

Gathering Plants We Eat Heritage Kit

Field Cards



Corrections on the cards:

- Everywhere: Bibliographic entries should all end in a period, i.e., ...Alaska North west Books.
- Chocolate Lily - Nutritional Value: "Source of starch. " [Add period]
[Move website address to next line.]
- Lovage - Third sentence: Strike 'This green' and replace with "It is"
- Nootka Rose - Line 2: Strike 'smells' and replace with "is"
- Chickweed - Line 1: Replace 'C'hickweed with 'chickweed' [all lower case]
- Blueberries - Line 3: "versatile in the many ways..." [Add 'the']
Nutritional Value: "Vitamin C and fiber." [Capitalize Vitamin.]
[Move citation to next line.]
- March Marigold - Line 3 : "Its leaves can be cooked...." [Add "Its" and make 'leaves' all lowercase.]
Line 4: "From fall to winter its roots, which appear like strands, may be cooked like pasta." [Remove comma after winter and Insert comma after 'roots']
- Beach Grass - Nutritional Value [Capitalize Vitamin]
- Dandelion - Nutritional Value [Capitalize Vitamin]
- Bladderwrack - Nutritional Value [Capitalize Vitamins A..]
- Bull Kelp - Nutritional Value [Capitalize Vitamin]
- Laver - Line 1: lower case 'i' for "in length"
Line 2 - lower case 'i' for 'is gathered'
Nutritional Value [Capitalize Vitamin]
- Sea lettuce - Line 1: "Sea lettuce can..." [Eliminate beginning 'The' and make lettuce' all lower case]
Nutritional Value [Capitalize Vitamin]



Luuguaq *Wild Onion*

Allium species

Luuguaq *Allium species*

English name: Wild Onion

Habitat: meadows and grassy slopes

Wild onions grow to be about one and a half feet tall, with one to several bulbs with an onion scent. Flowers are in umbrella-like clusters, known as umbrels, and vary in color from rose purple to creamy white. All wild onions emit a strong onion scent when the leaves or bulbs are chopped, just like a domesticated onion from the store.

Nutritional value:

High in Vitamin C, phosphorus, iron, and chlorophyll.
(<http://www.thesurvivalblog.net/wildoionon>)

Sug'tstun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

More plant information from:

Schofield, J.J., (2011). Discovering Wild Plants Alaska, Western Canada, The Northwest. Portland, OR: Alaska Northwest Books





Kun'aqutaq

Lady Fern ~ Fiddlehead Fern

Athyrium filix-femina

Kun'aqutaq

Athyrium filix-femina

English name: Lady Fern ~ Fiddlehead Fern

Habitat: moist woods to stream banks

Full grown ferns can grow to three feet tall. Fiddleheads are only edible in the early spring, while still tightly coiled and covered with a brown flaky coating. Remove the coating by rubbing it briskly in a towel. Fiddleheads should always be served cooked. They may be enjoyed sautéed in butter on their own or added to omelettes, stir fries, or pizza.

Nutritional value:

Contains iron, potassium, and Vitamins A, B, and C.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graam, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Arpaayak

Chocolate Lily ~ Wild Rice

Fritillaria camschatcensis

Arpaayak

Fritillaria camschatcensis

English name: Chocolate Lily ~ Wild Rice

Habitat: meadows

The flower of the plant is chocolate brown or purple black. The bulbs appears rice-like and may be eaten raw. Some people soak them first in water, or water and salt, to eliminate their bitterness. Traditionally the bulbs were often eaten with seal oil or dried, used as a flour extender or added to chowders.

Nutritional value:

Source of starch:

http://plants.usda.gov/plantguide/pdf/cs_fraf2.pdf

Sug'tstun name and plant information from:

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Ugyuuteq

Cow Parsnip - Wild Celery

Heracleum lanatum

Ugyuuteq

Heracleum lanatum

English name: Cow Parsnip ~ Wild Celery

Habitat: meadows and open woods

At full maturity they can be nine feet tall; leaves can reach to 12 inches wide. Stems should be gathered early before flowering as the stem becomes quite hard. Many people wear gloves as some are allergic to them. The stem is the edible part of this plant, after the outer layer is peeled. It should be bitten so that the lips do not touch the plant. Schofield explains that furanocoumarin (present in the sap and outer hairs) is the culprit.

