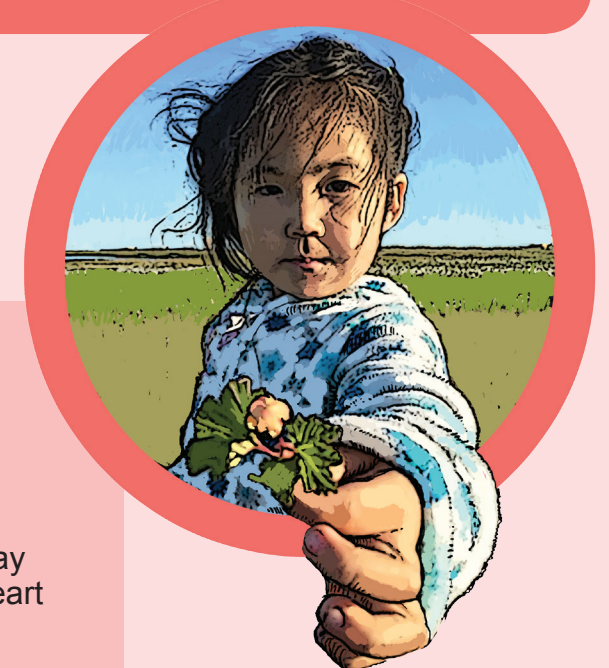




Naunrat: Salmonberries

Feast Freely on Sweet Organic Berries from the Tundra!



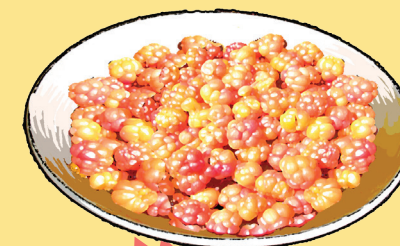
FOOD IS MEDICINE



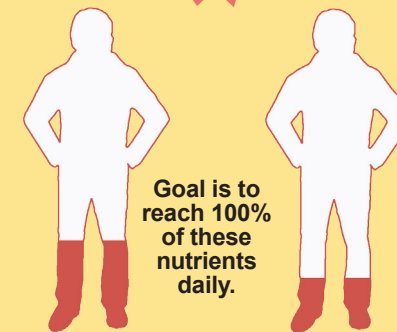
Get the facts to make healthy choices for your family.

Eating fruit from the tundra, such as naunrat, may help protect you and your family from cancer, heart disease and diabetes.

Organic Salmonberries



No Added Sugar!



27% Vitamin C

14% Vitamin A

Cost: Time spent walking on the tundra with family.

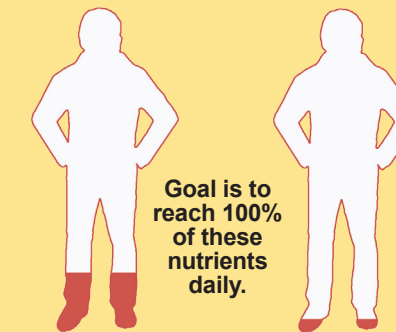
Canned Fruit Cocktail



in Heavy Syrup
(10 Teaspoons of added Sugar.)



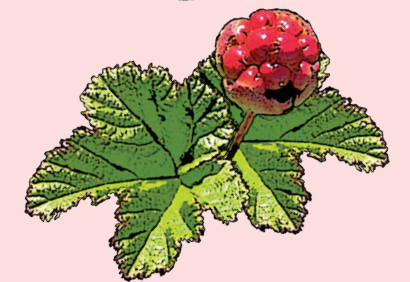
VS.



16% Vitamin C

4% Vitamin A

Cost: \$5.99



Nutrition Facts

Salmonberries: Naunrat

Serving size 1 cup

Amount per 1 cup
Calories 68

% DV	
1%	Total Fat 0.48g
0%	Saturated Fat 0g
0%	Trans Fat 0g
0%	Cholesterol 0mg
1%	Sodium 20mg
5%	Total Carbs 15g
11%	Dietary Fiber 3g
	Sugars 5g
	Added Sugars 0g
2%	Protein 1g
22%	Vitamin C 13mg
2%	Calcium 19mg
3%	Iron 1mg
5%	Potassium 160mg
14%	Vitamin A 719 IU



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

Picking Naunrat

Kids are never too young to learn how to gather food from the tundra!

What does it look like?

