

Kid's Page

Fill in the missing letters. Then, circle the items that start with the letter "C".



_RAN_ER_Y



_EA_T



_PO_N



_U_K_T



_HILD



U



_OT



_IDDLE_EAD



_AT

Kikmiññaq : Lowbush Cranberries

Feast Freely on Organic Berries from the Tundra!



FOOD IS MEDICINE

Get the facts to make healthy choices for your family.

Kikmiññaq are tart and sweet. They grow almost everywhere. Eating berries from the tundra, such as kikmiññaq, may help protect you and your family from cancer, heart disease and diabetes.

Cranberries are a powerhouse! They have more antioxidants than almost any other berry or fruit!

3 Great Reasons to Gather & Eat Lowbush Cranberries

1 Improve cardiac function and lower your blood pressure. Kikmiññaq are rich in antioxidants, which play an important role in reducing plaque in your arteries and blood vessels.

2 Boost your immune system. Kikmiññaq is an excellent source of vitamin C!

3 Save money and protect the environment. Kikmiññaq is free and local. The less your food travels, the better for the environment.

Nutrition Facts

Lowbush Cranberry: Kikmiññaq
Serving size 1/2 cup

Amount per 1/2 cup
Calories 41

| % DV | |
|------|------------------|
| 1% | Total Fat 1g |
| 0% | Saturated Fat 0g |
| 0% | Trans Fat 0g |
| 0% | Cholesterol 0mg |
| 0% | Sodium 1mg |
| 3% | Total Carbs 8g |
| 8% | Dietary Fiber 3g |
| | Sugars 4g |
| | Added Sugars 0g |
| 0% | Protein 0g |
| 27% | Vitamin C 16mg |
| 2% | Calcium 20mg |
| 2% | Iron 0mg |
| 2% | Potassium 70mg |
| 1% | Vitamin A 68mg |



Designed by the Center for Alaska Native Health Research in partnership with Alaska Family Nutrition Services. We are grateful to Anore Jones for allowing us to use the traditional wisdom shared in her book, **Plants That We Eat**. Funded by USDA SNAP-Ed program, an equal opportunity provider and employer. For more information about the Alaska SNAP Program go to: dhss.alaska.gov/dpa/Pages/fstamps/default.aspx

Gathering Kikmiññaq

Kikmiññaq is easy to find and identify. It can be found almost everywhere.

What does it look like?

Kikmiññaq grow on a low evergreen shrub that can be up to 8 inches high. The berries are bright red, very sour, and have a strong, tart flavor. The leaves are stiff and smooth with a leathery texture. The tops of the leaves are shiny and dark green, while the bottoms are paler and dull. Flowers are small, pink, and shaped like a bell.

Where can you find it?

Kikmiññaq grow best on the tundra and beneath birches and spruce. You can find them almost everywhere, from the oceans to the mountains.



When can you pick it?

You can pick kikmiññaq almost year-round, but late fall and early spring berries are the best. After the first frosts, their flavor and tartness fully develop. Unpicked kikmiññaq will remain good all winter and can be picked once the snow melts.

Feast on kikmiññaq with your family!

1. Pull kikmiññaq off the shrub using your hands or a berry picker.
2. Wash to get rid of dirt and grit.
3. You can eat kikmiññaq whole and raw. Or, you can mash kikmiññaq with a fork, sprinkle with sugar, and mix with seal oil or canned milk.



Eating Kikmiññaq

LOW BUSH CRANBERRY RECIPES

Cranberry Sauce

Ingredients:

4 c. cranberries

4 tbsp. water

½ to 2 c. dried fruit, raisins, or chopped peaches

½ to 4 c. sugar, to taste

Put berries in a 2-qt. pan with a lid. Add water (earlier, firmer berries may need more water) and dried fruit. Bring just to a boil and stir. Add sugar to taste and stir. Remove from heat and pour into canning or pickle jars with good lids. Wipe the top of the jars dry and screw the lid on tight to seal.



Cranberry Akutaq

Fold raw cranberries, whole or mashed, into the fluffy akutaq when you are done whipping. Use as few or as many berries as you wish.

Other ideas: Add cranberries to a smoothie, oatmeal, or yogurt.

Cooking with Kids

Kids love to cook!



Children can help pick kikmiññaq.

You can play a game with your children to see who can eat the most kikmiññaq without making a face!

Kids love measuring and stirring!

If your child is old enough, have him/her measure and stir the ingredients for cranberry sauce, or pour berries into akutaq!

TRADITIONAL KNOWLEDGE CORNER

Games were played long ago to see who could eat the most tart, ripe cranberries without spitting them out or making a face.

