

Berries are Good for Us!

Picking berries is a great outdoor activity that anyone can enjoy from summer to late fall throughout the North. Our long days produce a wide variety of berries: cranberries, crowberries, blueberries, currants, cloudberries, gooseberries, raspberries, strawberries and Saskatoons.



Berries provide many nutrients that we need each day to stay healthy, such as fiber, vitamin C, iron and B vitamins. Fiber helps protect us against some diseases such as cancer.

Did you know?

Wild northern berries provide vitamin C in different amounts. For example: cloudberries are an excellent source, meaning they provide the most vitamin C, whereas blueberries are a good source and cranberries are a fair source.

The vitamin C in fresh wild berries is higher than store bought berries. Freezing destroys very little vitamin C, so many people freeze berries to use in the winter.

Blackberries or cloudberries may be eaten in a mixture of seal oil and chewed caribou tallow which had been beaten to be like whipped cream and is often referred to as "ice cream".

Fun Fact

Stories warning of picking berries too early were often told to teach children, newcomers, and greedy people when to pick berries. This would ensure that some berries were left behind for late pickers, or to be

given back to the earth for the next season.

Fun Fact: Berries can be eaten or can be frozen or dried for use all winter. Using berries in baking bannock, or jam is very tasty.

Akutuq or Eskimo Ice Cream

Each family has a favorite version of Eskimo ice cream. This is a basic recipe with some alternatives. Akutuq is a rich-tasting concoction that resembles frozen froth.

- 1 quart caribou fat, ground well
- 2-4 cups of berries (salmonberries, blueberries, low-bush cranberries)

Grind the caribou fat very fine so it mixes well. Bring to room temperature and add berries. Stir well, and then chill for about two hours. Some use seal oil or Crisco as a substitute for caribou fat. (But it doesn't have the same rich taste!)