Nutrient value (based on domestic celery):

sodium, low levels of Vitamins A and C.

ANTHC (2008). Traditional Food Guide: For Alaska Native Health Research, Cancer Program.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Pitruuskaaq

Lovage ~ Beach Lovage

Ligusticum scoticum

Pitruuskaaq

Ligusticum scoticum

English name: Lovage ~ Beach Lovage

Habitat: sandy seashores

At maturity this plant reaches two feet high, leaves form on the stem three at a time. These greens are spring arrivals with a parsley-like flavor. This green is a favorite for making fish soup and wonderful to dip in seal oil. It can be dried for year round use or blanched and frozen. Schofield suggests that their fall seeds can be used as a pepper substitute.

Nutritional value:

Contains vitamins A and C.

Sugt'stun name and plant information from:

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Snipsisnik (flower) ~ Qelempaq (hip)

Nootka Rose ~ Wild Rose

Rosa species

Snipsisnik (flower); Qelempaq (hip) *Rosa species*

English name: Nootka Rose ~ Wild Rose

Habitat: meadows, forests, mountain slopes and bogs

When fully matured this plant grows up to eight feet tall. The stems have thorns and the scent from the flowers smells like church incense. The colors of the flowers vary from a delicate pink to an intense magenta. The petals are edible and used in hot teas. The fruit of the rose is referred to as the hip which is gathered in the fall or after the first frost. The hips may be deseeded to make teas, jams and juice.

Nutritional value:

Contain vitamins C, A, B, E and K, also the minerals calcium, iron, silica and phosphorous.

Sugt'stun name and plant information from:

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Kulicat Neqait *Chickweed*

Stellaria species

Kulicat Neqait *Stellaria species*

English name: Chickweed

Habitat: gardens, lawns, disturbed soil
and moist areas

Upon maturity Chickweed can grow to about a foot high with little white flowers that produce seeds. Chickweed and its seeds can be dried and added to soups, salad dressings, and biscuits or even just added to improve the nutritional value of a dish.

Nutritional value:

Contains copper, iron, phosphorus, calcium, potassium and vitamin C.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

Information about plant from:

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Alagnaq *Salmonberry*

Rubus spectabilis

Alagnaq *Rubus Spectabilis*

English name: Salmonberry

Habitat: moist woods lower mountainous areas and along roadsides

Salmonberry bushes can reach seven feet high at maturity. Berries range in color red to orange. The early shoots of the salmonberry, peeled and eaten are said to help respiratory ailments. The shoots may be added to salads or sautéed with other greens They can also be frozen to eat throughout the year. Salmon berries can be used for jams, desserts, juice and smoothies.

Nutritional value:

“...excellent source of Vitamin A and good source of Vitamin C and iron.” ANTHC (2008). Traditional Food Guide: For Alaska Native Health Research, Cancer Program.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Naparuaqutaq *Horsetail (Field)*

Equisetum arvense

Naparuaqutaq *Equisetum arvense*

English name: Horsetail (Field)

Habitat: fields, open woods and waste areas

These plants first appeared 300 million years ago and once grew to be over 45 feet tall. Today horsetails reach about three feet at maturity. The stems are rich in silica, which protects the plant from fungi. The roots tuberous growths are gathered while the spring ground is thawing out. The stems can be peeled and eaten raw or dipped in seal oil.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Nim'uyaq *Willow*

Salix species

Nim'uyaq *Salix species*

Sugt'stun name: Willow

Habitat: streams, riverbanks, open forests, moist meadows, river flats, stony tundra and seashores

The size of willow varies from as little as a few inches tall to 30 foot high trees. Schofield reports that the peeled spring shoots of the Alaskan or felt-leaf willow (leaves smooth on top and wooly underneath) and its juicy inner bark are popular. New spring willow leaves can be eaten by dipping them in seal oil or another oil of choice.

