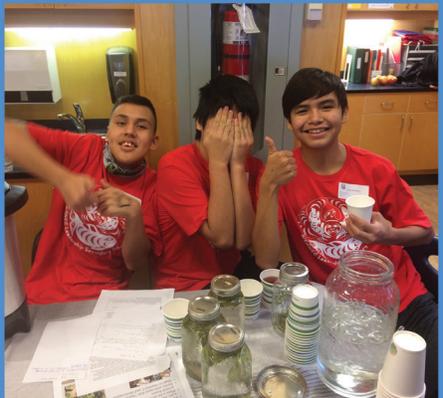
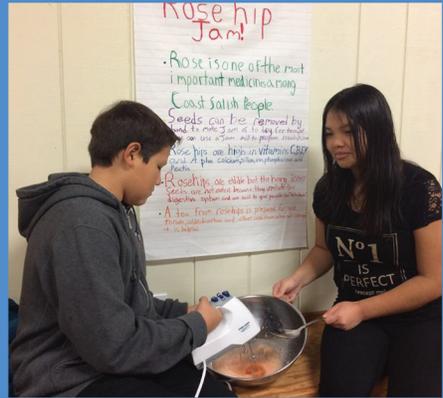


Food is Medicine



Cooking Together
2016-2018
WSÁNEĆ
Leadership
Secondary



"Cook with good feelings so that others will be nourished with love and care"

Elder SELILIYE Claxton STÁUTW First Nation



This project was a joint collaboration between W̱SÁNEĆ Leadership Secondary School, Island Health Aboriginal Health Dietitian.

This could not have been started without the generous support and guidance of ISPARC – Indigenous Sports, Physical Activity and Recreation Council.

We are extremely grateful to the students, staff and everyone at the school for all they do!

Happy cooking and eating together!

Contact Fiona.devereaux@viha.ca if you want a copy!

Food is Medicine



"Share Foods with those you love"

Elder May Sam WJOLELP and S7ÁUTW First Nation



WILD GREENS

“As spring comes the wild greens bud out to nourish our minds, bodies and spirits.”

HARVEST & STORAGE

- ❖ Many types of wild greens are available throughout the year. Often called “*trail food*”, wild greens are harvested from nature and nourish the body!
- ❖ Common wild greens include **nettle**, **chickweed**, **miner’s lettuce**, **candy flower** and **violet**.
- ❖ Warning: When harvesting nettle, wear gloves and use scissors to avoid getting “*stung*”. Have you ever been stung? Do you know the plant that can help relieve the pain from the stings?
- ❖ Store wild greens the same way you store salad or lettuce in the fridge. To keep them fresh and crisp longer, you can layer washed leaves with paper towel or dish cloth in a container in the fridge.

PREPARATION

- ❖ Most wild greens are simply rinsed and eaten fresh or tossed in salads. Greens can also be eaten as other vegetables and added to casseroles, meat pies, egg scrambles, meat loaf, lasagna, etc.
- ❖ Stinging nettle needs to be cooked, steamed or dried to deactivate the stinging ability.
- ❖ For nettle, the entire young plant can be eaten, stems and all. Larger spring nettle stems will get fibrous and should be removed. Don’t eat nettle plant once it is flowering. Prepare nettle by:
 - ◆ **Boil** – Boil water. Add nettles into bubbling water for 1 minute then remove and dunk into cold water to stop the cooking. Eat them as is, added to dishes or frozen for later use. Drink the water nettles are boiled as tea.
 - ◆ **Freeze** – Boil nettles until just cooked, rinse in cold water, drain and put in bags.
 - ◆ **Cook** – Cook in a pan until they look fully cooked, usually about 5-8 minutes.
 - ◆ **Steam** – Place nettles in a pot or steamer with a bit of water and steam for 5-10 minutes.
- ❖ Use dried nettles as a seasoning. Add to fish, rice, chicken soup, clam chowder or tomato sauce.

NUTRITION

- ❖ Nettles and wild greens are an important spring food and medicine.
- ❖ After winter, when people traditionally ate more dried and less fresh food, nettles were a source of powerful nutrients and cleansing medicine (Bruce Miller, Skokomish Elder).
- ❖ Wild greens are nutrition superstars! They are called a “*super food*” because they are very high in vitamins and minerals and also contain some protein. They nourish the blood, organs and protect against diseases.



EAT WILD GREENS 3 WAYS

MEAL

NETTLE PESTO & CHICKEN PASTA

PESTO

1 small bag (about 6 cups) of young fresh nettles, rinsed
1/3 cup walnuts or pine nuts
1 large bunch basil, stems removed, washed and drained
1/2 cup Parmesan or Romano cheese, grated
1/3 cup olive oil
1 tsp lemon juice
1 clove garlic, chopped

Chicken pieces
Favourite pasta
Pinch of salt and pepper

DIRECTIONS: For pesto, boil water and cook nettles for 2 minutes to remove sting. Drain, cool and roughly chop. Place nettles and rest of pesto ingredients into food processor or blender and blend until smooth. Add salt and pepper to taste. Meanwhile barbeque or fry the chicken until well cooked. Cook your favourite pasta and toss with 1/2 cup of pesto. Serve and enjoy!

SNACK

WILD GREENS SALAD

1 cup violet leaf and flower
1 cup chopped chickweed greens (substitute lettuce if unavailable)
1 cup edible flowers (salmonberry, thimbleberry, strawberry, calendula or rose)
1 cup spring beauty leaves (substitute lettuce if unavailable)

DRESSING:

1/2 cup fresh or frozen and thawed huckleberries or blueberries
1/4 cup olive oil
2 Tbsp balsamic vinegar
1 tsp honey
Pinch of salt and pepper

DIRECTIONS: Wash flowers and greens, and toss in a bowl. Blend all dressing ingredients together. Just before serving, pour the dressing over and toss lightly. Enjoy!

Credit: *Growing 7 Generations: A Recipe Book* by Northwest Native Plants and Foods Collective

DRINK

WARM OR ICED NETTLE MINT TEA

Dried Nettles
Dried Mint leaves

DIRECTIONS:

For iced tea, steep 3 Tbsp of dried nettle leaves and 1 Tbsp of dried mint leaves in 1 litre of hot water. Let steep until cooled. Strain out the leaves and serve over ice.

For hot tea, steep 2 Tbsp of dried nettle leaves and 3/4 Tbsp of dried mint leaves in a pot of hot water. Let steep for about 5 minutes, strain into mugs. Enjoy!

NOTE: The longer the tea steeps the darker it will become as the plant gifts the water its rich vitamins and minerals. *You can buy dried nettle and mint teas at the grocery store in common tea bags or at health food stores.



