

Tikahtnu Plant Symposium



2021



Aug. 3 - 5, 2021

Dear friends and colleagues,

It is my privilege and pleasure to welcome you to the Tikahtnu Plant Symposium.

During the next three days, traditional knowledge from plant experts will be shared. Elders and culture bearers will teach proper harvesting practices, berry classification, and traditional uses of berries from Alaska.

Thank you for joining us to learn about traditional cultures and healthy ways of living. We are honored to host this event, and we strive to make you feel at home and provide opportunities to exchange ideas and learn about Alaska — blueberries, cranberries, and salmonberries.

We hope you find this year's symposium rewarding and inspiring.

Sincerely,

April Kyle

Interim President/CEO

SOUTHCENTRAL FOUNDATION

Agenda

Tuesday, Aug. 3

- 9:00 **Blessing**
- 9:05 **Welcome:** by Ileen Sylvester
- 9:15 **Keynote:** by Estelle Thomson
- 11:00 **Video**
- 11:15 **Mindful Movements:** by Natalee Wigen
- 11:30 **Presentation:** Cranberries and Crowberries by Norton Sound Health Corp. Tribal Healers
- 1:00 **Adjourn**

Wednesday, Aug. 4

- 9:00 **Blessing**
- 9:05 **Reflection from yesterday**
- 9:15 **Presentation:** Ethical Harvesting by Tikaan Galbreath
- 11:00 **Video**
- 11:15 **Mindful Movement:** by Natalee Wigen
- 11:30 **Workshop:** Akutaq by Mary Sears
- 1:00 **Adjourn**

Thursday, Aug. 5

- 9:00 **Blessing**
- 9:05 **Reflection from yesterday**
- 9:15 **Presentation:** Raspberry Leaf Use in Childbirth by Margaret David
- 11:00 **Video**
- 11:15 **Mindful Movement:** by Natalee Wigen
- 11:30 **Workshop:** Lingonberry salt and pickled blueberries by Chef Amy
- 1:00 **Adjourn**



About Traditional Healing

Southcentral Foundation's Traditional Healing Clinic provides traditional Alaska Native approaches to health in an outpatient setting, in conjunction with other services offered at SCF.

Tribal doctors assist customer-owners of all ages with practices such as traditional physical touch, traditional counseling, and women's talking circle.

In addition, there is an Alaska Native traditional healing garden. As a teaching garden, the majority of these plants are native to Alaska. For thousands of years, these plants have nourished and healed Alaskan Native people.

Benefits and Impact on the Community

Primary care visits decrease after receiving care in Traditional Healing Clinic for more complex customer-owners. (People in top 10% of utilization)

Average changes in post-period:

- Twelve fewer specialty visits
- Four fewer emergency department visits
- Seven fewer primary care clinic visits



History of the Clinic



1991

Traditional Healing Practices Survey

1997

SCF's original Traditional Healing Program



1999

Elder Advisory Council established and first Tribal Doctor Rita Blumenstein was certified

2001

Formally began with the support of Sophia Chase. Traditional Healing Clinic is opened in the Anchorage Native Primary Care Center



2016

Program evaluation

2017

Tribal Doctor Training Program was created to ensure sustainability of traditional practices and protocols



2018

SCF launched cultural programs through the support of the CDC Tribal Practices for Wellness in Indian Country grant



Welcome to the Tikahtnu Plant Symposium

Approved Provider Statements:

Southcentral Foundation works in partnership with the Northern Arizona Health Education Center to provide continuing education units to participants in a variety of educational activities.

Contact Hours:

SCF has requested general credit CEUs.

Conflict of Interest Disclosures:

Presenters and conference planners for this activity do not have any relevant relationships or conflict of interests to disclose.

Requirements for Successful Completion:

CEUs are determined by hours logged into the webinar. Please make sure you have completed the course evaluation form. For more information, contact us at scfmeceu@scf.cc or (907) 729-6800.

