



# Was'x'aan tleigu Salmonberries

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## Traditional Foods for Healthy People

### Tleik'w Aaní, the "Berried" Landscape

*"At my grandmother's Koo.eex, we were handing out jam made from berries picked in Glacier Bay. When I told an elder what it was her face lit up. That's when I realized how special it was."*

To the Tlingit people, berries mean more to them than just fruit to eat. People often have emotional, social, and cultural ties to harvesting berries. In order to acquire large quantities, one must be able to recognize where they grow. This requires a considerable amount of knowledge about the local ecology of the land. This process also demands organization, to harvest, process, and distribute this great gift.

Much like other events that involve food, this process naturally strengthens social ties and friendships amongst family and friends.

At a Koo.eex, or potlatch, the gifting of berries is one of the great celebrated events. The giving of berries symbolizes the hosts' gratitude and reciprocity to their guests.

Berries are said to "hold" or represent the landscape. They symbolize material, social and spiritual ties to the lands that

nurtured them. For example, people from Hoonah cherish berries from Glacier Bay because much of their history lies in that area and access has become very limited.



### Salmonberry Basics



The scientific name for salmonberries is *rubus spectabilis*.

The salmonberry grows in Alaska and is also distributed in states along the Northwest Coast down to the state of California. They are usually found in moist woods, at the base of mountains, or along roadsides. The

berries can be red, orange, or purple and is in the same genus as types of raspberries and blackberries. Also, the shoots, flower, and leaves are edible. The branches typically grow the height of an average adult or taller.

A common theory about how salmonberries got their name is based on their resemblance to salmon eggs, especially the orange ones which are very similar in color.

# Was'x'aan tleigu nax tu xaayi! (Let's eat salmonberries!)

Most people do not eat enough fruits and vegetables on a daily basis. Salmonberries are a great source of fruit. They are delicious and fun to collect when they are in season. They are also free of chemicals and pesticides that may be used to grow conventional produce purchased at the grocery store. People often choose not to buy organic food because it is too expensive. If salmonberries are available, this is a gift that should not be taken for granted.

NUTRITION INFORMATION	
Per serving -1 cup raw	
Calories	68
Protein	1 g
Carbohydrate	15 g
Fat	0
Dietary Fiber	3 g
Vitamin A	719 IU
Vitamin C	13 mg
Iron	1 mg

## How much is a cup?



A half-pint mason jars holds exactly one cup. You can also think of a fist or tennis ball when determining how much equals a cup.

## Salmonberry Nutrition Information

### Vitamin A

Vitamin A can come in a few different forms. People who get low doses of vitamin A tend to experience problems with vision and fighting off infections.

Carotenoids can turn into a form of Vitamin A. They give fruits and vegetables their rich color. You are likely to get enough Vitamin A if you eat plenty of colorful fruits and vegetables.

**HEART FRIENDLY FRUITS**

SALMONBERRIES, AS WELL AS OTHER FRUITS AND VEGETABLES, ARE HEART FRIENDLY BECAUSE THEY ARE LOW IN SODIUM AND SATURATED FAT.

### Salmonberries are an excellent source of Vitamin C

We need vitamin C so the immune system can do its job like fight off the common cold.

It is also needed for our body to absorb the mineral iron. Vitamin C is found in fruits and vegetables. Levels are especially high in citrus fruits and red peppers.

## Tlingit Words and Phrases

What are you picking?	Daa sá ee.een?
I am picking _____.	_____ xa.een.
Daa sá eexá?	What are you eating?
_____ xaxá.	I am eating _____.
Daa sáyá?	What's that?
_____ aya.	These are _____.

Was'x'aan tleigu	Salmonberries
Kanat'á	Blueberries
Tléikw yádi	Raspberries
Shákw	Strawberries
Ch'eix'	Thimbleberries
Xákw'l'	Soapberries
Tleikatánk	Huckleberries