender:** Unknown**Other miscellaneous information:** Unknown**Source of nutrient data:** The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.**Source of images:** Yukon Survey file.

The highlighted data are not analytical data

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic												
Teet'it Zheh							++	++				

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 32

Food category: Plants and Berries**Scientific identification:***Ledum groenlandicum/Ledum palustre***Local name & other common names:**

lidu muskit, labrador tea (English)

Part(s) used: Unknown**Preparation:** Tea

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is low in both summer and winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.
Source of images: Yukon Survey file.

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic					+	+	++	++	+	+		
Teet'it Zheh												

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 33**Food category:** Plants and Berries**Scientific identification:***Polygonum alaskum, Rheum rhaponticum***Local name & other common names:**

tsu'gyuu, wild rhubarb (English)

Part(s) used: Stalks**Preparation:** Cooked and eaten as a fruit.

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is moderate in the summer and low in the winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic						+						
Teetl'it Zheh						++						

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 34

Food category: Plants and Berries**Scientific identification:***Rubus idaeus***Local name & other common names:**

ts'au nakal', wild raspberries (English)

Part(s) used: Berries**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.

Home harvested or purchased: Collected in the forests.

Seasonality of use: Consumption is low in the summer and usually not eaten in the winter.

Importance value to the community by age/gender: Unknown

Other miscellaneous information: Unknown

Source of nutrient data: Not analyzed.

Source of images: Yukon Survey file.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							+	+	+			
Teetl'it Zheh							+	+				

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 35

Food category: Plants and Berries**Scientific identification:***Ribes nigrum***Local name & other common names:**

deetr'ee jak, black currants (English)

Part(s) used: Fruit**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is low in the winter and they are rarely eaten in the summer.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed
Source of images: Yukon Survey file.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic												
Teetl'it Zheh							++	++				

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 36**Food category:** Plants and Berries**Scientific identification:***Ribes oxycanthoides***Local name & other common names:**

green gooseberries/Canada gooseberries (English)

Part(s) used: Berries**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-



Animal (wild, domesticated, hunted)
Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is low in the winter and they are rarely consumed in the summer.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.
Source of images: Yukon Survey file.

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							+	+	+			
Teetl'it Zheh												

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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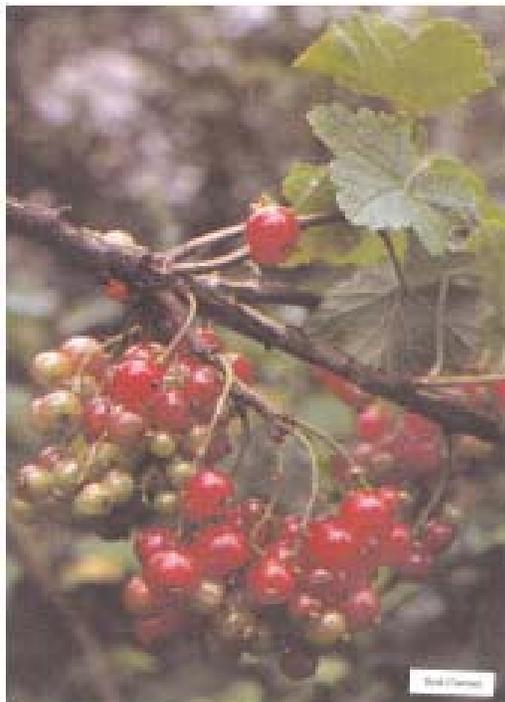
COMMUNITY FOOD SYSTEM DATA TABLE # 37**Food category:** Plants and Berries**Scientific identification:***Ribes triste***Local name & other common names:**

nee'yuu, red currants (English)

Part(s) used: Berries**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is low in the winter and they are rarely consumed in the summer.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.
Source of images: Yukon Survey file.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							+	+	+			
Teet'it Zheh							++	++				

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 38**Food category:** Plants and Berries**Scientific identification:***Rosacanina***Local name & other common names:**

nichih, rose hips (English)