SHELLFISH

*“When the tide is out, the table is set.
The ocean is our refrigerator”*

HISTORY

- ❖ Shellfish aren't really fish. They are crustaceans like **shrimp, crab, prawns** and **lobsters** and mollusks like **clams, mussels, oysters, scallops, barnacles** and more. What is your favourite shellfish to eat?
- ❖ Historically, the Salish Sea was one of the richest food waterways on the planet and is fed by nutrient-rich currents from the deepest waters of the ocean and from the tiny creeks, all the way to the huge Fraser River. These fresh water sources help to feed and shape the unique characteristics of the region.
- ❖ Since time immemorial people have been nurtured by the shellfish that live in these waters.
- ❖ Once harvested, shellfish need to be stored on ice and should be eaten within a couple days
- ❖ Be aware of beach and shellfish harvesting closures certain times of year.

PREPARATION

- ❖ Learning about each shellfish and how they are gathered, harvested and caught is a joy and a lifelong skill. From quickly digging through the sand to find clams, to prying off the mussels and barnacles, to looking for crabs through the eel grass, each one is an activity full of adventure.
- ❖ Each shellfish has its own cleaning and cooking method. Ask your family, friends or Elders for tips on how to cook a crab, how to let clams sit in water before using, or how to peel prawns.

NUTRITION

- ❖ Eating a variety of shellfish is encouraged to provide a healthy diet.
- ❖ Shellfish have lots of nutrition nourishing the brain, muscles and blood. They contain essential omega-3 fatty acids, are excellent protein sources, are good sources of iron, zinc, copper and vitamin B12 and are low in saturated fat.



EAT SHELLFISH 3 WAYS

MEAL

PRAWN STIR FRY

MARINADE:

¼ cup honey
1 inch piece of ginger, peeled & cut into matchsticks
2 garlic cloves, peeled & crushed
2 Tbsp lemon juice

INGREDIENTS:

1 red onion, cut into wedges
1 green pepper, sliced
½ cup snow or snap peas, cut in half
2 cups prawns, peeled
2 Tbsp oil

DIRECTIONS: Combine marinade ingredients in large bowl then toss prawns into marinade and let sit for 15-30 minutes. Then, add 1 Tbsp of the oil to a hot fry pan. Take the prawns out of the marinade and cook in the oil until just turning pink. Put cooked prawns aside and heat another 1 Tbsp of oil in the pan. Cook all veggies for 5 minutes or until soft. Then, add the partially cooked prawns back with the marinade. Cook on high, until the marinade boils for 2 minutes. Serve with brown rice and enjoy!

Adapted from: <http://www.taste.com.au/recipes/honey-ginger-prawn-stir-fry/202b7bfe-b8f6-43e2-88d8-5eeaacdb206e>

SNACK

EARL'S OVEN DRIED CLAMS WITH FLAVOUR SHAKER

10 pounds Manilla (little neck) clams
Flavour Shaker (See recipe in "Herbs" page) optional

DIRECTIONS: Steam clams until they open. Discard any that do not open. Let cool, and remove clams from their shells. There may be little bits of sand or grit, so wash them well, rubbing under cold water. Dry clams with paper towels or cloth to remove moisture. When dried, line a cookie sheet with parchment paper and place the clams in a single layer. Ten pounds of clams should take up 1-2 cookie sheets. Preheat oven to 200° F, and place cookie sheet(s) in oven overnight. To allow moisture to escape, place a wooden spoon in the door to hold the oven open slightly. Clams should be fully dried by the morning.

Recipe by Earl Claxton Jr, member of the Tsawout First Nation

DRINK

VEGGIE BROTH

Any vegetables, like celery, carrots, veggie skins, etc.
Onions, chopped
Garlic, chopped
6-12 cups of water
Bay leaf or other spices
Salt and pepper to taste

DIRECTIONS: In a large pot, cook the chopped onion in 1 Tbsp oil for 8-10 minutes or until clear. Then add the garlic and cook for 1 minute. Add water, vegetables and any spices to the pot and bring to a boil. Turn the heat down, and simmer for 1-2 hours. Once the liquid has cooled, you can strain out the vegetables and bay leaf, etc. The liquid is the soup stock! Use right away, or freeze in 2-cup containers for use in future soups or stews, etc.

Adapted from: Fiona Devereaux, RD



DANDELION

“Dandelion flowers are one of the first signs of spring and nutritious spring food.”

HARVEST & STORAGE

- ❖ The flowers grow in abundance and are a delicious first food of spring.
- ❖ Dandelion leaves are hairless and have toothed edges, with only one flower per stem.
- ❖ When harvesting, every part of the dandelion is useful. Be careful not to take from roadsides, places that have been sprayed or frequented by dogs.
- ❖ **Leaves:** Harvest young tender leaves in the early spring as leaves can become bitter as the temperature gets hotter. To preserve leaves for tea, harvest on a dry day. Use rubber bands to bundle small batches and hang to dry for about 1 week. Store in a glass jar for up to a year. See recipe on back.
- ❖ **Buds and Flowers:** Harvest in early to late spring. Choose buds that are tight balls that do not open when you pinch them. Choose flowers on sunny days when they are dry and fully open.
- ❖ **Roots:** Harvest in the spring or autumn before the plant flowers. Wash roots thoroughly and dry them whole in a dehydrator, or hang to dry for up to 2 weeks. Once dry, cut roots into small pieces and store in a glass jar.

PREPARATION

- ❖ Dandelion buds/flowers can be eaten fresh, cooked or pickled.
- ❖ Dandelion roots make delicious teas (see tea latte on back page).
- ❖ Add small amounts of dandelion greens to your salads to increase the flavour and nutrition.
- ❖ The flowers are surprisingly sweet and mild in flavour. The green base and sepals can be bitter, so it is recommended to pull the yellow flower petals out of the base and sprinkle on salads, or add to cooked foods such as quiche, pancakes, muffins and fritters for added colour and nutrition.
- ❖ Do you eat dandelion?

NUTRITION

- ❖ Dandelions are very nutritious. Each part of the plant from flowers to roots all have different nutrients.
- ❖ Dandelion leaves in particular are high in vitamins and minerals, including potassium, calcium, magnesium, iron, and vitamins A, B and C.
- ❖ Dandelion nourishes the body and cleanses it at the same time.



