

## ALASKA TRADITIONAL FOOD RESOURCES (Updated January 2010)

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\$ = There is a cost for this resource

### RECIPES AND NUTRIENT ANALYSIS

| TITLE  | ORGANIZATION  | FORMAT  | DESCRIPTION  | WESITE OR LINK  |
|--|---|---------|--|---|
| <i>A Taste of Tradition to Treasures of Tomorrow.</i>  | Unga Tribal Council   | BOOK    | <b>\$</b> This hardbound cookbook has several hundred outstanding recipes and photos of Unga Village from early 1900.            | To purchase the cookbook contact, Unga Tribal Council, P.O. Box 508, Sand Point, AK, 99661, (907) 383-5215 / 5553 fax, ungatribe@arctic.net |
| Alaska Native Diet                                     | Alaska Native TV  | VIDEO   | Video series on cooking and preparing traditional foods. Moses P. Tcheripanoff, Michael Brubaker, Sue Unger, Daniel Knapp. 2008. | <a href="http://www.alaskanativetv.com/archives/552">http://www.alaskanativetv.com/archives/552</a>   |
| Alaska Traditional Knowledge and Native Foods Database | Alaska Native Science Commission, Institute of Social and Economic Research, University of Alaska | WEBSITE | A variety of reports on nutrient data, contaminants and cultural benefits of traditional foods.                                  | <a href="http://www.nativeknowledge.org/start.htm">http://www.nativeknowledge.org/start.htm</a>   |

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|---|--|----------------------------|---|---|
| Alaska WIC Recipes  | State of Alaska<br>Women, Infants<br>and Children<br>Program               | WEBSITE                    | Recipes for use of traditional and non-traditional foods.   | <a href="http://www.hss.state.ak.us/dpa/programs/nutri/WIC/Recipes/default.htm">http://www.hss.state.ak.us/dpa/programs/nutri/WIC/Recipes/default.htm</a>   |
| <i>Alaska Wild Berry Guide and Cookbook</i>                     |  | BOOK                       | \$ Recipes and information on nearly 50 berries found in Alaska. Alaska Northwest Books. 1982.  | Available in local bookstores and on Amazon.com   |
| <i>Common Edible Seaweeds in the Gulf of Alaska</i>             | Alaska Sea Grant<br>Marine Advisory  | BOOK                       | \$ Dr. Dolly Garza, a Haida-Tlingit Indian shares her firsthand knowledge about the pleasures of harvesting, preparing, and eating some of the most common and delectable wild edibles found along the Gulf of Alaska coast. Dolly Garza. 2005. | <a href="http://seagrant.uaf.edu/bookstore/pubs/SG-ED-46.html">http://seagrant.uaf.edu/bookstore/pubs/SG-ED-46.html</a>   |
| Food, Nutrition and Health                                      | Alaska<br>Cooperative<br>Extension<br>Services,<br>University of<br>Alaska | BOOKS and<br>PAMPHLET<br>S | Numerous guides for preparing and preserving Alaska wild and grown foods.   | <a href="http://www.uaf.edu/ces/pubs/catalog/detail/index.xml?subtopic=Food,%20Nutrition%20and%20Health">http://www.uaf.edu/ces/pubs/catalog/detail/index.xml?subtopic=Food,%20Nutrition%20and%20Health</a> |
| Heart Healthy Alaska<br>Seafood: Alaska Dietitian's<br>Recipes. | Alaska Seafood<br>Marketing<br>Institute                                   | BOOK                       | Healthy recipes for fish and seafood. 2007.   | <a href="http://www.alaskaseafood.org/recipes/documents/2007recipebooklet.pdf">http://www.alaskaseafood.org/recipes/documents/2007recipebooklet.pdf</a>   |
| <i>Iqaluich Nigi náqtuat, Fish That We Eat</i>                  | US Fish and<br>Wildlife Service,<br>Office of<br>Subsistence<br>Management | REPORT                     | Detailed report of fish native to northwest Alaska includes identification and associated recipes for gathering, preparation, and use. Anore Jones. Final Report No. FIS02-023. January 2006.   | <a href="http://alaska.fws.gov/asm/pdf/fisheries/reports/02-023final.pdf">http://alaska.fws.gov/asm/pdf/fisheries/reports/02-023final.pdf</a>   |

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|---|---|---------|--|---|
| Nellie's Recipes: An Alaska Native Traditional Food Cookbook for Assisted Living Homes. | Alaska Native Tribal Health Consortium                      | BOOK    | Nellie's Recipes serves as a tool to help incorporate Alaska Native foods into assisted living homes in the Anchorage area. Recipes include nutrient analysis.           | <a href="http://www.hss.state.ak.us/dsds/rural/pdfs/Nellies_Recipes.pdf">http://www.hss.state.ak.us/dsds/rural/pdfs/Nellies_Recipes.pdf</a>                         |
| Nutrient Value of Alaska Native Foods   | Alaska Native Tribal Health Consortium                      | REPORT  | Nutrient analysis of a variety of traditional foods. Elizabeth Nobmann. DHHS, HIS, Alaska Area Native Health Service. October 1993.                                      | <a href="http://consortiumlibrary.org/aml/publications/other_publications.php">http://consortiumlibrary.org/aml/publications/other_publications.php</a>             |
| <i>Preserving Alaska's Bounty</i>   | Alaska Cooperative Extension Services, University of Alaska | WEBSITE | A series of web-based learning modules on preserving fish, meats, fruits and vegetables.   | <a href="http://www.uaf.edu/ces/preservingalaskabounty/index.html">http://www.uaf.edu/ces/preservingalaskabounty/index.html</a>                                     |
| The Traditional Food Guide for Alaska Native Cancer Survivors                           | Alaska Native Tribal Health Consortium                      | BOOK    | Easy to understand information on nutrition, food safety, and food sources from the land and sea. Includes healthy traditional food recipes. ANTHC Cancer Program. 2008. | <a href="http://www.anthc.org/chs/crs/foodguide.cfm">http://www.anthc.org/chs/crs/foodguide.cfm</a>   |
| Traditional Food Composition Nutribase  | McGill University   | WEBSITE | Nutrient analysis of a variety of traditional foods.   | <a href="http://www.mcgill.ca/files/cine/Traditional_Food_Composition_Nutribase.pdf">http://www.mcgill.ca/files/cine/Traditional_Food_Composition_Nutribase.pdf</a> |

