

# ALASKAN HARVEST

## TRADITIONAL FOOD, GATHERING, HEALTH, & PRESERVATION

As many are aware, times have dramatically changed from recent years due to Covid-19. With all the challenges and changes facing us, now may be a good time to reflect on the strengths and wisdom of our respective traditions. It is a good time to reincorporate old traditional practices back into our daily lives to strengthen and build resilience for our future, for our children and for future generations.

Now is a perfect opportunity to build on generations of knowledge that have established strong food security practices stretching out traditional food and medicinal resources while maintaining good stewardship of resources. In addition to our traditional food preservation practices, we now can, jar, pickle, and preserve local foods in new and different ways.

This page is designed to help our local Alaska Native families cope with some of the food and medicine challenges faced during this global pandemic. New links will be added to help support families. Please feel free to recommend any additional links that might be helpful for our families. It's springtime and now is the time to Harvest, Harvest, Harvest!

## FOOD SECURITY

- **Emergency Food Assistance** - <https://www.starthereanchorage.org/public-assistance/emergency-food-assistance/>
- **ASD Summer Food Services** - <https://www.asdk12.org/Page/15540>
- **Food Bank of Alaska** - <https://www.foodbankofalaska.org/>
- **Food Security and Wild Resource Harvests in Alaska Information** - [http://www.adfg.alaska.gov/static/home/subsistence/pdfs/food\\_security\\_wहितpaper.pdf](http://www.adfg.alaska.gov/static/home/subsistence/pdfs/food_security_wहितpaper.pdf)
- **3 mindful ways can help reduce food waste** - International Food Information Council Foundation - <https://foodinsight.org/3-ways-mindfulness-can-help-reduce-food-waste/>
- **EPA, Reducing wasted food at home** - <https://www.epa.gov/recycle/reducing-wasted-food-home>
- **20 ways to reduce food waste at home, Healthline** - <https://www.healthline.com/nutrition/reduce-food-waste>

- Love Food, Hate Waste - Best Left Over Food Recipes - <https://www.lovefoodhatewaste.com/recipes>
- Alaska Native Subsistence, A matter of cultural survival article - <https://www.culturalsurvival.org/publications/cultural-survival-quarterly/alaska-native-subsistence-matter-cultural-survival>

## TRADITIONAL NATIVE FOODS

- ANTHC Store Outside Your Door video series.
- <https://anthc.org/what-we-do/traditional-foods-and-nutrition/store-outside-your-door/> - ANTHC Link
- [https://www.youtube.com/watch?v=3Q-E0EHjfHE&list=PLTP\\_b4Ora7rqZMZ5lfr\\_4KAXJmMnpk62N](https://www.youtube.com/watch?v=3Q-E0EHjfHE&list=PLTP_b4Ora7rqZMZ5lfr_4KAXJmMnpk62N) - YouTube link
- Alaska Traditional Food Resources - <http://dhss.alaska.gov/sites/takeheart/documents/traditionalfoods.pdf>
- CDC Traditional Foods In Native America - [https://www.cdc.gov/diabetes/ndwp/pdf/Part\\_IV\\_Traditional\\_Foods\\_in\\_Native\\_America.pdf](https://www.cdc.gov/diabetes/ndwp/pdf/Part_IV_Traditional_Foods_in_Native_America.pdf)
- Traditional Foods Resource Guides - <http://keepitsacred.itcmi.org/wp-content/uploads/sites/5/2015/06/Traditional-Foods-Resource-Guide.pdf>

