

Berry Recipe Book

Explore how people use berries by making a recipe book!



People in Alaska have eaten berries for thousands of years. Berries are both nutritious and delicious, and are an important food source for many people, particularly in rural areas. Harvesting berries is also an important part of many cultural traditions.

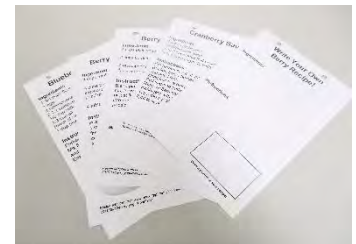
Left: Akutaq, made with berries and shortening. Image: ktoo.org.

Materials Needed:

Berry Recipe sheets, construction paper, yarn, scissors or hole punch, crayons or colored pencils.

Instructions:

Step 1: Look at the recipe pages, and choose which to include in your book. You can use as few or as many as you wish.



Step 2: Place the recipes between two half-sheets of construction paper. Use scissors or a hole punch to make two holes on the top edge, about 3 inches apart.

Step 3: Tie yarn through each hole to hold your book together.

Step 4: Decorate your book!



Add blank pages to write your own berry recipes. Which ones do you like to make? Ask your friends and family for their recipes!

Find nutritional information and more berry recipes:

uaf.edu/ces/foodhealth/berries/