Speakers



Margaret Olin Hoffman David

Margaret Olin Hoffman David, certified nurse midwife, was born and raised in rural Alaska. She grew up spending summers at her grandparents' fish camp on the Yukon River and is rooted by her Koyukon Athabascan culture.

Through 15 years of working in tribal and rural community health promotion and program management, birthing her children, volunteering as a doula, and healing through Native ways of knowing, she realized her call to midwifery. The potential to heal ourselves, and our ancestors, during the transformation of childbirth is why she has chosen to dedicate her life's work to midwifery. She hopes to expand perinatal community health programs and birthing options for rural Alaska Native women by remembering traditional practices and supporting more pathways for Indigenous birth workers. Margaret is a founding member of the National Indigenous Midwifery Alliance and the Alaska Native Birthworkers Community. She lives on Dena'ina land in Anchorage with her partner and four children and is a midwife at the Alaska Native Medical Center.



Maria Dexter

Maria Dexter, tribal healer, began working as a health aide in 1997 and worked in the Golovin Clinic as a certified health aide. She was hired by Norton Sound Health Corporation as a tribal healer in 2004 and moved to Nome to establish the program with Southcentral Foundation and *Maniilaq* Tribal Doctor Programs. Maria currently works out of her hometown in Golovin and serves White Mountain, Golovin, Elim, and Koyuk. She is the mother of four children and 27 grandchildren and 10 great-grandchildren.

For years, Tribal healers have gathered plants and used them as an alternative to western medicine. Maria enjoys her work and shares the Norton Sound Health Corporation Tribal Healer Program has grown and now employs four Tribal healers and two Tribal healer trainees. The program has been successful and Maria feels that expanding this program to other areas in Alaska can and should be done.



Amy Foote

Chef Amy Foote has over 25 years of honing her culinary skills at Alaskan bush lodges, hotels, boutique restaurants and health care organizations. Chef Amy has spent the past six years building the traditional Native foods program at the Alaska Native Medical Center. Chef Amy and her team provide nearly 3000 meals per day to patients, Elders, and visitors to the campus. As someone who regularly attends cultural gatherings and spends time with Alaska Native Elders, her passion for culture and traditional methods is key to the success of the program. While achieving the long-time goal of doubling the traditional meals offerings for patients she is innovative in her use of Alaskan ingredients creating such recipes as chaga tiramisu, fiddlehead fern pizza, or wild blueberry and beach asparagus salad. Chef Amy has a passion for her environment, foraging and respectfully harvesting, utilizing traditional methods, preparation, and preservation.



Tikaan Galbreath

Tikaan Galbreath, Alaska region technical assistance specialist, is Ahtna Athabaskan and is a tribal member of the Mentasta Lake Tribe. He supports the 229 Tribes throughout Alaska to accomplish resilience through agriculture. Tikaan assists the tribes in improving access to U. S. Department of Agriculture programming and funding as well as connects them with opportunities offered by various national and Alaska based nonprofits. He is engaged in multiple projects focused on food security in Alaska from grassroots efforts promoting individual engagement with gardening and subsistence practices to advocacy around policy change that will support increased access to activities that can result in food security in the state. Tikaan has a dynamic history that demonstrates a commitment to food and the many ways it intersects with individual and community wellness, including co-founding a community group focused on fostering a healthy food system for all Alaskans, and previously serving as a board member for the Alaska Botanical Garden.



Eva Menadelook

Eva Menadelook was born in Little Diomed and has lived in Nome for over 20 years. Eva is a tribal healer for Norton Sound Health Corporation's Tribal Healer Program. Along with her husband of more than 40 years, she is the mother of three children, has five adopted grandchildren, and has two adopted great-grandchildren. Eva has a lifelong interest in harvesting plants as food and medicine, fishing, and preserving sea and land mammals. She loves the nutritional values of local resources and never tires of learning new information about the ocean, rivers, tundra plants, sea and land mammals, and fish.