EAT DANDELION 3 WAYS

MEAL

DANDELION FLOWER FRITTERS

½ cup flour
½ tsp baking powder
Pinch of salt
2 eggs beaten
½ cup milk
2 cups fresh flowers
Sunflower oil or sesame oil for frying

DIRECTIONS: Pick recently opened flowers and remove the green sepals from the base of the flower. Even weary wild foods consumers come around when they taste these crispy poppers. Mix flour, baking powder and salt in a bowl. You can add herbs like basil and rosemary to this as you choose. In another bowl, blend eggs and milk. Heat a skillet with about ¼ inch of a high-heat tolerant oil like sunflower or sesame. Dip flowers in egg batter then coat with flour mixture. Fry until golden, then flip to other side. Drain on paper towels.

SNACK

DANDELION BISCUITS

2 cups all-purpose flour (or 1 cup white flour and 1 cup whole wheat flour)
2½ tsp baking powder
½ tsp salt
1 tsp dried herbs (ex. rosemary, marjoram, thyme, basil, chives)
5 Tbsp cold unsalted butter, cut into small pieces
1 cup milk
½ cup dandelion flower petals, pulled off the base

DIRECTIONS: Preheat oven to 450° F. Mix dry ingredients and then add the butter, using your hands rub the mix until the butter is the size of coarse breadcrumbs. Stir in the milk, herbs and dandelion flowers (do not over-mix the batter). Batter should be moist and sticky but not smooth. Use a spoon to form ¼ cup scoops and place on a cookie sheet 1-2 inches apart. Bake until the bottom is brown and the edges are just starting to brown, about 12 minutes.

DRINK

DANDELION ROOT TEA LATTE

TEA

1 tsp dandelion root
1 cup cold water

LATTE

½ cup of milk
1 tsp vanilla
1 tsp honey

DIRECTIONS FOR TEA: Combine the root and the cold water in a pot and bring to a boil. Simmer for about 10 minutes, then strain out the root and pour hot tea into mug.

DIRECTIONS FOR LATTE: Add 1 tsp of honey into cup of hot tea. In the pot, gently warm on low heat ½ cup of milk. Once warm, add 1 tsp of vanilla then pour into tea above and sprinkle cinnamon on top.

Food is Medicine



"Mother Earth's Gifts"

Elder Anna Spahan WJOLELP First Nation



STRAWBERRY

“The strawberry teaches forgiveness and peace. The strawberry is shaped like a heart, and strawberries are known to our people as heart berries.”

– Elder Lillian Pitawanakwat

HARVEST & STORAGE

- ❖ Strawberries are one of summer times favourite treats. Three different kinds of wild strawberries grow in the Coast Salish region that ripen between May and late-September and include **Beach strawberries, Blue-leaved or Wild strawberries and Wood strawberries.**
- ❖ Finding wild strawberries to harvest requires getting close to the plants. The leaves are thick and abundant, and they hide the fresh red berries from our eyes. Move the foliage back to see if the fruit is ready to harvest.
- ❖ Choose berries that are firm, plump, and deep red as once picked, they will not ripen any more.
- ❖ Strawberries will not last over 24 hours after picking if not cooled down. To harvest large amounts for storage, bring a cooler and ice pack then transfer to a refrigerator or freezer that day.
- ❖ Plant a strawberry plant and enjoy the bounty of the plant in June!

PREPARATION

- ❖ Berries are best eaten as you pick them! How do you like to eat them?
- ❖ Strawberries can be processed into jams, jellies, frozen and dried.
- ❖ **To freeze:** wash and remove the tops. Then, lay berries flat in rows on a cookie sheet and place in freezer. Once solid, use a spatula to take the berries off the tray and transfer to a freezer bag. They will keep for several months and are great in smoothies, on ice cream or yogurt.
- ❖ **Fruit Leather** – strawberries are a great addition to fruit leathers. Try making them one day!
- ❖ Dried strawberry leaves are used in teas. Strawberries are members of the rose family and their herbal use is similar to other members like *raspberries, potentilla and rose.*

NUTRITION

- ❖ Strawberries are an excellent source of vitamins C and K. One serving (about 8 berries) has more vitamin C than an orange.
- ❖ They are also a good source of fibre, folic acid, manganese, potassium and phytonutrients.
- ❖ They contain lots of flavonoids. Flavonoids are antioxidants, and are preventative to cancer and heart disease, as well as providing anti-inflammatory and anti-aging benefits. Flavonoids also give the strawberry its beautiful red colour.



EAT STRAWBERRIES 3 WAYS

MEAL

STRAWBERRY RHUBARB CRISP

8 cups of fresh or frozen chopped rhubarb and strawberries
1½ cup rolled oats
1 cup of chopped nuts (Almonds, pumpkins, walnuts or pecans are great!)
1 cup whole wheat flour
1 cup brown or white sugar
2 tsp cinnamon
¾ cup of margarine or butter, softened

DIRECTIONS: Preheat the oven to 350° F. Mix fruit together and place on the bottom of a 9" x 13" glass baking pan. In a large bowl, mix oats, nuts, brown sugar, flour and cinnamon. Add butter/margarine into bowl and mix well into topping. Sprinkle topping over fruit and press it to flatten the top. Bake for 35 to 40 minutes until fruit is bubbly around the edges and top is golden brown. Let cool or serve warm. Enjoy!

SNACK

FRESH FRUIT SALSA & CINNAMON CHIPS

CHIPS

10 Tortillas
2.5 Tbsp oil
5 Tbsp sugar
4 tsp cinnamon

FRUIT SALSA

5 cups of frozen strawberries slightly thawed
4 cups of raspberries slightly thawed
3 apples peeled, cored and diced

DIRECTIONS: Preheat oven to 350° F. To make cinnamon chips, cut each tortilla into 8 wedges (like a pizza) or strips. Place into large bowl and drizzle oil over top to coat tortillas all over. Mix sugar and cinnamon together then add to bowl and mix well. Spread cinnamon coated pieces in a single layer over a cookie sheet. Bake for 10 minutes or until golden and crispy. Let cool before serving. To make the fruit salsa, mix all berries together in a large bowl. Mash with a fork or potato masher then mix in apples. Serve with chips. Serves 10 -20 people.

Recipe shared by Dietitian Carrie Rae.

DRINK

STRAWBERRY INFUSED WATER

4 cups of water or fresh spring water
4 fresh or frozen strawberries

OTHER FLAVOURS TO EXPLORE:

1 slice of cucumber
1 slice of lemon or lime
1 sprig of rosemary
1 slice of kiwi
4 leaves of mint

DIRECTIONS: Pour 4 cups of water into a glass jug and add any fresh or frozen choices from above. Enjoy!



TOMATOES

“Tomatoes originated in the Andes around the area of modern day Peru, and were used as a food by the Aztecs in Southern Mexico.”

