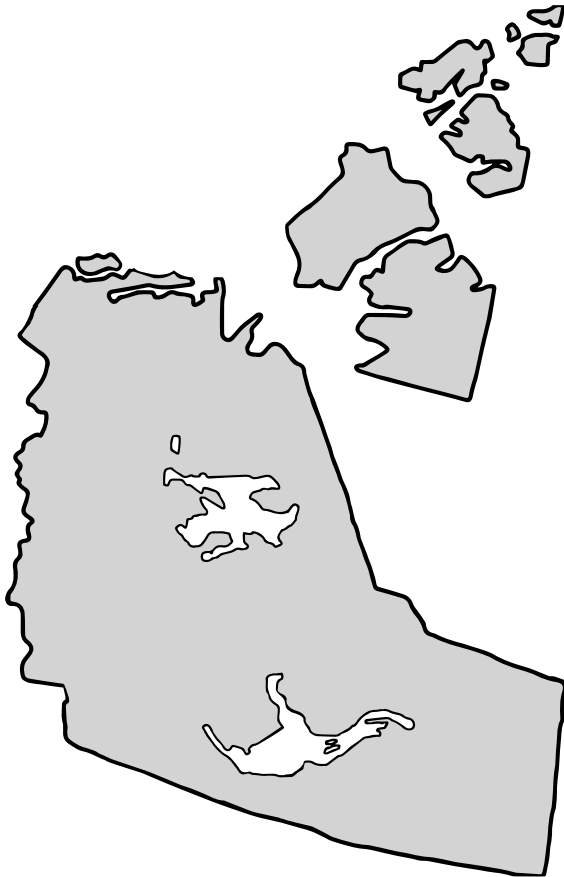


## Duck is Good for Us!

The duck is a migratory bird found in the North from May to September. Duck meat and eggs are an important food source and provide important nutrients for health and growth. Common eiders are year round residents in some arctic locations but most ducks are only available from spring to fall. Northerners freeze



ducks for use during the winter months.

## Did you know?

Duck meat is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Duck meat is an excellent source of iron, providing 50% of the iron we need in a day. Iron helps make healthy blood that flows through our bodies, giving us energy and making us grow. Healthy blood keeps us from getting tired.

Duck eggs are an excellent source of B vitamins such as riboflavin and B12. These B vitamins are important for growth and healthy hair, skin, nerves and muscles.

Duck eggs are a good source of other important nutrients such as protein, iron, vitamin A and folate. They are fair sources of Vitamin D and Omega-3 fats.

**Preparation:** Duck meat is eaten raw, cooked or dried and is lower in fat (23%) compared to store bought chicken (40%). People enjoy duck meat for its juicy texture and taste. The liver, gizzard, heart and eggs are also eaten.

An elder suggests "Boil the duck in soda and salt water for ten minutes, wash it off and proceed with the stuffing and roasting process".

## Duck or Goose Soup

Put water in pot, about  $\frac{3}{4}$  full. Add 2 ducks (or 1 goose) and 2 cups chopped onions. Add some salt and pepper. Boil for a  $\frac{1}{2}$  hour and simmer until tender. Add rice and simmer for another half hour. Add salt and pepper to taste, if needed. Enjoy with sailor boy crackers and butter or jam!

Optional: Curry Powder (about  $\frac{1}{2}$  teaspoon or so sprinkled in) Macaroni can be added instead of rice or with the rice. You can add other veggies, like celery, carrots, etc with the rice.

