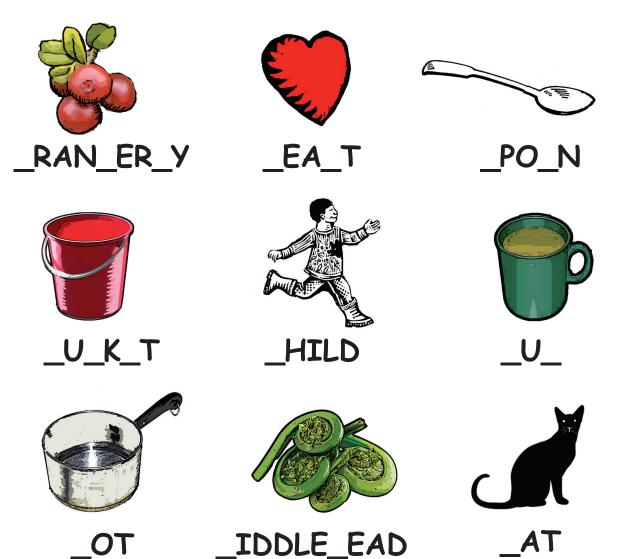
Kid's Page

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













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

Kikmiññaq : Lowbush Cranberries

Feast Freely on Organic Berries from the Tundra!

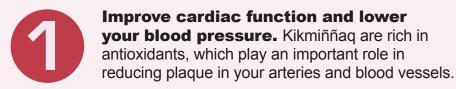
FOOD IS MEDICINE



Get the facts to make healthy choices for your family.

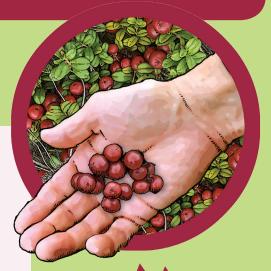
Kikmiññaq are tart and sweet. They grow almost everywhere. Eating berries from the tundra, such as kikmiññaq, may help protect you and your family from cancer, heart disease and diabetes.

Great Reasons to Gather & Eat Lowbush Cranberries



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

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



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

Nutrition Facts

Lowbush Cranberry: Kikmiññaq Serving size 1/2 cup

Amount per 1/2 cup

Calories % DV

1% | Total Fat 1g 0% | Saturated Fat 0g

41

, , , , , , , , , , , , , , , , , , , ,
Trans Fat 0g
Cholesterol 0mg
Sodium 1mg
Total Carbs 8g
Dietary Fiber 3g
Sugars 4g
Added Sugars 0g
Protein 0g
Vitamin C 16mg
Calcium 20mg
Iron 0mg
Potassium 70mg

1% Vitamin A 68mg

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?

Kikmiññag 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 kikmiññag 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 kikmiññag with your family!

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

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 akutag 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.



Children can help pick kikmiññag.

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!



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