Nutritional value:

Contain 554 milligrams of vitamin C per 100 grams leaves (approximately seven to ten leaves.) University of Alaska Cooperative Extension

Sugt'stun name and plant information from:

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Weguaq *Goosetongue*

Plantago maritime

Weguaq (something like grass)

Plantago maritime

Sugt'stun name: Goosetongue

Habitat: beaches and salt marshes

Goosetongue leaves can reach about 14 inches at maturity. The leaves form in clusters at the plant's base and resemble blades of grass, hence its Sugt'stun name. Goosetongue can be blanched for a minute or two, cooled, and put into sealed bags for winter use. Cooks in Nanwalek like to sauté them with bits of bacon and bacon grease.

Nutritional value:

Rich in vitamins A and C, good source of fiber and iron. ANTHC (2008). Traditional Food Guide: For Alaska Native Health Research, Cancer Program.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Qalakuag *High Bush Cranberry*

Viburnum edule

Qalakuag

Viburnum edule

English name: High Bush Cranberry

Habitat: woods, riverbanks and thickets

This plant at full maturity reaches eight feet high with flat clusters of white flowers attached to branches. The berry has a stone at its center. When the underripe berries are picked to make jam they require no pectin to set. Ripe berries are both juicy and smelly. These overripe berries make wonderful syrup, jelly, tea and juice and can be frozen to use throughout the year.

Nutritional value:

Great source of Vitamin A and C and full of antioxidants.

(http://www.newsminer.com/view/full_story/10429145/article-Alaska-cranberries-%E2%80%94ready-for-the-holiday-season)

Sug'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Atsaq *Blueberry*

Vaccinium species



Atsaq *Vaccinium species*

English name: **Blueberry**

Habitat: **coastal spruce forests and varies from thickets, woods, moist meadows and tundra**

Blueberry bushes of blueberries grow up to 15 feet tall. Their berries range from purple to a bluish black. Blueberries are quite versatile in many ways to use them; desserts, in pancakes, as jams, vinegar, and juice. They may be canned, dried, and frozen.

Nutritional value:

Contains vitamin C and fiber. ANTHC (2008). Traditional Food Guide: For Alaska Native Health Research, Cancer Program

Sugt'stun name and plant information from:

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Quniseq *Currant Berry*

Ribes species

Quniseq *Ribes species*

English name: Currant Berry

Habitat: moist woods, open areas, stream banks, meadows, roadsides and logged areas

The currant berry bush grows from one to six feet high. Children from Nanwalek refer to them as “Hairy Berries.” Currants like to grow on tree stumps. Currant berries can be used for jams, pies, or any dessert. They may be mixed with other berries such as blueberries.

Nutritional value:

Loaded with Vitamin C

Sugt'stun name and plant information from:

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Qaltuutesaaq (of Dena'ina origin: qalt'uts'a)

Marsh Marigold

Caltha species

Qaltuutesaaq (of Dena'ina origin: qalt'uts'a)

Caltha species

Sugt'stun name: Marsh Marigold

Habitat: from marshes, moist areas such as creeks, rivers and ponds

Marsh marigold plants can reach anywhere from eight to twenty-four inches tall. Their kidney-shaped leaves can grow to be about seven inches wide. Leaves can be cooked as spring greens. From fall to winter, the roots which appear like strands, can be used like pasta.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Uuqaayanaq *Nettle*

Urtica species

Uuaqqyanaq (something that makes you burn all over)

Urtica species

English name: Nettle

Habitat: moist soil and forest openings.

Nettles can reach seven feet tall when mature. The entire above ground plant may be eaten until the plant is 8” - 12” high. The leaves have fine little hairs that cause a stinging sensation. When mature they have clusters of flowers. These plants are one of the early greens in the spring; the flavor is like spinach when steamed. Nettles should be collected with gloves and steamed or dried before eating.

Nutritional value:

Contains significant amounts of protein, chlorophyll, vitamins A, C, and D, and minerals iron, calcium, potassium and manganese. (The Self-Heal Herbal Centre of Victoria, British Columbia.)