HARVEST & STORAGE

- ❖ Tomatoes are the fruit/berry of the *Solanaceae* family, and hundreds of types of exist.
- ❖ Plant a tomato plant and enjoy the delicious taste of a tomato warmed by the sun. Choose firm and bright tomatoes when harvesting in the garden or in the grocery store or market.
- ❖ Whole tomatoes should be stored on the counter or windowsill. They will continue to ripen after picked, and their flavour and sweetness will continue to develop. If storing in refrigerator, they will stop ripening, and flavour can be lost. Fully ripe tomatoes that are on the verge of getting soft should be refrigerated or used right away.

PREPARATION

- ❖ To **prepare**: cut off the green stem and then cut into halves, cubes or slices to use in salads, sandwiches or wraps or fresh salsas.
- ❖ To **preserve** tomatoes: you can freeze whole or dehydrate or sun-dry.
- ❖ To **make tomato sauce**: take off stems and blanch quickly into boiling water for 1 minute then quickly dunk into cold water to take off the skin. Once de-skinned, cut into chunks and cook in a large pot over medium heat for 1-2 hours, until the tomatoes are broken down into a thick sauce. Add herbs, spices and onions or other vegetables as desired. The sauce can be eaten immediately, canned, or frozen in containers for up to 3 months.

NUTRITION

- ❖ Tomatoes are very nutritious and low in calories
- ❖ They contain high amounts of fibre, minerals and vitamins.
- ❖ They contain large amounts of lycopene, a flavonoid antioxidant. Lycopene helps protect cells and repairs damaged tissues in the body.



EAT TOMATOES 2 WAYS

MEAL

HOMEMADE PASTA SAUCE

4 x 15 oz cans of whole, crushed or stewed tomatoes (or can use fresh tomatoes; see preparation section on front page)

1 x 6 oz jar of tomato paste

1 onion, chopped

1 carrot, peeled and grated

2 (or more) cloves garlic, peeled and chopped

1 Tbsp Italian seasoning

1 Tbsp oil

DIRECTIONS: In large pot, add oil and cook onion on medium heat for about 8 minutes, until onions look clear. Add in tomatoes, tomato paste and garlic, simmer on low for about 1 hour. Add seasoning, salt and pepper then cook for another 10 minutes. Enjoy sauce on any kind of pasta or pizzas (see below). Will keep in the refrigerator for 5 days, or freeze up to 3 months.

SNACK

MINI PIZZAS ON ENGLISH MUFFINS

Pasta sauce (from above recipe, or canned or jarred sauce)

Cheese (mozzarella, cheddar, parmesan, etc.)

English muffins

Toppings (pepperoni, onions, green peppers, olives, pineapple, ham, etc.)

Olive oil, dried basil, dried oregano (optional)

DIRECTIONS: Cut English muffin in half and lay flat on a cookie sheet (or piece of tin foil). Assemble mini pizza by spreading red sauce then add toppings and sprinkle with cheese. Drizzle with olive oil and spices if desired. Place in a 350° F oven or toaster oven for 8-10 minutes until the English muffin is toasted and the cheese is bubbly. Cool for at least 5 minutes before enjoying!

DRINK

NATURE'S GATORADE: FIR TIP SUN TEA

Douglas fir leaves/needles are easy to identify because they are all the same length and spiralling around the branch. Young fir tips are bright green and soft located at the tip of branch.

½ cup of young fresh or frozen fir tips

4 cups of water

DIRECTIONS: To make a delicious fir tip tea place young tips in a jar, cover with water with lid closed and let it sit in a warm sunny place for several hours. Strain and enjoy. "Nature's Gatorade" is high in vitamin C and electrolytes. Douglas fir needles are infused in oil to make body oil, lotion, or salve. The resin is mixed with oil and used for medicine and as waterproofing. Needles are made into a tea that is used in sweats and baths.



VEGGIES

“Plants are medicine. Nature provides us a bounty of colourful and nourishing foods for our minds, bodies and spirits”

HARVEST & STORAGE

- ❖ “Vegetable” has several categories, including:
 - **Leafy and salad veggies** (i.e. Miner’s Lettuce, nettle, violets)
 - **Beans and peas** (i.e. American Groundnut or Potato Bean)
 - **Bulb and stem vegetables** (i.e. KEXMIN Celery seeds, Chocolate Lily, Nodding Onion)
 - **Root and tuberous vegetables** (i.e. Broadleaf Arrowhead, edible camas, wild carrot)
 - **Sea vegetables** (i.e. seaweed, bull kelp, sea lettuce)
- ❖ Lots of different types of veggies were cared for, harvested, stored and eaten in this region since time immemorial. Vegetables grow in a variety of climates and conditions.
- ❖ Many of these plants were also used in ceremonies and considered medicinal plants.

PREPARATION

- ❖ Many of these vegetables were cooked or processed in some way to break down the fibre content, and make their nutrients more available. Ask your family, friends of Elders about growing and preparing all the different vegetables available to you.
- ❖ Camas, a bulb vegetable, is harvested when the bulbs measure two to three inches across and the flowers have died back. The bulbs, which look like small onions, are steamed in large pits for a day and a half until they are “soft, brownish and sweet”. The bulbs are mashed, and can be used in all kinds of cooking.
- ❖ It can take **15-20 times to see a new food** before you eat it, so don’t stress and just try it and explore new flavours and tastes.

NUTRITION

- ❖ Veggies contribute fibre, vitamins, minerals and other important nutrients to the diet.
- ❖ They promote health, energy, vitality and prevent disease.
- ❖ Root veggies provide carbohydrates (starch and fibre), and was a staple food source.
- ❖ Sea veggies provide nutrients, protein, iron and B vitamins.



EAT VEGGIES 3 WAYS

MEAL

CHICKEN VEGGIE SOUP

Chicken breast or thighs	1 can beans, drained and rinsed (any kind)
1 onion, chopped	3 cups vegetables (celery, carrots, peas, corn, etc.)
2 garlic cloves, peeled and chopped	6 cups water
1 large can tomatoes	1 Tbsp Italian seasoning or favourite herb
1 cup rice, lentils or barley	2 bay leaves
Salt and pepper to taste	2 Tbsp oil

DIRECTIONS: In a large pot, heat oil and cook onion on medium for 8 minutes until clear. Add garlic and cook for 30 more seconds. Add water and then the chicken, tomatoes, bay leaves and rice/ lentils/barley. Cover pot, reduce heat to low and cook until meat and grain is cooked through (about 30-40 minutes). Now add vegetables, beans, and seasonings. Cook until the vegetables are soft, and adjust taste with salt and pepper. Enjoy this wholesome and filling meal!