Panganga Pangawyi

Panganga Pangawyi, Norton Sound Health Corporation Tribal healer trainee, is originally from Savoonga. Panganga's work is rooted in addressing trauma individually and communally using traditional approaches to healing. She partners with community members to create presentations with youth and adults on local history and how it relates to their ailments and current social issues. Her passion lies in community empowerment, using the strengths within individuals and communities as the key to true wellness.



Mary Sears

Mary Sears, tribal doctor, is Inupiat from Tikigaq, a small town on the coast of the Chukchi sea above the Arctic circle, also known as Point Hope. Mary's Inupiat name is Asuqpan, but at work people call her Mary. Mary joined Southcentral Foundation in 2015 and she enjoys her work so much that some days she feels her job seems more like visiting than working. Mary lives in Anchorage with her husband and two youngest children. She also has two older children and five grandchildren.



Etta Nyrna Tall

Etta Myrna Tall is from Little Diomed and was raised by her late parents, Justina and Andrew Kunayak Sr. She currently lives in Chevak with her husband, Michael Tall, five children, and granddaughter. Etta's Eskimo name is Agmoya, which was given to her by the midwife of Diomed.

Her love for plants started as young girl when she became curious on the medicinal purposes of plants. She continues to study plants and to expand her knowledge on their benefits. Etta now infuses plants to make oils for creams and salve.



Estelle Thompson

Estelle Thomson *Angute'karaq* is a Yup'ik traditional medicine practitioner originally from Hooper Bay, *Naparyarmiut*, the place of the stake village people. She has served her people as a tribal court program director, a member on her village's traditional council, and most importantly a mom to three wonderful, smart, and funny children.

Currently, Estelle works as a consultant who educates and advocates for tribes and is a liaison between tribes in her region, Department of Justice, and local, state, and federal agencies. Estelle helps maintain a traditional restorative justice model using traditional knowledge, principles, and activities from her culture for tribal members. She is working with a national organization to develop a similar restorative justice model to teach on a broader level. Estelle also provides consultation to traditional healers and an international Indigenous birth workers network on a variety of projects and programs.



Natalee Wigen

Natalee Wigen, clinical director, was born in the Village of Mayo, Yukon Territories and was raised in Mayo, Juneau, and Kaua'i, Hawai'i before moving to Anchorage in 1989. Her three daughters and immediate family also live in Anchorage. Natalee is of Tlingit, Dakl'aweidí, Yukon First Nation, Ta'an Kwäch'än, Scottish, and Norwegian descent.

Inspired by traditions from her Yukon family, Natalee is doing her life's work in dedication to her great-grandmother Lydia Boss who was a traditional midwife in Whitehorse for the First Nation's women. Natalee strives to carry on the dedication learned from various traditional mentors, to walk alongside her community members in their journey to achieve and maintain good health. She obtained her degree in health systems administration and many other health related certifications. Natalee joined SCF as an intern and has worked in Complementary Medicine Clinic, Health Education, Physical Therapy, Occupational Therapy and Exercise Clinic, and Traditional Healing Clinic.

Alaskan Berries

Blueberries, Cranberries, and Salmonberries

Wisdom, knowledge, and care should be used when gathering berries. Alaska Native traditional healers and others gathering plants for healing often demonstrate this through sharing of plant knowledge.

Berries are deeply rooted in the culture of all regions of Alaska. Berries can be frozen and store easily through the winter. Sharing the bounty between households ties the community together. Families berry picking together at special spots is a tradition still upheld and allows the Alaskan family to provide for themselves.

Historically, people from all regions of Alaska collected berries and used them to trade with other groups. The red berries were used as a type of dye for clothes, regalia, and storytelling. The tart juice was recommended by various Alaskan groups to combat urinary tract infections or colds. Poor appetite was often treated with cranberries soaked in seal oil.

It is said that salmonberries received their name from the coyote that would use the berries to attract salmon, believing the salmon would return for the berries and allow a good harvest. Another story says that the berries received their name due to their similarity to salmon eggs and their range along salmon streams.

Dosing:

The appropriate dose of any plant product depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses. Keep in mind that natural products are not always necessarily safe, and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other health care professional before using.

