

# Kid's Page

Find these hidden words!

ANGUKAQ

FIBER

HEALTH

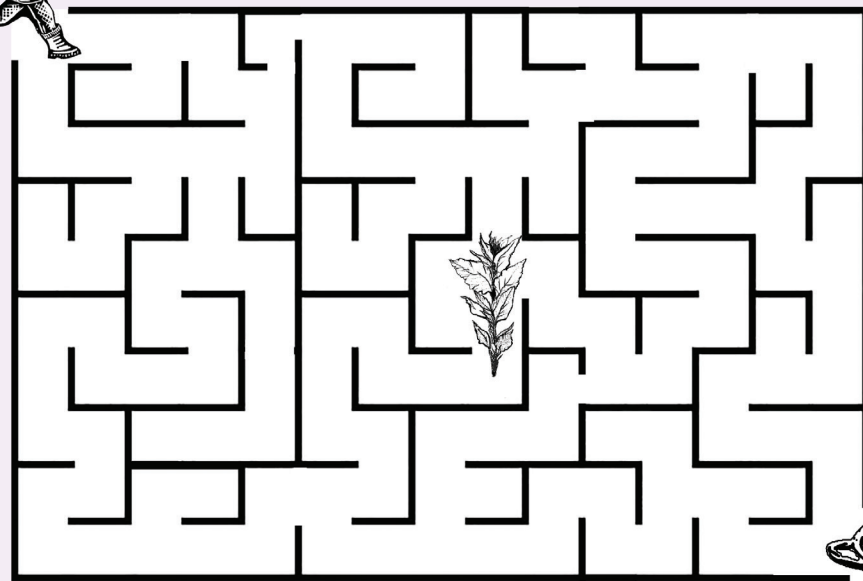
NUTRITION

RHUBARB

VITAMINS

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

## A-Mazing Angukaq!



Find the angukaq and then put it in the colander!



# Angukaq: Wild Rhubarb

## Feast Freely on Organic Greens from the Tundra!



### FOOD IS MEDICINE



Get the facts to make healthy choices for your family.

Angukaq has tasty green leaves. Eating greens from the tundra, such as Angukaq, may protect you and your family from cancer, heart disease, and diabetes. Kids are never too young to learn about tundra foods!

### TIP!

The tall dead stalks of last year's angukaq show where new shoots can be found!

### Angukaq: Excellent Source of Folate!

- Folate is a water-soluble **B vitamin**. This vitamin cannot be stored in your body. You should eat folate-rich foods every day.
- Folate is important for everyone. It helps make red blood cells. If you do not have enough folate, you can get a type of anemia.
- Folate is very important for infants, children and women who are pregnant. It helps to prevent some birth defects.

Angukaq has more folate than spinach!

1 cup of angukaq can provide 58% of the folate you need each day.



1 cup of spinach provides 15% of the folate you need each day.



Nutrition Facts	
Wild Rhubarb: Angukaq	
Serving size	1 cup
Amount per 1 cup	
<b>Calories</b>	<b>49</b>
% DV	
1%	<b>Total Fat</b> < 1g
0%	Saturated Fat 0g
	Trans Fat 0g
0%	<b>Cholesterol</b> 0mg
1%	<b>Sodium</b> 28mg
3%	<b>Total Carbs</b> 7.9g
10%	Dietary Fiber 2.6g
	Sugars 1.8g
	Added Sugars 0g
%	<b>Protein</b> 3.4g
44%	<b>Vitamin C</b>
20%	<b>Calcium</b>
72%	<b>Vitamin A</b>
7%	<b>Potassium</b>



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## Gathering Angukaq

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

### What does it look like?

Angukaq can grow up to 6 feet high. The leaves are long ovals, about 2-8 inches long. Bracts (or leaf sheaths) surround the stems. The flowers are off-white colored and small, but part of clusters.

### Where can you find it?

Angukaq grows where people have lived, along river-banks where the ice disturbs the soil during break up, and along roads.

### When can you pick it?

It is best to pick Angukaq when the leaves and stalks are less than 10 inches. Look for soft juicy stalks that you can easily break by hand.



## Angukaq Recipes

### Recipe Ideas

- **Boil stems and leaves and eat plain.**
- **Akutaq:**
  1. Sweeten boiled rhubarb to taste
  2. Drain off extra juice
  3. Mix into the akutaq when it is fluffy and white
- **Angukaq sauce:**
  1. Boil angukaq with a little water and sweeten lightly (it should be tart).
  2. Serve with fish and seal oil.
- **Eat fresh and raw.\***

Raw leaves are delicious in salads. They can also be used in sandwiches.
- **Dip stems into seal oil, peanut butter, or sprinkle with sugar.**



\* Raw angukaq are high in oxalic acid. Oxalic acid can keep your body from absorbing other nutrients. Only eat a small amount of raw angukaq.

## TRADITIONAL KNOWLEDGE CORNER

- ◆ Raw roots and stem bases of anqukaq can be chewed as a cough/cold remedy.
- ◆ Anqukaq leaves can be cooked with fish eggs, strained, and drunk as a traditional remedy for constipation.



## Eating Angukaq

**Feast on Angukaq with your family. Angukaq is best eaten cooked.**

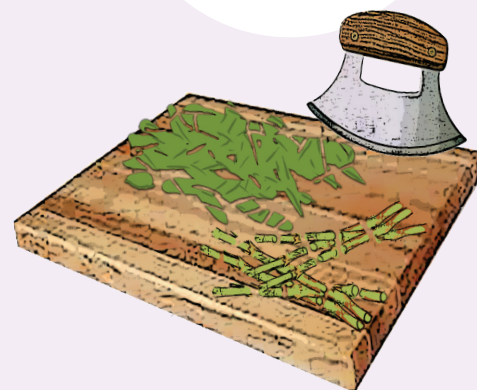
- 1.** Pull leaves off and remove the brown, papery bracts from the stems.



- 2.** Wash to get rid of dirt and grit.



- 3.** Chop leaves and stems to use in your favorite recipes.



## Cooking with Kids



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

**Kids as young as 3 years old can help:**

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



## 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.