Adapted from: Fiona Devereaux, RD

SNACK

EGG PIE

4 potatoes or sweet potatoes/yams, washed	2 Tbsp Italian seasoning, fresh or dried
4-6 eggs	¼ tsp salt and pepper
2 Tbsp milk	1 onion, chopped
1 clove garlic, peeled and minced (optional)	½ cup grated cheese
1 cup mixed vegetables (fresh or frozen spinach, peppers, tomatoes)	

DIRECTIONS: Preheat oven to 350° F. Whisk milk, eggs, spices, salt and pepper together with a fork, and set aside. In a pan, cook onions on medium heat 8-10 minutes until clear, add the garlic and mixed vegetables. Cook until tender, and set aside. Cut potatoes into thin slices/circles, and arrange in bottom of a baking dish. Then, spread out cooked onion/garlic/peppers /veg on top of potatoes. Pour egg mixture over the dish, making sure potatoes are covered. It's OK if other vegetables are not completely covered. Sprinkle with cheese and bake for 40 minutes, until potatoes are tender. Serve with veggies on side and fruit for dessert.

Adapted from: Diabetes Dialogue Winter 2003, CDA.

DRINK

FRUIT INFUSED WATER

4 cups of water or fresh spring water
½ cup of any cut-up fruit or veggie
Sliced fruit – cucumber, melon, berries, ginger, lemon or lime
Fresh mint, basil, lemon balm or rosemary

DELICIOUS COMBINATIONS

Strawberry and Kiwi
Blueberry and Orange
Watermelon and Strawberry
Mango and Mint
Cucumber and Mint
Ginger and Mint

DIRECTIONS: Pour 4 cups of water into a glass jug and add any fresh or frozen choices from above. Enjoy!

Food is Medicine



"Mother Earth's Gifts"

Elder Anna Spahan WJOLELP First Nation



SALMON

"Salmon are 'gift-bearing relatives, and are treated with great respect'."

HARVEST & STORAGE

- ❖ Salmon is essential to the livelihoods of us all. Salmon is a staple food source, as well as sources for wealth and trade. Salmon is deeply embedded in culture, identity and existence of Indigenous peoples.
- ❖ There are five different species of Pacific Salmon: **Chinook (King), Sockeye (Red), Coho (Silver), Pink (Humpy) and Chum (Dog)**.
- ❖ Salmon is preserved by drying, smoking, canning or freezing the fish.

PREPARATION

- ❖ Salmon can be eaten in many different ways such as roasted, baked, boiled or steamed. What is your favourite way to cook salmon?
- ❖ Enjoy salmon on its own or in casseroles, soups, stews, chowders, pies and much more.
- ❖ To roast salmon, place stakes around an open fire. Salmon can be boiled and steamed in bentwood boxes or open pits.

NUTRITION

- ❖ Coldwater fish, such as salmon, contain many essential vitamins, minerals, proteins and antioxidants and healthy unsaturated fats.
- ❖ Salmon is very high in essential omega 3 fatty acids, a type of unsaturated fat that keeps you healthy and can reduce inflammation throughout the body.
- ❖ It is recommended to eat cold water fish at least two times per week. If you are pregnant, it is recommended to eat only one time per week.



EAT SALMON 3 WAYS

MEAL

SALMON CAKES WITH LEMON DIP

2 cans salmon, drained
½ cup of flour or mashed potato
3 green onions, chopped (optional)
Herb Shaker/Nutrient Shaker (found on herbs page)
1 tsp olive oil

½ cup light mayonnaise
1 clove garlic, minced
1 Tbsp Lemon juice
1 tsp ketchup

DIRECTIONS: Open cans of salmon and drain the juice out. Wash green onions and chop up small. In a small bowl, mash salmon with flour, onions and herb shaker. Warm up frying pan with 1 teaspoon of oil on medium. Shape into small cakes/balls and add to warm pan. Cook on each side until brown and crispy. Lemon dip: – crush up garlic and add to mayo, ketchup and lemon juice, mix and serve. Makes 8 cakes each with 1-tablespoon servings of dip.

Adapted from: Elder Anna Spahan and Fiona Devereaux

SNACK

SALISH PEMMICAN

Pemmican is well-known for its high concentration of nutrients and its long shelf life. This combination of fat, protein and carbohydrate has been said to keep a person going for a whole day. Traditionally, dried meat like deer, elk, buffalo or salmon would be pounded together with fat and dried berries. Pemmican makes an excellent snack and was used as a travel food.

1 cup dried deer, elk, beef or salmon jerky
1 cup dried berries (huckleberry, cranberry, salal, thimbleberry or other)
1 cup + ½ cup raw hazelnuts, walnuts, sunflower seeds or almonds (can combine)
⅓ cup nut butter (hazelnut, almond, cashew or peanut butter)

DIRECTIONS: With a knife, chop meat into very small pieces. Add dried berries, nuts and nut butter in a food processor or blender, blend well. Add the dried meat and blend well. Store in plastic bags or containers in the fridge or freezer. Pemmican will keep for several months. Note: if you don't like fish and want to make a sweeter treat, substitute chocolate chips for the fish.

DRINK

BONE BROTH OR TEA

Bones (chicken, fish, shellfish, beef, lamb)

Use any leftover bones to make either a seafood/fish broth or meat/chicken broth
Raw bones, carcass or parts, shellfish shells, whole fish carcasses (with heads) or small dried shrimp. Remove skin from meat on bones as there can be a lot of grease in the broth.
Water (cold water enough to just cover the bones or 2 cups water per 1 pound/bag bones)
Vinegar (2 Tbsp for every 4 cups of water; apple cider, red or white wine, or lemon juice)
Vegetables (optional – any scraps, skins from cooking or raw veggies can be used)

DIRECTIONS: Combine bones, water and vinegar in a pot and bring to a boil. Remove any froth/scum that has risen to the top. Reduce heat and simmer (6–48 hours for chicken, 12–72 hours for beef). Strain with a colander/sieve, discard bones. Drink broth or use to make soup!

NOTE: Save bones and veggie scraps when cooking and store in freezer in a bag for when you want to make broth. You can also make this broth in a crockpot.



APPLES

"An Apple a day may keep the doctor away."