The information shared is not comprehensive at this conference. Always gather enough information to be sure any plant you are working with is safe to consume or even touch

Resources:

- Medicinal Flora of the Alaska Natives by Ann Garibaldi
- Discovering Wild Plant by Janice J. Schofield
- The Boreal Herbal by Beverley Gray
- Tanaina Plantlore Dena'ina K'et'una by Priscilla N. Russell
- Wilderness Medicines by Eleanor G. Viereck
- WebMD.com
- USDA.gov





Highbush Blueberries

Indigenous Alaskan Names: ugiidgin (Aleut); cuawak (Alutiiq); nilyagh, gega, gegashla, gege, nelyaage, gigi gheli (Dena'ina Athabaskan); asiavik (Inupiaq); kanat'a (Tlingit); qiuq, curaqa (Yup'ik).

Common Names: Alaska blueberry, Alaska huckleberry, blue huckleberry

Botanical Name: *Vaccinium alaskaense*

Harvest times: late July to late August.

Habitat: moist coastal forests from Prince William Sound to northern Oregon.

Description: Up to 6 feet tall and wide, creating a rounded shrub often in dense thickets. The leaves are a dark green, glossy sheen, up to 5 cm long, and turn red to yellow, sometimes purple, before dropping for the winter. The white or light pink flowers of highbush blueberries are bell-shaped and just under 1 cm in length. The fruit is a dark blue to dark purple, up to 1.5 centimeters in width.

Uses: Generally, the cultivated blueberries found in grocery stores are highbush blueberries, as they grow bigger berries, and the larger shrubs produce more berries in one season. Highbush blueberries can be cultivated for natural landscaping, and all blueberries can be used in jams, jellies, syrups, and dried for shelf-stable storage. Cultivated and wild berries can be added to teas, tinctures, salves, pressed into fruit leather, and added to dessert recipes.

Cautions: Blueberries and most berry products can be harmful when consumed out of moderation. Large amounts of berries can cause diarrhea, upset stomach, and could cause kidney stones if ingesting large amounts for long periods (every day for weeks, for example). Due to the high content of natural sugars in berries, they can increase blood sugar to unhealthy levels. Unripe wild berry juice has been found to cause psychotropic dreams.

Resources:

- Gray, Beverly. 2011. *The Boreal Herbal: Wild Food and Medicine Plants of the North, a guide to harvesting, preserving, and preparing*. Aroma Borealis Press, Whitehorse, Yukon, Canada. Pgs 187-190, 195-203, 289, 406-422.
- Pratt, Verna E. 1995. *Alaska's Wild Berries and Berry-like Fruit*. Alaskakrafts, Inc., Alaska. Pgs. 60-64.
- Ross, Donald R. 2007. *Alaska Plant Profiles: Bog Blueberry/Alpine Blueberry*. <http://plants.alaska.gov/pdf/Blueberry.pdf>
- Schofield, Janis J. 1989. *Discovering Wild Plants: Alaska, western Canada, the Northwest*. Alaska Northwest Books, Washington. Pgs. 79-81.



Lowbush Blueberries

Indigenous Alaskan Names: gigi, gigi gheli (Ahtna Athabascan); gegashla, ts'ingek'a, gega, giga gheli (Dena'ina Athabascan); asriavik, asriaviik, asriaviich, asiavik (Inupiaq); láx' loowú (Tlingit); curat (Yup'ik).

Common Names: Alpine blueberry, bog bilberry

Botanical Name: *Vaccinium uliginosum* L.

Family: Ericaceae – Heath Family

Harvest times: Mid-July to September.

Habitat: Subalpine heath, dry to moist rocky alpine tundra, low elevation bogs, open woods.