## GATHERING, HARVESTING, AND GROWING

- Alaska Master Gardeners Anchorage - [https://www.alaskamastergardeners.org/northern\\_gardening\\_tips.html](https://www.alaskamastergardeners.org/northern_gardening_tips.html)
- Alaska Wild Edible plants - <http://www.laurieconstantino.com/wild-edibles/alaska-wild-edible-plants/>
- Planting Calendar for places in Alaska - <https://www.almanac.com/gardening/planting-calendar/AK>
- Traditional Alaska Native Medicine Wiki Definitions (list of SOURCES on bottom of page) - [https://en.wikipedia.org/wiki/Traditional\\_Alaska\\_Native\\_medicine](https://en.wikipedia.org/wiki/Traditional_Alaska_Native_medicine)
- Healing Garden Features Traditional Alaska Native Medicine KTVA - <https://www.ktva.com/story/41031050/healing-garden-showcases-alaska-native-traditional-medicine>
- Alaskan Plants as Food and Medicine (ANTHC) - <https://anthc.org/what-we-do/traditional-foods-and-nutrition/alaskan-plants-as-food-medicine/>
- Harvesting plant for food and medicine grows our culture, tradition, and health (ANTHC) - <https://anthc.org/news/harvesting-plants-for-food-and-medicine-grows-our-culture-tradition-and-health/>
- Traditional Health, Medicine, and Healing (Alaska Native Knowledge Network) - <http://www.ankn.uaf.edu/IKS/health.html>

- Images Alaska Native Plants - <https://www.google.com/search?sa=N&sxsr=AleKk03ARXF3ivGo3RsQJT-zFnK9Da64Q:1588021524963&source=univ&tbm=isch&q=alaska+native+traditional+plants&client=firefox-b-1-d&ved=2ahUKEwj094-XwYnpAhVSop4KHdAuBSE4ChCwBHoECAoQAQ&biw=1156&bih=548>
- Health Eating - American Indian Healthy Eating. <https://americanindianhealthyeating.unc.edu/tools-for-healthy-tribes/families/>
- Basic Ingredients food substitutions - University of Nebraska - Lincoln - <https://food.unl.edu/article/ingredient-substitutions>

## FOOD PRESERVATION

- National Center for Home Food Preservation - <https://nchfp.uga.edu/>
- Inupiaq work to preserve food and traditions on Alaska's North Slope - <https://toolkit.climate.gov/case-studies/i%C3%B1upiat-work-preserve-food-and-traditions-alaskas-north-slope>
- Alaska Native Foods, Protect your family from botulism, CDC - <https://www.cdc.gov/botulism/botulism-alaska-foods.html>
- Alaska Cooperative Extension - Food Preservation Key word - <http://cespubs.uaf.edu/publications/?cat=&s=food+preservation>
- Traditional Teachings Of Safe Food Preservation, Norton Sound Health Corporation - <https://www.nortonsoundhealth.org/traditional-teachings-of-safe-food-preservation/>
- Food Preservation Methods - YouTube - <https://www.youtube.com/watch?v=9fDEPotsZnA>
- How to make smoked fish strips Yukon river style Video - <https://www.youtube.com/watch?v=yRPcinT0vkl>
- Village Science, Cutting and drying fish - <http://www.ankn.uaf.edu/Publications/VS/cutting.html>
- Half Dried Fish, Athabascan Woman - <https://athabascanwoman.com/?p=3663>
- Subsistence: Many Ways to process fish, Frontier scientist video - <https://frontierscientists.com/videos/subsistence-living-native-ways-process-dry-smoke-fish-alaska-mishler/>

## PICKY EATERS

- Go foods and whoa foods - <https://kidshealth.org/en/kids/go-slow-whoa.html>
- The 5 "R'S" for picky eaters in preschool - <https://www.preschool-plan-it.com/picky-eaters.html>

- How to Handle Picky Eaters, Zero to Three - <https://www.zerotothree.org/resources/1072-how-to-handle-picky-eaters>
- Tips to help your picky eater, CDC - <https://www.cdc.gov/nccdphp/dnpao/features/picky-eaters/index.html>
- Child and Parent Predictors of picky eating from preschool to school age, National Library of Medicine, National Institute of Health - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5498871/>