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Qutem Weggi *Beach grass*

Honckenya peploides

Qutem Weggi *Honckenya peploides*

English name: Beach grass

Habitat: seashores

Beach green stems can grow up to two feet long. They may be blanched like spinach and topped with a favorite condiment. Ground seeds can be used as a flour extender or used as a garnish.

Nutritional value:

High in vitamins A and C.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Qahngut ~ Ribbon Kelp

No Sugt'stun translation at this time

Alaria

Qahngut ~ Ribbon Kelp *Alaria*

No Sugt'stun translation at this time

Habitat: Attached to rocks in the intertidal zone

When fully mature ribbon kelp can be ten feet long. It is a favorite food of Bidarkies/Chitons. It is gathered on the beach from late winter to early summer. It can be dried or powdered to use as a sprinkle or added to increase the nutritional value of baked items.

Nutritional value:

Contains iron, magnesium, phosphorus, potassium, calcium, sulfur, sodium and B vitamins.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Qahhguq *Bull Kelp*

Nereocystis luetkeana

Qahhguq (entire plant), Nuakataq (stem), nasquluk (bulb)

Nereocystis luetkeana

English translation: Bull Kelp

Habitat: found attached to rocks thirty to fifty feet below water

Mature bull kelp can be found up to 200 feet long attached to the ocean floor. One can make pickles with this kelp and dry the blades for snacks or sprinkles. Schofield reports that the bulb can be stuffed with meatloaf and baked.

Nutritional value:

Rich in bromine, bulk fiber, calcium, iodine, iron, magnesium, phosphorous, potassium, sodium, vitamins A, B complex, C, D, E and K. (<http://www.oceanvegetables.com/support-files/ss-ezinejune2011-bull-kelp.pdf>)

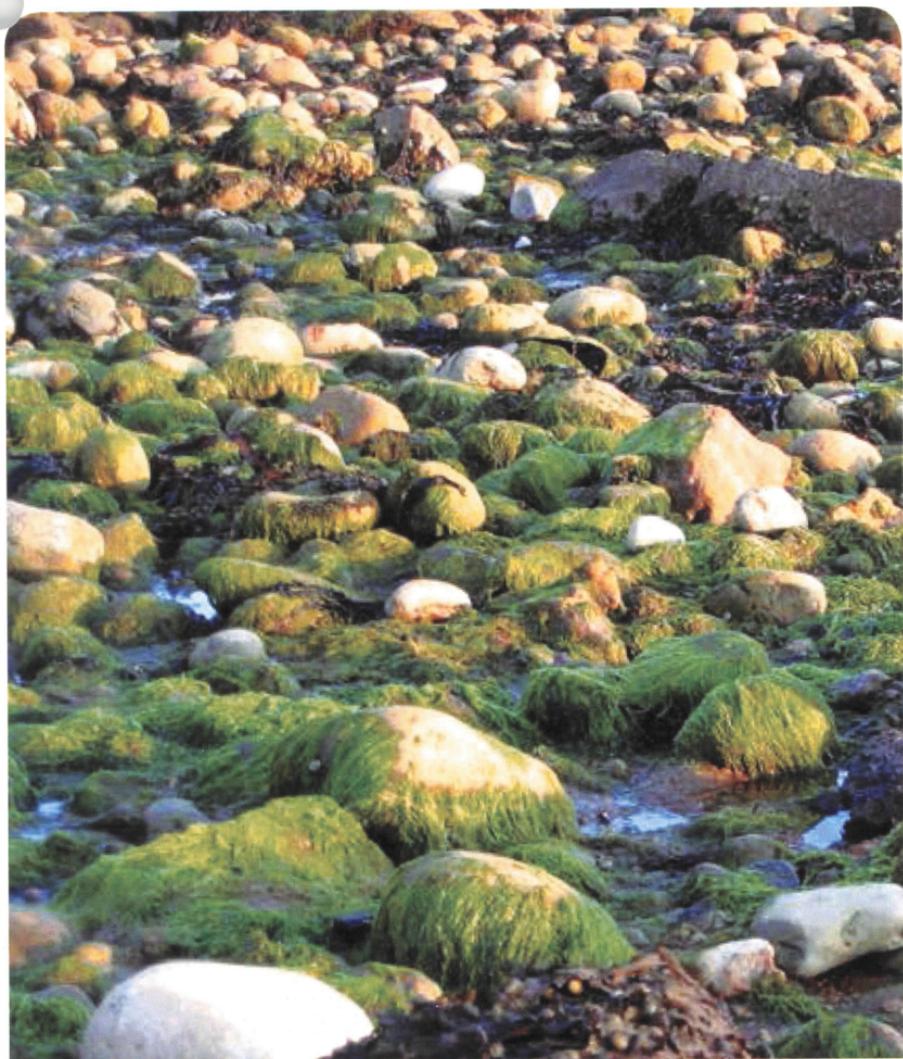
Sug'stun name and plant information from:

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Caqallqaq *Laver - Porphyra*

Porphyra yezoensis

Caqallqaq

English translation: Laver ~ Porphyra

Habitat: attaches to rocks in the middle to upper intertidal zone

Laver grows to a foot in length and three to twelve inches wide. In Nanwalek this seaweed is gathered from the end of March through the month of May. It is rolled into a ball while peeling the seaweed from the rocks on nice sunny days. The ball of seaweed is allowed to age for four days in a paper bag in the cupboard. When seaweed dries, the color becomes a very shiny black. Dried laver is stripped from the ball into a cup filled with boiled fish. Then seal oil and hot water are added to make a cup of seaweed soup.

Nutritional value:

High proportions of protein, iron, and especially iodine. It also contains high levels of vitamins B2, A, D and C.

Sug'tstun name and translation from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Kapuustaaruaq *Sea Lettuce*

Ulva species

Kapuustaaruaq

(Of Russian origin: “something like cabbage”)

Ulva species

English name: Sea Lettuce

Habitat: found in upper tidal zones, it grows on rocks and other seaweeds

The Sea Lettuce can grow to two feet in length. Early spring is the best time to pick sea lettuce while still bright green in color. Young fronds may be rinsed, chopped and added to salads and soups. It can be dried for use throughout the year.

Nutritional value:

Contains protein, vitamins A, B-3, trace minerals such as potassium, calcium, phosphorus, iron, and manganese.

Sugt'stun name and plant information from:

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Ellquaq *Bladderwrack*

Fucus species

Ellquaq (letting off air)

Fucus species

Sugt'stun name: Bladderwrack

Habitat: found on rocks in the intertidal zone

The blades of this algae can reach 18 inches long. Young bladderwrack is an olive green; when mature it turns a golden brown. It is best gathered in spring to early summer. It can be dipped in cool to lukewarm water and used right away or stored in the refrigerator. It should be dried in direct sunlight to achieve the highest quality taste.

Nutritional value:

Good source of vitamins A and C and contains B-complex vitamins. Rich in minerals, such as iron, magnesium, potassium, calcium and zinc. Also contains essential fatty acids and oils that regulate and promote healthy cardiac and respiratory function. (<http://www.livestrong.com/article/26282bladderwrack/#ixzz25o7PI0ML>)