Description: The plant is a low shrub, .5-2 feet high, erect, and strongly branched. Leaves dark green above and pale underneath, less than $\frac{3}{4}$ inches long, leathery, oblanceolate, or oval with smooth margins, broadest above the middle and strongly veined underneath. Leaves are deciduous, turning red-purple before falling. Flowers dark pink to white-pink, egg or urn shaped with four (sometimes five) lobes. Fruit a dark blue round or barrel shaped berry covered with fine waxy bloom, .2-.4 inches in diameter. A wild, small, and compact shrub with dark blue-to-black berries. Wild Alaskan blueberries are of the dwarf blueberry kind. Plants are perennial, producing new growth each spring.

Uses: This fruit is high in antioxidants, a benefit to heart health and chronic illnesses, helping control cholesterol levels and regulating blood pressure. Berries of the *Vaccinium* genus are said to be good for eyesight, retaining short-term memory, and keeps the immune system strong and healthy when consumed regularly.

Raw berries hold the highest amount of fiber and minerals for a balanced diet of the north, and are added to cereals, meats, breads, desserts, and drinks. Wild blueberries can be used in jams, jellies, syrups, and dried for shelf-stable storage. Cultivated and wild berries can be added to teas, tinctures, salves, pressed into fruit leather, and added to dessert recipes.

Cautions: Blueberries and most berry products can be harmful when consumed out of moderation. Large amounts of berries can cause diarrhea, upset stomach, and could cause kidney stones if ingesting large amounts for long periods (every day for weeks, for example). Due to the high content of natural sugars in berries, they can increase blood sugar to unhealthy levels.

Resources:

- Gray, Beverly. 2011. *The Boreal Herbal: Wild Food and Medicine Plants of the North, a guide to harvesting, preserving, and preparing.* Aroma Borealis Press, Whitehorse, Yukon, Canada. Pgs 187-190, 195-203, 289, 406-422.
- Pratt, Verna E. 1995. *Alaska's Wild Berries and Berry-like Fruit.* Alaskakrafts, Inc., Alaska. Pgs. 60-64.
- Schofield, Janis J. 1989. *Discovering Wild Plants: Alaska, western Canada, the Northwest.* Alaska Northwest Books, Washington. Pgs. 79-81.



Salmonberries

Indigenous Alaskan Names: chahma, nqutkegh (Dena'ina Athabaskan); was'x'aan tléigu, aanáx tlékw, tlakwtlénx' (Tlingit)

Common Names: Salmonberry

Family: Rosaceae— bramble bushes, the rose family.

Botanical Name: *Rubus spectabilis*, Latin for “showy”.

Harvest times: Ripens from mid-June to July, and young shoots in early spring are edible as well. Communities would manage patches of berries to ensure proper harvest occurred, allowing berry collection to happen each year.

Habitat: Along stream banks, moist coastal meadows, alpine slopes, and avalanche chutes, can be found from the Alaska Peninsula to northern California.

Description: Closely related to raspberries and blackberries, it's obvious in the shape of the fruit and leaf shape of salmonberry. There is another berry in northern and western Alaska called cloudberry that is often called salmonberry and baked apple berry, but they have different scientific name, different flower color, different leaf shape, and larger drupelets than the southcentral salmonberry. This section focuses on *Rubus spectabilis* salmonberries occurring closest to the Anchorage area of Alaska.

Salmonberry is a wild, yellow-to-red berry shrub covered in small prickles. Shrub up to 4-5 feet tall that form dense thickets. Flowers are a dark pink to magenta color with five petals. Stems are spiny and leaves are composed of three leaflets with coarse teeth around the margin. The fruit is shaped as a raspberry, with many drupelets that break off from the stem easily, and the fruits turn orange to deep red when ripened.

Uses: The tender shoots of new growth in early spring are edible when pulled early. Great for raw snack or cooked on stovetop, sautéed or a stir-fried. The flowers

are edible and can be added to salads, while the leaves are useful for teas when dried. The fruits can be used in desserts, smoothies, pies, breads, but not suggested for drying for shelf-stable storage, as the berries are high in water content and do not store well. It is known that salmonberries have little flavor until fully ripe, as their water content is very high. Can be frozen for use in winter months. The bark is analgesic and astringent and has been used in concoctions to help alleviate stomach pains. The bark has also been dried and stored for use in steams, baths, and hair rinses throughout the year. Salmonberry bark was pounded out and applied to the inner gumline to help alleviate toothaches or pain in the mouth.