Part(s) used: Fruit**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is low in the summer and usually not eaten in the winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.
Source of images: Yukon Survey file.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							+	+	+			
Teetl'it Zheh								++	++			

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 39**Food category:** Plants and Berries**Scientific identification:***Rubus chamaemorus***Local name & other common names:**

nakal', cloudberries (English)

Part(s) used: Berries**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Cloudberries, fresh
Moisture, g	84
Energy, kcal	55
Protein, g	2.0
Carbohydrate, g	9.5
Fat, g	1.0
Ash, g	0.51
PUFA*, g	0
Omega-3 fatty acids, g	0
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	
Vitamin A, RAE- µg	3
Vitamin D, µg calciferol	0
Vitamin C, mg	130
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	19.5
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	1.20
Calcium, mg	16.2
Iron, mg	0.41
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	39.1



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.

Seasonality of use: Consumption is low in both summer and winter.

Importance value to the community by age/gender: Unknown

Other miscellaneous information: Unknown

Source of nutrient data: The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

Source of images: Yukon Survey file.
 The highlighted data are not analytical data.

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							+	+	+			
Teetl'it Zheh							++	++				

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 40**Food category:** Plants and Berries**Scientific identification:***Vaccinium membranaceum***Local name & other common names:**

jak naalyuu, high blueberries (blue) (English)

Part(s) used: Berries**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Blueberries, fresh
Moisture, g	85
Energy, kcal	64
Protein, g	.7
Carbohydrate, g	13
Fat, g	1
Ash, g	0.25
PUFA*, g	0.05
Omega-3 fatty acids, g	0.03
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	3
Vitamin D, µg calciferol	0
Vitamin C, mg	26.2
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	42.5
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	.57
Calcium, mg	15
Iron, mg	0.32
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	0.22

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.

Seasonality of use: Consumption is low in both summer and winter.

Importance value to the community by age/gender: Unknown

Other miscellaneous information: Unknown

Source of nutrient data: The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

The highlighted data are not analytical data.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							+	++	+			
Teetl'it Zehh							++	++				

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 41**Food category:** Plants and Berries**Scientific identification:***Vaccinium myrtilloides***Local name & other common names:**

jak zheu, low blueberries (grey) (English)

Part(s) used: Berries**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is low in both summer and winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.
Source of images: Yukon Survey file.

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							++	+	+			
Teet'it Zheh												

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 42**Food category:** Plants and Berries**Scientific identification:***Vaccinium vitis-idaea/Viburnum edule/Vaccinium oxycoccus***Local name & other common names:**

natl'at, low bush cranberries/high bush cranberries/bog cranberries (English)

Part(s) used: Berries**Preparation:** Eaten raw or use to make jam.

Nutrient	Nutrient Composition/100g (edible portion)
	Berries, raw
Moisture, g	82.5
Energy, kcal	74
Protein, g	0.7
Carbohydrate, g	15.2
Fat, g	1.2
Ash, g	0.31
PUFA*, g	0
Omega-3 fatty acids, g	0
Omega-6 fatty acids, g	0
MUFA†, g	0
Saturated fatty acids, g	0
Retinol, µg	-
Vitamin A, RE-µg	3
Vitamin A, RAE-µg	1.5
Vitamin D, µg calciferol	0
Vitamin C, mg	3.9
Riboflavin, mg	0
Vitamin B ₆ , µg	0.22
Folate, µg	19.5
Folate, µg (DFE)	19.5
Vitamin E, α-tocopherol, mg	1.21
Calcium, mg	17.2
Iron, mg	0.33
Copper, µg	63.4
Manganese, mg	2.8
Magnesium, mg	8.6
Phosphorus, mg	8.8
Potassium, mg	95.3
Selenium, µg	1.9
Sodium, mg	2.6
Zinc, mg	0.22



Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, gathered.
Home harvested or purchased: Collected in the forests.
Seasonality of use: Consumption is low in both summer and winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.
Source of images: Yukon Survey file.
 The highlighted data are not analytical data.

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic							+	+	+	+		
Teetl'it Zheh									++			

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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