

What's Local That We Can Eat?

Southeast Alaska is blessed with an abundance of foods which can be harvested, foraged or caught (in the case of fish) seasonally.



Fiddlehead

Spring

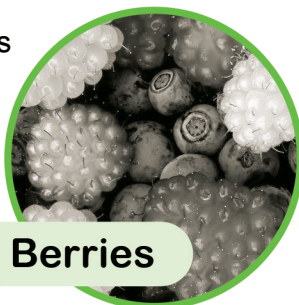
Beach Greens
Black & Ribbon Seaweeds
Fiddlehead Ferns
Goose Tongue
Labrador Tea
Sitka Spruce Needles
Wild Asparagus
Wild Mint

Summer

Blueberry
Cloudberry
Elderberry
Gooseberry
Highbush Cranberry
Huckleberry
Loveage
Nagoonberry
Salmonberry
Strawberry
Wild Mushrooms

Fall

Rosehips
Lowbush Cranberry (Lingonberry)



Berries



Rosehips

Fill in the Blanks below

H _ R V _ _ T Y O _ _ F _ _ D !
I L _ V E S O _ _ T H _ A S T A L _ S _ A !
W H _ T C _ N W E E _ _ ?

Locate the words below

Berries	J C R C I G F L B Y X Y E T F
Fish	L O P H A R V E S T N I O O I
Fungi	R S R E A T D C F S H N F F S
Herbs	S E U E N Z R F R E S H U I H
Kelp	N E S B N C G G P M K Z N N C
Seafood	N U A P S E H T W X I H G D X
Subsistence	J C T F E I W S S Q M E I M E
Wild	S M C R O C S A O B J R E N B
Fresh	M Z I G I O T T B R E B U G E
Nutritious	E Z Y X I T D L E L T S C K R
Renewable	Q U I I R P I I L N E L J K R
Harvest	Z H C Y C Z A O H N C J N R I
Respect	N K E L P V S C U B M E M T E
	A W I L D F B K M S D L G F S
	U Y Y Q H K H J J O K S G W I