



RED BERRIES IN THE RLBR

“click before you pick”



At the end of the summer berry season begins! One of the best places to find red berries is around Redberry Lake. Before harvesting and eating the abundance of berries it is wise to research proper protocol and foraging techniques. This document is a guide to help you learn more about the species of edible berries in the region along with resources for properly identifying and ethically harvesting these delicious, wild foods.



WHERE AM I FORAGING?

Are you foraging on sensitive habitat? Which Indigenous communities live here? What is their protocol for harvesting wild foods? What animals are found in the area and what foods do they eat? There are many important questions to ask before delving into finding out what wild foods are edible and where you would like to forage.

Websites:

native-land.ca
wildpigmentproject.org/reciprocal-foraging
www.cbc.ca/news/indigenous/harvest-foraging-seed-saving-1.5757806
ecozones.ca/english/region/156.html

HOW DO I FORAGE SUSTAINABLY?

Websites:

ethical.net/sustainability/guide-to-foraging/
davidsuzuki.org/queen-of-green/how-to-forage-for-food/
learningherbs.com/skills/foraging/

What does ethical or sustainable harvesting mean? If I harvest from this plant, will it regrow? Are there species at risk in the area I am harvesting from that rely on this food source? What can I do for my own safety when harvesting? One of the best ways to learn is to go with someone who has experience in both plant knowledge and area specific protocol. There are also some online guides that can help get you started!

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Silver buffaloberry

[*Shepherdia argentea*]

There are two different types of Buffalo Berry- The Thorny or Silver Buffaloberry and the Canada Buffaloberry. The Silver Buffaloberry is edible and was commonly used by many First Nation communities to make pemmican (dried meat, tallow-beef fat and berries). This berry tends to be sour in taste and some people claim the best time to pick it is after a hard frost. The Canada Buffaloberry (*Shepherdia canadensis*) is not edible. It can cause diarrhea, vomiting and abdominal pain if eating in large amounts. Known for its medicinal properties, it is used for treating stomach aches, constipation, heart problems, arthritis, tuberculosis and gall stones.

Hawthorn

[*crataegus* spp.]

The berry looks like a miniature apple and is edible. There are large thorns (1-2 inches) on these bushes. Hawthorns make excellent habitat for the Loggerhead Shrike (often referred to as "Butcher Bird"), an endangered bird species.



wood's rose



hawthorn berries

Rose

[*rosa* ssp.]

There are three species in our area. The most common is the Prairie Rose (*Rosa arkansana*), which is a short rose that is often seen on the side of the roads and in grassy pastures. The other two species are Prickly Rose (*Rosa acicularis*) and Wood's Rose (*Rosa woodsii*). Both can grow quite tall- up to or exceeding 1.5 meters. They look similar so are easily confused with each other. The rose hips stay on shrubs all winter. They are edible, but should only be eaten in small amounts as they can cause an upset stomach and diarrhea if heavily consumed.

BUFFALO BERRY JAM

Recipe by Linda Turnquist



For the jam you need:

- * Silver Buffaloberries
- * Water
- * 1 box of pectin for 4 cups of juice/pulp
- * 4.5 cups white sugar

Clean and sort the berries. Put berries in a pot and cover with water. Cook for 5-10 minutes – do not over cook! Strain berries to remove seeds. Put 4 cups of juice/pulp into a dutch oven (or a large sauce pan) and add one box pectin. Bring to boil and add 4.5 cups of white sugar. Bring to a hard boil (hard boil cannot be stirred down) and boil it for 1 minute. Stir, skim and put the jam into sterilized jars.

Enjoy!