HARVEST & STORAGE

- ❖ Apple season is a wonderfully delicious time of year. Harvesting at the right time is key to preserving the quality and nutrition of the apple.
- ❖ Mature apples are firm, crisp and juicy with nice colour and flavour and ripen August - September.
- ❖ Picking apples too soon can make sour and starchy tasting apples while harvesting them too late can result in a soft and mushy fruit.
- ❖ **Pacific crab apples** are the Indigenous to this area and are harvested in late summer and early fall. They can be eaten fresh, or traditionally are stored under water. Because of their acidity, apples did not require further preservation.
- ❖ Crab apple tree wood is hard and somewhat flexible and can be used to make tool handles, bows, wedges and digging sticks.

PREPARATION

- ❖ Apples can be added to many meals and recipes and are one of the greatest grab-and-go snacks.
- ❖ Apple slices are great for snacking: Cut it up, sprinkle cinnamon on top, spread some peanut butter or rose hip jam, or add some cheese or nuts and seeds.
- ❖ Cook starchy apples into apple sauce by peeling skin, removing the core and boiling in a small amount of water until it cooks down and becomes soft. Store in a sealed jar in the fridge for up to 3 days.
- ❖ To prevent browning, squeeze lemon juice over apple slices.
- ❖ Crab apples make delicious jellies.
- ❖ What is your favourite way to eat an apple?

NUTRITION

- ❖ Apples are a great source of nutrition and fibre. Fibre is important for feeding the microbes in our gut.
- ❖ Eat the skin; almost half of the vitamin C content is just underneath the skin.
- ❖ Apples provide our bodies with B vitamins and energy making them a great snack to have at any time of the day.



EAT APPLES 3 WAYS

MEAL

APPLE SANDWICH

1 apple
1 tbsp peanut butter or nut butter
1 tsp raisins or dried cranberries
1 tsp chocolate chips
1 tsp shredded coconut
1 tsp nuts, chopped
Cinnamon

DIRECTIONS: Wash and core an apple with an apple corer. Then cut the apple into 4 thick slices, to resemble bread slices. Spread peanut butter on one slice, and sprinkle with nuts, dried fruit, coconut, cinnamon and chocolate chips. Make a sandwich by topping with another slice of apple. Enjoy right away, or brush each apple slice with lemon juice to keep from turning brown.

SNACK

MORNING GLORY MUFFINS

½ cup raisins	2 cups carrots, peeled and grated
1 cup brown sugar	1 large green apple, peeled and grated
2 tsp baking soda	½ cup unsweetened coconut
1 Tbsp cinnamon	⅔ cup walnuts, chopped
1 tsp ground ginger	⅓ cup wheat germ
½ tsp salt	3 large eggs
⅔ cup vegetable oil	2 Tbsp vanilla extract
¼ cup orange juice	2 cups whole wheat flour

DIRECTIONS: Pre-heat oven to 375° F. Lightly grease a 12-cup muffin tin or use paper muffin cups. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, ginger, raisins and salt. Then, stir in carrots, apple, coconut, walnuts and wheat germ. In a separate bowl, whisk together eggs, oil, vanilla and orange juice. Add to flour mixture, along with the drained raisins, and stir. Try not to over mix batter. Fill the muffin tins and bake for 25-28 minutes until golden brown.

DRINK

APPLE PEANUT BUTTER SMOOTHIE

1 cup milk or almond milk
1 small apple, chopped
2 Tbsp peanut butter
1 tsp vanilla extract
¼ tsp ground cinnamon
4-6 ice cubes
2 tsp honey (optional)

DIRECTIONS: Combine milk, apple, peanut butter, honey (if using), vanilla, cinnamon and ice cubes in a blender. Puree until smooth. Makes about 3 cups.



NUTS & SEEDS

“Mother nature’s snacks”

HARVEST & STORAGE

- ❖ Only a few nuts and seeds are available in this region, including **wild hazelnuts and acorns**.
- ❖ Wild hazelnuts or beaked hazelnuts grow on bushy shrubs approximately 3 metres high. They grow in moist, shaded woods and the nuts ripen from late August through October.
- ❖ White bark pine, yellow pine or lodgepole pine seeds can be gathered in the fall, roasted and stored throughout the winter. The cones will fall to the ground, or can be harvested by shaking the tree branches. Cones are collected, roasted, and cracked open to expose seeds.
- ❖ Many other commercially available nuts and seeds including **almonds, walnuts, peanuts, chickpeas, pumpkin seeds, sunflower seeds and chia seeds**, etc.

PREPARATION

- ❖ Nuts are great grab-n-go snacks. Just crack them open and enjoy!
- ❖ Serve them alongside fruit, mixed into salads, or blended into nut butters and spread on bread.
- ❖ It’s important to store all nuts and seeds in a cool, dry place, as heat and warm temperature can cause them to go bad. It is not recommended to consume food that has gone bad.
- ❖ Hazelnuts can be eaten raw and fresh, or boiled and put in soups. They can also be dried and stored for several months.
- ❖ You can also keep nuts and seeds fresh for longer by storing them in the freezer.
- ❖ What is your favourite way to eat nuts?

NUTRITION

- ❖ Nuts and seeds are high in fibre, protein and omega 3 fatty acids. Omega 3 fatty acids are good for brain, blood and overall health.
- ❖ Nuts and seeds can help balance your blood sugars throughout the day, and keep you full longer.
- ❖ The thin membrane around the nut, which can look like thin brown paper, actually contains most of the nutrients. When choosing nuts or seeds, it is best to choose those that still have its skin.
- ❖ While including nuts and seeds in our diet is healthy, avoid the overly salted or honey-glazed versions. They are usually packed with unneeded sugar and salt.



NUTS & SEEDS THREE WAYS

MEAL

NO BAKE LEMON COOKIE FRUIT TARTS

7-12 Medjool dates, pitted (if not sticky and moist, soak in warm water for 10 minutes, then thoroughly drain)

2 cups raw walnuts (or substitute other nut, such as pecan or almond)

12 ounces Greek plain yogurt

½ tsp vanilla extract

¼ cup maple syrup, agave nectar, or honey

1 tsp lemon zest

1½ cups mixed fresh fruit, divided (berries, bananas, strawberries, kiwi, etc.)

DIRECTIONS: Put walnuts in a food processor, and pulse until they are roughly chopped. Then, while the processor is running, drop in dates one at a time through the spout until the mixture rolls together into a dough. This will take anywhere from 7-12 dates, depending on their size. Line a standard pie or tart pan, or several 4¾ inch tart pans, with parchment paper. Then press the crust into the pans using your hands. It doesn't have to be perfect. Set in freezer to chill. To make the filling, mix yogurt, lemon juice, vanilla and sweetener of choice in a blender until creamy and smooth. Adjust flavours to desired level of tartness/sweetness. Remove crust(s) from freezer and top with the lemon filling. Chill to set (at least 2-4 hours) and then top with fruit just before serving. Store leftovers in the fridge for up to a few days.