Warnings: If the leaves are not used immediately or dried properly, they will begin to wilt. It is believed the leaves become mildly toxic when not dried or used right away. As with any berry, overconsumption can lead to irregularities in blood sugar and blood pressure, raise risk of kidney stones developing from eating too many for long periods of time (every day for weeks, for example).

Resources:

- Gray, Beverly. 2011. *The Boreal Herbal: Wild Food and Medicine Plants of the North, a guide to harvesting, preserving, and preparing*. Aroma Borealis Press, Whitehorse, Yukon, Canada. Pgs 187-190, 195-203, 289, 406-422.
- Pratt, Verna E. 1995. *Alaska's Wild Berries and Berry-like Fruit*. Alaskakrafts, Inc., Alaska. Pgs. 54-55.
- Schofield, Janis J. 1989. *Discovering Wild Plants: Alaska, western Canada, the Northwest*. Alaska Northwest Books, Washington. Pgs. 96-98.
- Zouhar, Kris. 2019. *Rubus spectabilis, salmonberry*. Fire Effects Information System. U.S. Department of Agriculture, Forest Service, Rocky Mountain Research Station, Missoula Fire Sciences Laboratory Accessed 11 May 2021. <http://www.fs.fed.us/database/feis/plants/plants/shrub/rubspe/all.html>



Highbush Cranberries

Indigenous Alaskan Names: : tsanttsaey, tsanttsae (Ahtna Athabascan); tsunttsa, eltsuntsa, tsunttsa, ntsultsa (Dena'ina Athabaskan); uqpi ñaq, uqpi ñak, uqpi ñat (Inupiaq); kaxwéix (Tlingit); kitngigpiit, atsaangruiit, mercuullugpiit (Yup'ik).

Common Names: squash berry, moose berry, kalena berry, cranberry tree, cranberrybush

Family: Adoxaceae—moschatel family.

Botanical Name: Viburnum edule

Harvest times: End of fall, after first frost.

Habitat: The plant can be found throughout much of North America, Alaska, Canada, and Newfoundland, as well as south to California and along the east coast of the United States. Cranberries can often be found in coniferous forests with pine, spruce, aspen, fir, etc.

Description: not a true cranberry, but a fruit. Woody shrubs up to 12 feet tall with deciduous, opposite leaves on wide, arching branches growing from a single point. The leaves have lobes and teeth along the edge and turn orange and red-to-purple at the end of fall when the fruits are ripe. The fruits are red drupes that grow in clumps of three to seven berries, and the flowers are small, white to yellow, that grow in clusters.

Uses: Cranberries freeze and store well and can be dried to preserve in a shelf-stable form. They are high in antioxidants and can be added to capsules, poultices, teas, and tinctures. Cranberries are often eaten raw by bears, deer, birds, moose, and other wildlife. Whole berries contain fiber and are rich in flavonoids. Cooking and baking will create a sweeter flavor, and because these berries are high in pectin, they are great for making jams and jellies or adding to savory bread recipes. Unripe white berries are used to create white cranberry juice. The bark of highbush cranberry has been used in teas combined with raspberry leaf, red clover, and nettle.

Cautions: The highbush cranberry has a poisonous look-alike, the baneberry, which does not have opposite leaves but alternate leaves on the main stem. Most berry products can be harmful when consumed out of moderation. Large amounts of berries can cause diarrhea, upset stomach, and could cause kidney stones if ingesting large amounts for long periods (every day for weeks, for example). Due to the high content of natural sugars in berries, they can increase blood sugar to unhealthy levels.

