

Kid's Page

Find these hidden words!

- SOURDOCK
- TASTY
- HEALTHY
- ORGANIC
- VEGETABLE
- YUPIK

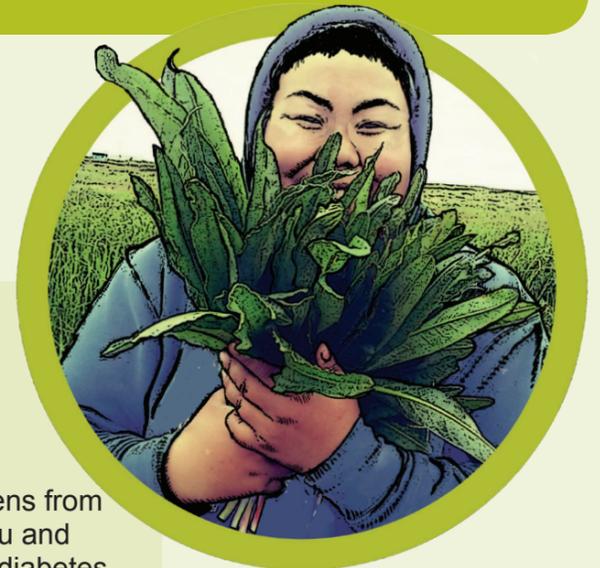
K V Z Y U P I K B S
 W V H E A M I A W O
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 E V Z G I O I Y H R
 A Y L L E N B M U D
 L C J Z A T T B K O
 T Z B G F N A V W C
 H Y R R B J S B L K
 Y O U G M T T X L P
 T V A D W R Y C I E

Can you spot five differences between these two pictures?
 Color the pictures when you are done.



Quagciq: Sourdock

Feast Freely
 on Organic Greens
 from the Tundra!

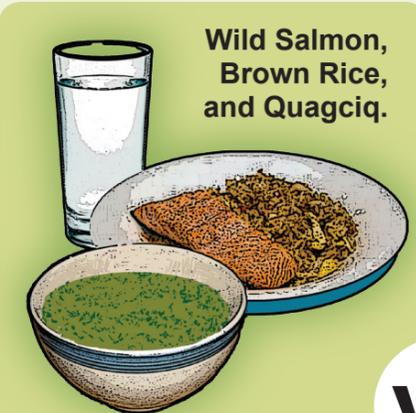


FOOD IS MEDICINE



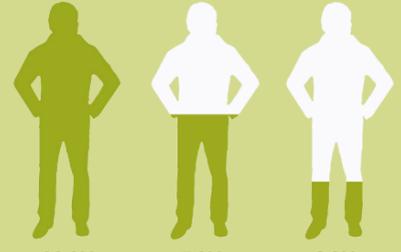
Get the facts to make healthy choices for your family.

Quagciq has tasty green leaves. Eating greens from the tundra, such as quagciq, may protect you and your family from cancer, heart disease, and diabetes. You and your family can enjoy gathering and eating sourdock together. Kids are never too young to learn about tundra foods!



Wild Salmon, Brown Rice, and Quagciq.

438 Calories



Frozen Fried Chicken, Soda and a Candy Bar.

708 Calories



VS.



1 cup of quagciq has more Vitamin A than 5.5 carrots!

Nutrition Facts	
Sourdock: Quagciq	
Serving size	1 cup
Amount per 1 cup	
Calories	25
% DV	
1%	Total Fat <1g
1%	Saturated Fat <1g
	Trans Fat <1g
0%	Cholesterol 0mg
	Sodium 0mg
1%	Total Carbs 3.6g
3%	Dietary Fiber 3.2g
	Sugars <1g
	Added Sugars 0g
5%	Protein 2.2g
54%	Vitamin C
5%	Calcium
14%	Iron
11%	Potassium

Goal is to reach 100% of the these nutrients daily.



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 Quagciq

Family Fun

Take your family-- and your **taquaq** (picnic)-- to gather quagciq. Together you can get exercise, enjoy the land, and pass on Yup'ik values and traditions.

What does it look like?