Recipe adapted from: <https://minimalistbaker.com/no-bake-lemon-cookie-fruit-tarts/>

SNACK

TRAIL MIX

2 cups total of mixed, chopped dried fruit and/or berries (dried cranberries, blueberries, apples, strawberries, apricots)

1 cup (10 - ounce package) dark chocolate chips

1½ cups total of mixed nuts and seeds (unsalted peanuts, whole almonds)

½ cup sunflower seeds

DIRECTIONS: Combine dried fruit and berries, chocolate chips, nuts and seeds in large, re-sealable plastic bag. Store in cool, dry place for up to 2 weeks. Great snacks for on the go, or for packing a quick healthy snack or school lunch. Makes about 6 cups.

Recipe adapted from: <https://www.verybestbaking.com/recipes/145736/dark-chocolate-trail-mix/>

SNACK

POWER COOKIES

1 cup of peanut butter (crunchy adds a great texture and of course you can use other nut butters)

1 egg

1 cup of cranberries, pumpkin seeds or chocolate chips

1 cup of hemp hearts – adds so much nutrition protein and healthy fats (If you don't have hemp hearts you can still make these cookies. Add ½ cup of sugar to the recipe)

IMPORTANT: If you use natural peanut butter you may want to add ¼ cup of brown or white sugar. I prefer them without but it depends on your taste.

DIRECTIONS: Measure and combine ingredients above and mix well in a bowl. Measure out 2 tbsp of dough and roll and press into cookie shape. Bake for 8-10 mins at 350. Cool and enjoy!

Food is Medicine



"Share Foods with those you love"

Elder May Sam WJOLELP and STAUTW First Nation



BANANAS

“A common food that all enjoy as it is quick and tasty”

HARVEST & STORAGE

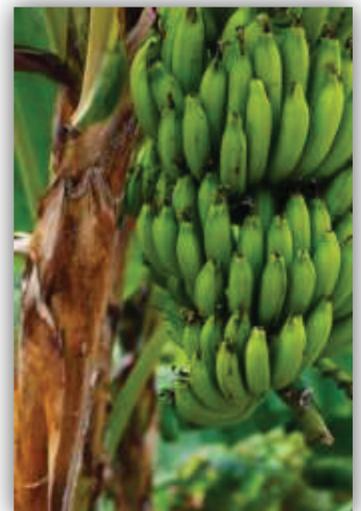
- ❖ Bananas are a fruit available year round from the grocery store.
- ❖ The banana plant is not a tree, but rather the largest herbaceous flowering plant in the world, producing edible, seedless berries – a banana!
- ❖ Sweet bananas originated in Asia and Australia, and today are grown in over 130 countries. The banana plant grows in tropical climates, and cannot grow outdoors in Canada.
- ❖ Bananas must be harvested when fully green, and then transported over long distances from the tropics to other world markets. When the banana gets to its final destination, they are exposed to ethylene, a ripening gas, and the banana will then begin to turn yellow.
- ❖ Apples and potatoes naturally produce a large amount of ethylene gas. If your bananas are too green when you get them home, you can put them in a brown paper bag with an apple or potato to speed up the ripening process.
- ❖ Overripe bananas can be easily stored in the freezer for up to 3 months, and then added to smoothies or in baking.

PREPARATION

- ❖ Sweet bananas are best eaten fresh, or cut-up on cereal, in a fruit salad, or on a peanut butter sandwich.
- ❖ Bananas also have a smooth texture, and are a great addition to smoothies, shakes or in fruit salads. They also add great flavour and natural sweetness to baked goods and pies.
- ❖ Bananas make a great first food for babies. Simply fork mash and enjoy!

NUTRITION

- ❖ Bananas are a rich source of vitamin B6, and also a good source of vitamin C and fibre.
- ❖ Bananas do contain some potassium (although other fruits and veggies may be better sources, including potatoes, mushrooms and spinach). Potassium is good to increase mobility and muscle health, as well as prevent cramping. It can also reduce the formation of kidney stones and promote good urinary tract health.



EAT BANANAS 3 WAYS

MEAL

BANANA OATMEAL MUFFINS

1 cup whole wheat flour	$\frac{3}{4}$ cup milk
1 cup oatmeal	1 egg
1 tsp baking soda	$\frac{1}{2}$ cup brown sugar
2 tsp baking powder	$\frac{1}{4}$ cup oil
1 tsp salt	1 cup banana, mashed
1 tsp cinnamon	$\frac{1}{2}$ cup blueberries or chocolate chips

DIRECTIONS: Preheat oven to 400° F. In a small bowl, mix together the dry ingredients (flour, oatmeal, baking soda, baking powder, cinnamon, brown sugar and salt). In a separate, larger bowl, whisk together the wet ingredients (egg, banana, milk and oil). Then, add the dry ingredients into the wet, and stir gently until everything is just combined. Gently fold in the berries or chocolate chips. Drop batter into muffin tins, until they are $\frac{2}{3}$ full. Bake 20-25 minutes. Enjoy!

SNACK

3 INGREDIENT BANANA BREAKFAST COOKIES

2 very ripe bananas
1 cup uncooked oats
 $\frac{1}{4}$ cup chocolate chips
Cinnamon (optional)

DIRECTIONS: Preheat oven to 350°F. Grease or spray a cookie sheet. In a bowl, mash banana with a fork, then mix in oats and chocolate chips. Place spoonfuls of batter spread out on cookie sheet, press down to flatten into small disc (about the size of a golf ball). Sprinkle with cinnamon (optional but yummy). Bake 15 minutes or until golden brown. Let cool and enjoy!

Recipe adapted from: <https://princesspinkygirl.com/3-ingredient-chocolate-chip-oatmeal-breakfast-cookies/>

DRINK

BANANA BERRY SMOOTHIE

2 bananas
2 cups frozen berries
1-2 cups water or milk
2 cups spinach
 $\frac{1}{2}$ cup yogurt (optional)
 $\frac{1}{2}$ tsp cinnamon (optional)

DIRECTIONS: Place all of the ingredients into a blender. Blend until smooth and pour into glasses. Serves 4-6.



HERBS

“Spice up your life.”

HARVEST & STORAGE

- ❖ Herbs and spices are plants, roots and seeds and add delicious flavour to our food. They provide our bodies with a bounty of nutrients.
- ❖ **Herbs** come from the leafy and green part of the plant. Some examples are: basil, oregano, thyme, rosemary, parsley and mint.
- ❖ **Spices** come from the root, stem, bulb, bark or seeds. Some examples are cinnamon, cloves, ginger and pepper.