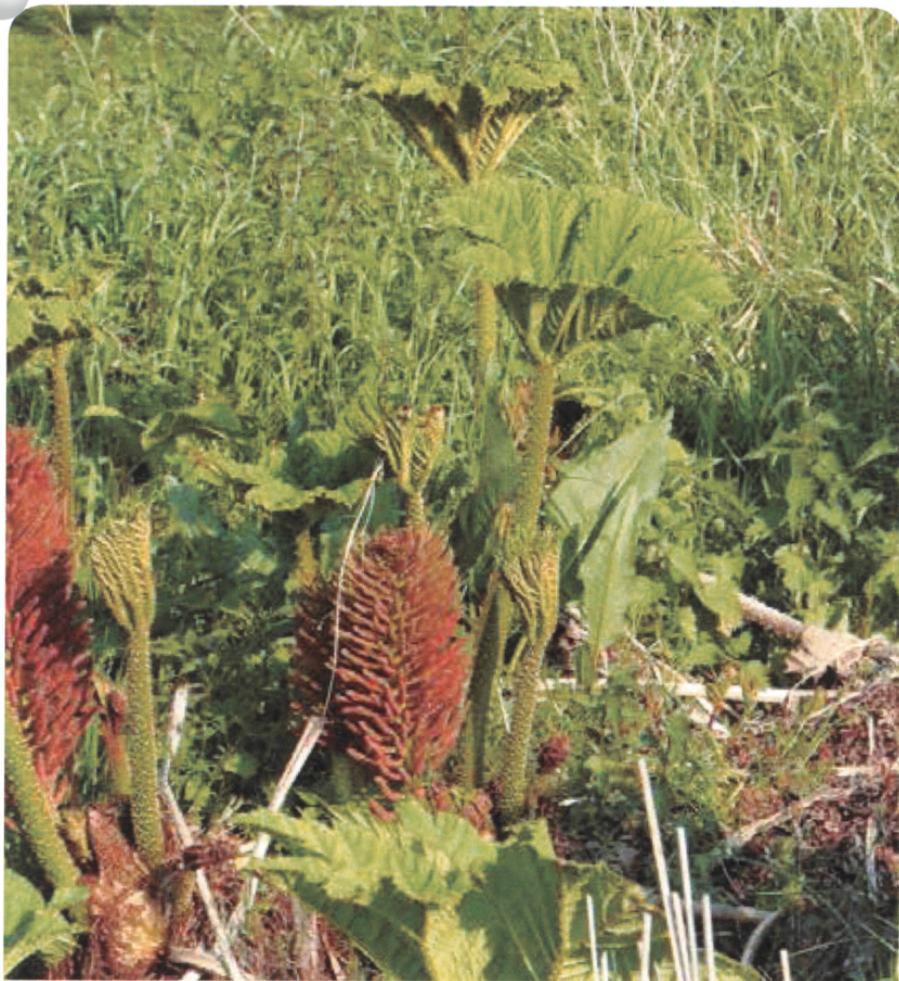
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Quunarliq (makes you sour)

SourDock ~ Sorrel ~ Wild Rhubarb

Rumex acetosa

Quunarliq (makes you sour)

Rumex acetosa

English name: Sour Dock ~ Sorrel ~ Wild Rhubarb

Habitat: roadside ditches, wet disturbed soil

Dock can reach heights from six inches to two feet high. Its leaves can be used much like spinach and as a dessert. Nanwalek residents prefer it as a dessert: Simmer water and leaves, add orange slices, tapioca, and sugar. The leaves can be blanched or dried for winter use as a sprinkle. The seeds can be ground as a flour extender, eaten raw or dried. The young stems can be a replacement for rhubarb when making pies.

Sugt'stun name and plant information from:

Russell, P. (2011). Alutiiq Plantlore: An Ethnobotany of the peoples of Nanwalek and Port Graham, Kenai Peninsula, Alaska. Fairbanks, AK: Alaska Native Knowledge Network, UAF

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Cillqaq *Fireweed*

Epilobium angustifolium

Cillqaq *Epilobium angustifolium*

Sugt'stun name: Fireweed

Habitat: varies from meadows to gravel bars

Schofield observes that fireweed thrives in land that appears inhospitable to all growth. Fireweed shoots are spring greens which are delicious raw or steamed with favorite condiments added. When mature fireweed can reach up to eight feet high, with lovely magenta flowers and long white pods in the center. After the flowers have bloomed the pods split to release fluff with seeds into the air to find new areas to settle.

Nutritional value:

Fireweed shoots are rich in Vitamins A and C.

Sugt'stun name and plant information from:

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Saalalraaq *Dandelion*

Taraxacum species

Saalalraaq (one that sleeps)

Taraxacum species

Sugt'stun name: Dandelion

Habitat: lawns and roadsides

Dandelions can be found growing along the ground or rising up to one and a half feet tall. Its leaves and roots are gathered in early spring and after the fall frost has arrived. In the summer the buds and flowers may be harvested. Leaves can be added to salad and blanched for winter use. Blossoms can be dipped in tempura batter and deep fried.

Nutritional values:

Contains vitamins A, B and C, and minerals including copper, phosphorus, potassium, iron, calcium and magnesium.

Sugt'stun name and plant information from:

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