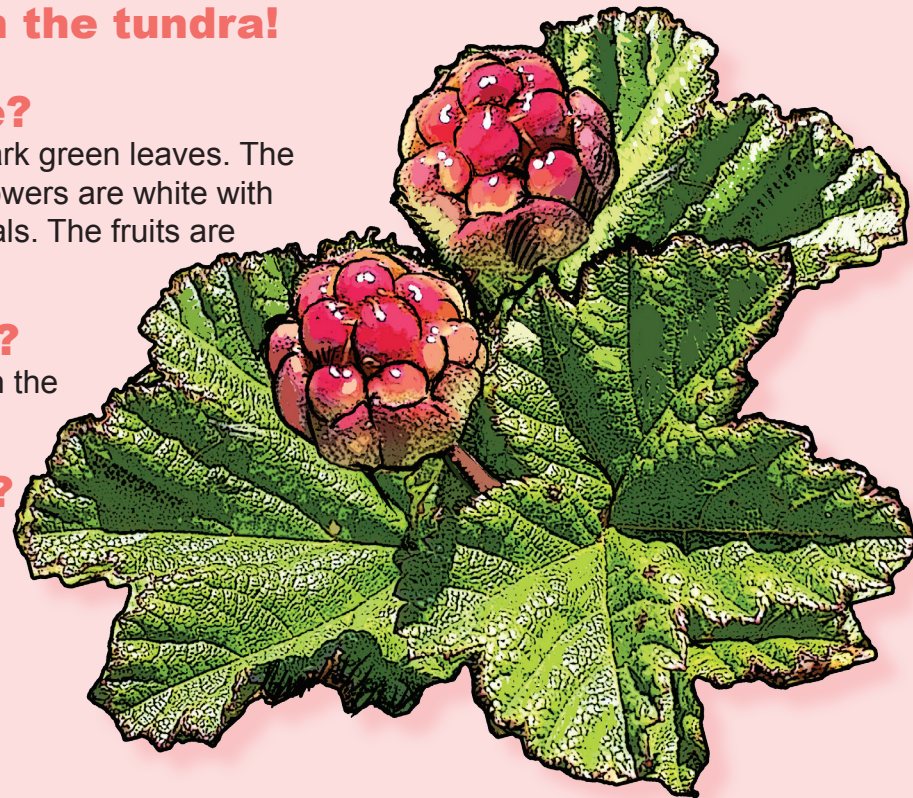
Naunrat grow on plants with soft dark green leaves. The leaves have 3-5 rounded lobes. Flowers are white with yellow centers and have 5 or 6 petals. The fruits are yellow to orange to deep red.

Where can you find it?

Naunrat grow all over but mostly on the open tundra, both wet and dry.

When can you pick it?

Naunrat are the first berry to ripen. Elders say that they are ready to pick when the cotton seeds blow.



5 Reasons to Gather Your Own Food!

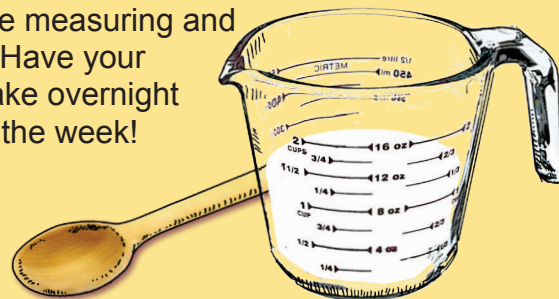
1. It's organic, natural, and healthy.
2. You know where it comes from.
3. It costs less than foods from the store.
4. It's a great way to stay active.
5. It's a more sustainable way to eat.



Cooking with Kids

Kids as young as 3 years can help.

- Children can help pick naunrat.
- Kids love measuring and stirring. Have your child make overnight oats for the week!



Naunrat Recipes

Enjoy Naunrat With Your Family!

Sweet Naunrat can enhance almost any recipe. Try adding salmonberries to akutaq or pancakes for a tasty treat.

Traditional Dessert:

1. Serve yourself a bowl of naunrat.
2. Add sugar and seal oil to taste.
3. Enjoy!



TRADITIONAL KNOWLEDGE CORNER

Elders say that it will be a good year for salmonberries when there is a lot of snow.

Overnight Oats

Ingredients:

- 1 clean jar with lid
- ½ cup of oatmeal
- ½ cup milk (or yogurt or other liquid)
- ½ cup salmonberries
- honey (optional)

For a variation add nuts, peanut butter, spices, or any other ingredient that sounds good.

Instructions:

1. Combine ingredients in a jar, screw the lid on tight, shake, and put into the fridge.
2. The next morning add a dash of milk and honey (if you want) and enjoy.

Overnight oats can last for a couple days in the fridge, so make a big batch at the beginning of the week!