PREPARATION

- ❖ **To dry**, place them in a warm place with good ventilation and out of direct sunlight. Next to a wood stove with a fan running nearby is ideal.
- ❖ Spread them out so they are only one layer thick and turn them every day so they will dry evenly.
- ❖ A dehydrator works well too as long as it does not get too hot. Do not turn it over 100° F.
- ❖ Once herbs are completely dried and crackly, remove any brown leaves or unwanted material.
- ❖ At this point a cool dark place will best preserve them. You can keep aromatic leaves and flowers whole and then crumble them up just before use. This helps preserve the good smells/aromatics.
- ❖ Your finished product should look and smell like the plant did when it was fresh. If it has turned brown and lost its scent, it has probably lost nutritional and medicinal value. Dried herbs generally last about a year.

NUTRITION

- ❖ Herbs contain many antioxidants, essential oils, vitamins, phytosterols and many other plant-derived nutritious substances, which help our body to fight against germs, toxins and to boost immunity level. This helps us to fight off getting sick!



HERBS SEASONINGS

MEAL

BAKED FRIES

4-5 large potatoes or sweet potatoes, washed and cut into circles
3 Tbsp olive oil
1-3 tsp of herb flavour shaker (see below)

DIRECTIONS: Preheat the oven to 375° F. In a large bowl, mix together the oil, potatoes and herbs. Add the cut potatoes, and stir to coat. Place the potatoes on a baking pan with parchment paper. Cook for about 30-40 minutes, stirring occasionally. Serves 4-6 people.

SNACK

HERB FLAVOUR SHAKER

Single serving or bulk measurements

1 Tbsp or (1 cup) dried mustard
1 Tbsp or (1 cup) paprika
1 Tbsp or (1 cup) garlic powder
1 Tbsp or (1 cup) onion powder
1½ tsp or (½ cup) black or white pepper
1 tsp or (½ cup) basil
1 tsp or (¼ cup) thyme

DIRECTIONS: Mix all the herbs together and then store in a shaker. Adds so much deliciousness to chicken, fish, rice, potato and more.

DRINK

NETTLE SEAWEED FLAVOUR SHAKER

1 cup sesame seeds
¼ cup powdered nettles
¼ cup of powdered seaweed

DIRECTIONS: Toast sesame seeds over medium heat in a dry pan (optional). Grind sesame seeds in a blender or coffee grinder. Grind nettles and seaweed into powders. Blend all ingredients and store in a glass jar in the refrigerator. Add to rice, salmon cakes, fish and soups.



DRIED BERRIES

“Nature’s fast foods, happiness is a bowl of fresh berries.”

HARVEST & STORAGE

- ❖ Berries are one of the most delicious foods to find on a walk or a hike. Berry picking is a tradition for many families in the summer months.
- ❖ Berries are one of the most important and nourishing foods in our diet.
- ❖ Drying Berries for the winter season is an important practice so we have foods that provide our bodies with the much needed nourishment and flavours in the fall and winter.
- ❖ Some popular dried berries **are huckleberries, salal, thimbleberry, rosehip and salmonberry.** Other common berries are also great dried: **blueberries, cranberries and cherries.**

PREPARATION

- ❖ Wild berries are arguably best eaten as you pick them! They are also enjoyed fresh, as desserts, on salads, on peanut butter toast and cereal.
- ❖ **To Dry berries** – you can use a dehydrator or your own oven. Lay your berries out on parchment paper on a baking sheet. For small berries leave whole or slice into small, thin pieces. Turn your oven onto the lowest setting and place baking sheet in the oven with a wooden spoon holding the door slightly open. This is done to allow the moisture to leave the oven as the berries dry. Allow to dry for 6-8 hours or until all the moisture is removed from the berries.
- ❖ **To freeze berries**, wash and remove the tops. Then, place in rows on a cookie sheet and place in the freezer. Once solid, you can use a spatula to take the berries off the tray and transfer to a freezer bag. They will keep for several months and are great in smoothies, on ice cream or yogurt.

NUTRITION

- ❖ Berries are full of healthy nutrients including vitamin C, vitamin E, fibre and riboflavin. Berries are high in nutrients, which are responsible for giving them their colour. This is why nutritionists say to eat foods with many colours.



EAT DRIED BERRIES 3 WAYS

MEAL

OATMEAL BERRY COOKIES

1 cup whole wheat flour
1/2 cup oatmeal
1 tsp cinnamon
1 tsp baking soda
1/2 cup dried berries (huckleberries, thimbleberries, cranberries, raisins etc.)
1/2 cup chocolate chips
Pinch of baking powder

3/4 cup butter
1/2 cup brown sugar
1 egg
1 tsp vanilla

DIRECTIONS: Preheat oven to 350° F. In a medium bowl, combine flour, baking soda, baking powder, oatmeal, cinnamon, dried berries and chocolate chips. In a large bowl, use an electric mixer to blend together the butter and sugar. Then add the egg and vanilla and blend well. Add the dry ingredients into the wet ingredients, and blend on low until just combined. Roll the thick batter into small balls (about 1/2 the size of a golf ball), and press down with a fork. Place on a cookie sheet and bake for 8 minutes. Let cool before eating. Enjoy!

SNACK

ROSE HIP JAM

This simple jam has become a favourite spread for sandwiches, fruit and crackers. It is a tasty way to get the wonderful nutritional benefits of rose. You can buy deseeded rose hips bulk in most herb stores or health food stores.

1/2 cup deseeded, dried rosehips (make sure there are no seeds or stems)
About 1/2 cup apple cider or apple juice

DIRECTIONS: Grind dried rose hips in a clean coffee grinder. Add apple cider or apple juice to the powder until it forms a jam consistency. Let sit several minutes to let it absorb fluid and add more as needed. Place in a jar and refrigerate. This will only last two weeks when refrigerated, but you can freeze it. You can modify the recipe by adding cinnamon powder, vanilla and other spices. Enjoy on crackers, apple slices, sandwiches or dessert.

Recipe from: Tracy Bosnian

DRINK

BERRY TEA

HARVESTED:

1 tsp elderberry
1 tsp huckleberry leaf and berry
1 tsp thimbleberry or blackberry leaf
1 tsp rosehip

DIRECTIONS: Combine all berries and leaves with 3 cups of hot water and serve.

STORE BOUGHT:

3 tea bags of any herbal berry tea
3 cups of hot water

DIRECTIONS: Steep tea bag in hot water. Serve and enjoy!

ICED BERRY TEA:

DIRECTIONS: Chill berry tea above and serve over ice.