Resources:

- Gray, Beverly. 2011. *The Boreal Herbal: Wild Food and Medicine Plants of the North, a guide to harvesting, preserving, and preparing*. Aroma Borealis Press, Whitehorse, Yukon, Canada. Pgs. 187-190, 195-203, 289, 406-422.
- Pratt, Verna E. 1995. *Alaska's Wild Berries and Berry-like Fruit*. Alaskakrafts, Inc., Alaska. Pgs. 26-27.
- Schofield, Janis J. 1989. *Discovering Wild Plants: Alaska, western Canada, the Northwest*. Alaska Northwest Books, Washington. Pgs. 16-17.
- Viereck, Eleanor. 1987. *Alaska's Wilderness Medicines: Healthful Plants of the Far North. Highbush Cranberry: Viburnum edule*. Alaska Northwest Books, Anchorage, Alaska. Accessed 12 May 2021. <http://www.ankn.uaf.edu/curriculum/books/Viereck/viereckhighbush.html>

Akpik (Salmonberry) Akutaq

Ingredients

- About 1.5 quarts caribou fat
- 1 cup powdered sugar
- 1 teaspoon seal oil
- 1 ½ cups salmonberries

Directions

1. Start grinding the caribou fat by adding it to a mixer on a low to medium level.
2. While mixing, add seal oil, powdered sugar, and any juice from the berries. It is ready when the ingredients begin to fluff like whipped cream.
3. When mixture fluffs, stop mixer and fold in salmonberries. Can also change berries to a blend of crowberries and cranberries.

Lingonberry Infused Seasoning Salt

Ingredients

- 1 cup lingonberries
- 1 cup kosher salt
- 1 medium-sized orange

Directions

1. Preheat oven to 200 degrees. Line a baking sheet with parchment paper and set aside.
2. Thoroughly rinse the fruit and pat dry. Using a vegetable peeler, remove the orange peel in thin slices. Arrange the lingonberry and orange peel on the baking sheet and bake for about eight hours, or until the fruit is completely dry, but not burned. Remove the baking sheet from the oven and allow to cool. If you have a dehydrator, it can be used to dry the fruit instead of the oven.
3. Add the dried lingonberry and orange peel to a food processor and pulse about 10 times, or until the mixture turns to salt-sized flakes. Pour the mixture into a medium-sized bowl. Add kosher salt. Gently mix and pour the salt blend into an airtight jar. When kept sealed, the mixture will last for about two weeks. If completely dried it can last all year long.

Pickled Wild Blueberries

Ingredients:

- 4 cups fresh blueberries
- 1 ½ cups apple cider vinegar
- 1 cup Stevia or sugar
- 2 cinnamon sticks
- 1 teaspoon whole allspice
- 3 tablespoons freshly sliced ginger
- 3 pieces star anise
- ½ teaspoon whole cloves
- ¼ teaspoon sea salt

Directions:

1. Place the apple cider vinegar, spices, and sweetener into a saucepan and heat over a medium heat until just under a simmer.
2. Let mixture steep for 15 minutes.
3. Carefully pour your blueberries into the hot pickling vinegar and stir gently. Remove from heat and sit for five minutes to cool.
4. Spoon the blueberries into sterilized jars, adding more cloves if desired. Place a single cinnamon stick, from the pickling liquid, into each jar and place the blueberries around it, tapping the bottom of the jar on the counter to help settle them.
5. Once blueberries are in jars, pour the hot pickling liquid over them until they are covered. Place lids on jars while contents are still hot. They can be eaten right away, but for best results let them develop for two weeks.

Cranberry Catsup

Using Kalina Berries (high bush cranberries), this is more like a barbeque sauce than a catsup. It is a tasty condiment to wild game meat as well.

Ingredients:

- 1 pound chopped onions
- 4 pounds high bush cranberries
- 2 cups water
- 2 cups apple cider vinegar
- 2 cups white sugar
- 2 cups dark brown sugar
- 1 tablespoon ground cloves
- 1 tablespoon ground cinnamon
- 1 tablespoon ground allspice
- 1 tablespoon salt
- 1 1/2 teaspoons ground pepper
- 1 tablespoon granulated garlic

Directions:

1. In a large pot, cook onions, cranberries, and water until soft, stirring occasionally.
2. Press through a sieve into another container, removing all the seeds. Return mixture to the pot.
3. Add remaining ingredients to the mixture in the pot.
4. Boil until thick, stirring occasionally, then pour into hot canning jars and seal.