## RECIPES

- Alaska Native Tribal Health Consortium - Nellie's Recipes - An Alaska Native Traditional Food Cookbook - [http://dhss.alaska.gov/dsds/Documents/rural/Nellies\\_Recipes.pdf](http://dhss.alaska.gov/dsds/Documents/rural/Nellies_Recipes.pdf)
- Alaska Native Tribal Health Consortium - Grandma's Recipes - <http://anthc2.dreamhosters.com/wp-content/uploads/2015/12/Grandmas%20Recipes.pdf>
- Traditional Recipes - Alaska Native Knowledge Network - <http://www.ankn.uaf.edu/npe/culturalatlases/yupiaq/marshall/gourmet/traditional.html>
- Traditional Food Recipes - North Slope Borough - [http://www.north-slope.org/assets/images/uploads/Traditional\\_Foods\\_Recipes\\_v3.pdf](http://www.north-slope.org/assets/images/uploads/Traditional_Foods_Recipes_v3.pdf)
- An Indigenous Alaskan Chef Shares Traditional Recipes By Way Of YouTube - <https://civileats.com/2018/11/16/an-indigenous-alaskan-chef-shares-traditional-recipes-by-way-of-youtube/>
- Alaska Native Recipes - <http://www.alaskaweb.org/food/menuaknat.html>
- Southcentral Foundation Traditional Recipes - <https://www.southcentralfoundation.com/services/health-education-and-wellness/vnpcc-wellness-center/vnpcc-recipes/recipes-traditional-foods/>
- Staff Contributions - Have CINHS staff contribute food ideas

## CINHS Alaskan Recipe Spotlight:

These recipes were shared from the sisterhood of Saint Innocent Orthodox Church 1984 book

### Saucy Salmon

1 salmon, skinned and boned 1 tsp salt  
 2 cans tomato sauce 3/4 tsp pepper  
 1 chopped onion 1/4 tsp tabasco sauce  
 1 tsp paprika 1/2 tsp garlic powder

Cut salmon into 1-inch cubes and fry slightly. Add rest of ingredients and simmer for 45 to 50 minutes. Serve over rice or mashed potatoes. (Fry bits of bacon with fish as desired).

### **Salmon Stuffed Potatoes**

6 medium potatoes 1 Tbsp lemon juice  
1/3 c hot milk 1 1/2 c flaked canned salmon  
1 egg well beaten 1 1/3 c minced onions  
1 tsp salt 2 Tbsp butter  
1/4 tsp paprika buttered bread crumbs

Bake potatoes, remove from the oven, and split lengthwise into halves. Scoop out potatoes, mash and add milk, egg, salt, paprika and lemon juice. Beat until light and fluffy. Fold in the salmon and onions which have been sautéed in butter. Refill potatoes shells, sprinkle with buttered crumbs and bake in the oven for 20 minutes. serves 6.

### **Clam Fritters**

3 eggs slightly beaten 1/2 tsp garlic powder  
1/2 flour 1/4 cup chopped onion  
1/2 tsp salt 2 tsp Worcestershire sauce  
1/4 tsp pepper 5 chopped razor clams

Combine above ingredients, blend, or mix well. Drop by spoonful's into hot oil. Fry until golden brown, turning once. serves 4 to 5

### **BUY AND SUPPORT LOCALLY GROWN & HARVESTED FOODS.**

- Department of Natural Resources, Alaska Farmers Markets 2015 - <http://dnr.alaska.gov/ag/Marketing/FarmersMarkets.pdf>
- Anchorage Farmers Markets - <https://www.anchoragefarmersmarket.org/>

**DISCLAIMER:** Many of the sites listed above are not Head Start related sites but are community-based resources. The sites listed are recommended sites to help our families navigate through the challenges faced during the Covid-19 Pandemic as it impacts families here in Alaska. Many of these resources are Alaska based resources tied to specific programming throughout the state and are prescreened for content. Because we cannot monitor all public sites, please enter sites at your own risk and discretion. Since many of the web sites are not controlled by our organization, we have no control of content in pages. All pages above have been screened for general content, but we cannot be responsible for additional content links to outside pages. If there is content that you find unsuitable, please inform us and we will remove links from this page.

**NOTE: PLEASE EMAIL LINKS, IDEAS, OR CONCERNS TO  
[PCHARETTE@CINHS.NET](mailto:PCHARETTE@CINHS.NET) TO BE ADDED OR REMOVED FROM OUR PAGE.**