

CAN YOU COLOR ME?

WHAT COLORS WILL THE FIREWEED "BEE"?



Ciilaaq : Fireweed

Feast Freely on These Organic Greens from the Tundra!



FOOD IS MEDICINE



Get the facts to make healthy choices for your family.

Ciilaaq shoots are sweet and delicious. They grow almost everywhere. Eating plants from the tundra, such as ciilaaq, may help protect you and your family from cancer, heart disease, and diabetes.

3 Big Reasons to Gather & Eat Fireweed

1

Fiber prevents constipation and helps lower cholesterol. 1 serving of ciilaaq has 13% of the fiber you need in a day. Fiber can help make stool softer and reduce your cholesterol levels.

2

Power up your immune system. 1 serving of ciilaaq has 91% of the vitamin C and 63% of the vitamin A you need in a day.

3

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



Nutrition Facts	
Fireweed: Ciilaaq	
Serving size	1 cup
Amount per 1 cup	
Calories	24
% DV	
1%	Total Fat 0g
0%	Saturated Fat 0g
0%	Trans Fat 0g
0%	Cholesterol 0mg
0%	Sodium 0mg
1%	Total Carbs 3g
13%	Dietary Fiber 3g
	Sugars 0g
	Added Sugars 0g
3%	Protein 2g
54%	Vitamin C 54mg
63%	Vitamin A 3146 i.u.
6%	Iron 1mg
4%	Potassium 138mg



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 Ciilaaq

Ciilaaq is easy to find and identify. It can be found almost anywhere. It grows best on burned land or disturbed soil.

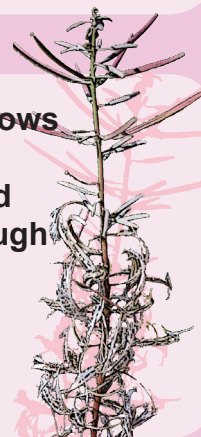
Young shoots can be snapped off at the base and eaten raw in salads. Young shoots can also be boiled like asparagus.



Shoots are 2-4 inches.

Older plants can be snapped off at the base and the leaves can be removed, cleaned and eaten, similar to spinach. Flower buds can be eaten raw in salad.

As fireweed grows old the leaves bend down and turn green. Tough and bitter, they are too old to eat.



Ciilaaq Recipes

Fireweed

FIREWEED SALAD

Is the store out of greens? Use fireweed shoots and flowers to make a beautiful and healthy salad.



SAUTEED FIREWEED

Sautee the young shoots in butter or oil for a few minutes.

Serving suggestions:
Add to eggs, soup, your favorite dish or eat plain as a side dish.

Cooking with Kids

Kids love to cook!



- Children can help collect the young shoots. Show them how to pinch and snap the ciilaaq.
- Kids can help remove leaves from stems.
- Kids love measuring and stirring! If your child is old enough, have him/her measure and stir the ingredients for fireweed jelly!

TRADITIONAL KNOWLEDGE CORNER



- ◆ Fireweed can be used as medicine for lung/bronchial ailments. Collect the plant after it flowers, cutting the stem where the leaves start forming. Cover in boiling water and steep until water is lukewarm. Gather some for yourself and for your elders, they will thank you!
- ◆ If young shoots are not immediately eaten, they can be tied into bundles and hung for a few days. As they wilt, they will sweeten.
- ◆ Older fireweed stalks contain pith that can be scooped out and eaten