Honeybee's Salmonberry Pie

Easy, quick, the berries are not cooked.

Yields: 1 pie

Ingredients:

- 1 cup sugar
- 6 tablespoons cornstarch
- 1 dash salt
- 1 cup water or juice from salmonberries
- 4 tablespoons powdered raspberry Jell-O
- 1 quart salmonberries
- 1 baked pie shell

Directions:

1. Prepare and bake pie shell. Set aside.
2. Cook sugar, cornstarch, salt, and water until clear.
3. Remove from burner.
4. Add Jell-O and stir until dissolved
5. Allow mixture to cool and then add the salmonberries, folding them into the mixture gently.
6. Pour into baked pie shell.
7. Chill pie until cold.
8. Serve with whipped cream (optional).

Herbal Iron Syrup

Supplies:

- Burner
- Fine mesh or cloth strainer
- Cooking pot (2.5 quart or larger)
- Jar with lid

Ingredients:

- 2 parts yellow dock root
- 1 part dandelion root
- 2 parts nettle leaf
- 2 parts rosehips
- 2 parts red raspberry leaf
- Molasses
- 1 part dandelion leaf
- Honey (optional)

Directions:

1. Place 2 ounces of herb mix (2 big handfuls) per quart of water in cooking pot.
2. Bring to boil then remove from heat and cover.
3. Infuse overnight.
4. Bring back to a boil then simmer uncovered until liquid reduced by half (about 50 min).
5. Strain.
6. Fill jar halfway with 3 parts molasses and 1 part honey (or less honey to taste), fill the other half with strained herbal decoction.
7. Mix and store in refrigerator.
8. Take up to 6 tablespoons a day. Should keep in the refrigerator for a few weeks.

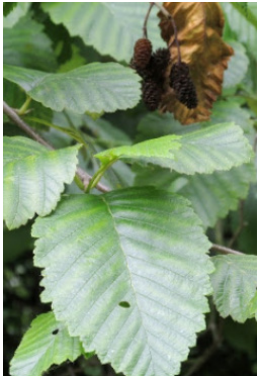
Scavenger Hunt

What other plants can you find?

1. Take photos of the plants in the checklist below.
2. Share your photos on the SCF Tikahtnu Plant Symposium event page.
3. Each photo shared will give you one entry to win a prize.
4. Extra entry for pictures of plants with correct labels of plants not listed below.

Three winners will be chosen randomly at the end of each day.

1. Alder



2. Wild Celery



3. Birch



4. Chamomile



5. Cottonwood



6. Lady Fern



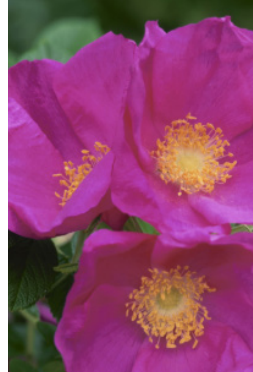
7. Fireweed



8. Pineappleweed



9. Wild Rose



10. Spruce



11. Willow



12. Yarrow



13. Cranberry



14. Blueberry



15. Salmonberry



Coming this fall: Traditional Healing Clinic Cultural Classes

BEADING CLASS



KUSPUK MAKING CLASS



SALVE MAKING CLASS



FUR MITTEN CLASS



Follow the SCF Facebook page
for updates about classes or
call Traditional Healing Clinic
at (907) 729-4958.

Southcentral
Foundation



**Please help us improve the
Tikahtnu Plant Symposium**
by taking two knowledge assessment surveys.

The surveys can be completed in the link sent via email.



Thank you to all of the volunteers!

This opportunity was funded by the
CDC Tribal Practices and Wellness in Indian Country

**Southcentral
Foundation**