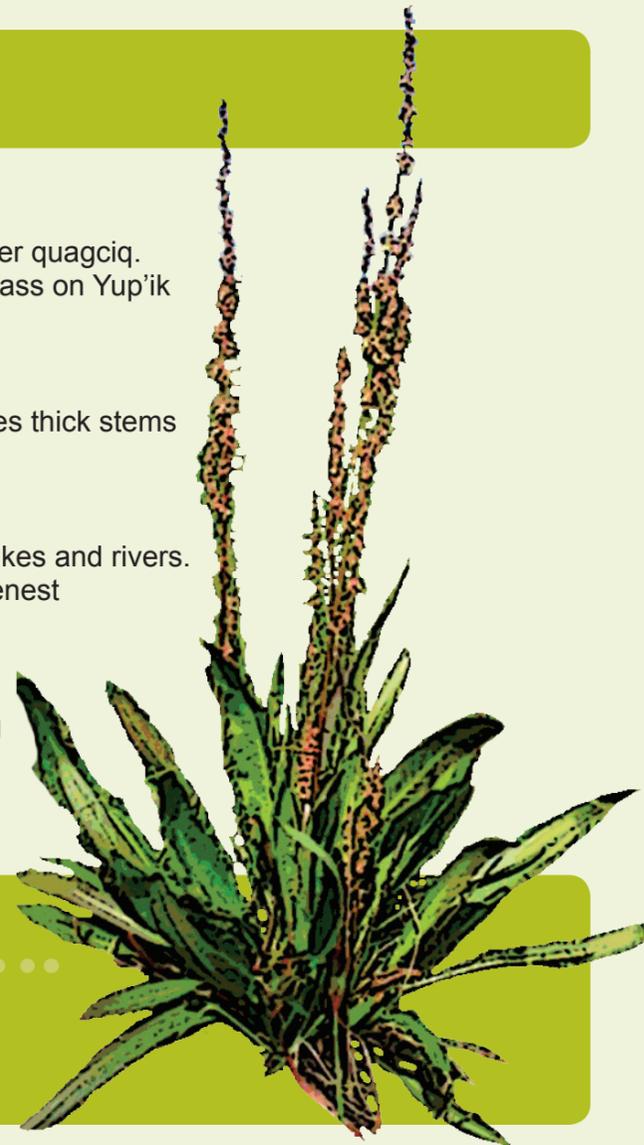
Quagciq can grow up to 4 feet tall. The plant produces thick stems and long leaves that are usually 4-12 inches long.

Where can you find it?

You can find quagciq on wet, marshy places along lakes and rivers. You will not find it on dry tundra. Quagciq grows greenest near creeks.

When can you pick it?

Pick leaves and stems in spring and all summer long before the stems get tough. Quagciq is the most plentiful in July. Once the leaves start turning brown and are limp, it is too late to pick.



Eating Quagciq

Feast on quagciq with your family. Quagciq is best eaten cooked.

To cook half-cooked quagciq:



To fully cook quagciq, boil until the leaves begin to disintegrate and form a puree. This can take more than an hour.

Quagciq Recipes

Recipe Ideas

- Eat hot with seal oil, blubber or butter.
- Eat cold with seal oil and sugar.
- Mix in a blender with other fruit for a tasty smoothie. Picky kids won't know that they're getting extra greens this way.
- Add to soups for a nutrition boost!
- Add to akutaq.

Storing

In the past, cooked quagciq was stored in seal oil. It can also be boiled, frozen and then used all winter long. Fresh quagciq can be stored in the refrigerator for 3-5 days, like any greens.



Cooking with Kids

Kids love to cook. Kids that help cook are more likely to try new foods, including quagciq.

Kids as young as 3 years old can help:

- Gather quagciq
- Wash quagciq
- Tear quagciq leaves
- Help stir quagciq into akutaq
- Measure ingredients for akutaq



How Much?

Adults should enjoy 2 ½ - 3 cups of vegetables every day.

Kids need less. 2-3 year olds need 1 cup and 4-8 year olds need 1 ½ cups every day.

TRADITIONAL KNOWLEDGE CORNER

Tacuk of Chevak remembers a game children would play with sourdock. Kids would sit facing each other in two rows. Each one would be competing against the person sitting across from him. Opponents would shape the long leaf into a tight roll, put it in their mouths and chew. The one who managed not to make a face at the sour taste would win. This has the dual purpose of being a fun game

and a useful lesson for life. Those who show their emotions too easily are considered childish. A stoic disposition is a trait valued in adults.