|                    |  |  |  |  |
|--------------------|--|--|--|--|
| <b>FOOD SAFETY</b> |  |  |  |  |
|--------------------|--|--|--|--|

| TITLE  | ORGANIZATION                                  | FORMAT  | DESCRIPTION   | WESITE OR LINK  |
|--|---|---------|---|---|
| Fish Facts & Consumption Guidelines                        | State of Alaska<br>Section of<br>Epidemiology | WEBSITE | Information on benefits of fish, contaminants in fish and how much fish is acceptable to eat. | <a href="http://www.epi.alaska.gov/eh/fish/default.htm">http://www.epi.alaska.gov/eh/fish/default.htm</a> |
| Subsistence Food Safety – Assessing the Risks and Benefits | State of Alaska<br>Section of<br>Epidemiology | WEBSITE | Several papers on the safety of traditional foods in a healthy diet in Alaska.                | <a href="http://www.epi.alaska.gov/eh/subsistence.htm">http://www.epi.alaska.gov/eh/subsistence.htm</a>   |
| Traditional Food Safety                                    | Alaska Native<br>Tribal Health<br>Consortium  | WEBSITE | (Site under construction)   | <a href="http://www.anthc.org/">http://www.anthc.org/</a>   |

| RESEARCH  |  |         |  |   |
|---|--|---------|--|---|
| TITLE   | ORGANIZATION                           | FORMAT  | DESCRIPTION  | WESITE OR LINK  |
| Alaska Resources Library and Information Services (ARLIS) | University of Alaska                   | WEBSITE | Provides universal access to natural and cultural resources information in numerous libraries.   | <a href="http://www.arlis.org/">http://www.arlis.org/</a>                                 |
| Center for Alaska Native Health Research (CANHR)          | University of Alaska                   | WEBSITE | CANHR conducts research on the prevention and reduction of health disparities among Alaska Natives. See "Publications" for published research on tradition foods.  | <a href="http://canhr.uaf.edu/">http://canhr.uaf.edu/</a>                                 |
| Centre for Indigenous Peoples' Nutrition and Environment  | McGill University                      | WEBSITE | Research and educational resource for Canada's Aboriginal Peoples traditional food systems and nutritional information.  | <a href="http://www.mcgill.ca/cine/">http://www.mcgill.ca/cine/</a>                       |
| Traditional Foods Research                                | Arctic Research Consortium of the U.S. | WEBSITE | ARCUS facilitates discussion of important arctic research initiatives, produces science reports with research community recommendations for arctic science priorities, and distributes information resources to the arctic research community. Search "Alaska Traditional Native Foods". | <a href="http://www.arcus.org/arcus/index.html">http://www.arcus.org/arcus/index.html</a> |

| MEDICINAL USE   |  |        |   |   |
|---|--|--------|---|---|
| TITLE   | ORGANIZATION   | FORMAT | DESCRIPTION   | WESITE OR LINK  |
| <i>Alaska's Wilderness Medicines: Healthful Plants of the Far North</i> |  | BOOK   | \$ Guide to identification, collection and preparation of medicinal plants. Eleanor Viereck. Alaska Northwest Books. 1987.              | Available in local bookstores and on Amazon.com   |
| Traditional Use of Native Plants  | Alaska Natural Heritage Program, The Environment and Natural Resources Institute, University of Alaska | TEXT   | Information on botany and traditional uses of Native Alaskan plants. Download "Medicinal Flora of the Alaska Natives" by Ann Garibaldi. | <a href="http://aknhp.uaa.alaska.edu/traditional_use/">http://aknhp.uaa.alaska.edu/traditional_use/</a> |

| IDENTIFICATION AND HARVESTING   |   |          |   |   |
|---|---|----------|---|---|
| TITLE   | ORGANIZATION  | FORMAT   | DESCRIPTION   | WESITE OR LINK  |
| ADF&G Wildlife Notebook Series  | Alaska Department of Fish & Game, Division of Subsistence | WEBSITE  | Detailed descriptions and drawings of a wide variety of Alaskan animals, birds, fish and shellfish.   | <a href="http://www.adfg.state.ak.us/pubs/notebook/notehome.php">http://www.adfg.state.ak.us/pubs/notebook/notehome.php</a> |
| <i>Alaska's Mushrooms: A Practical Guide</i>                          |   | BOOK     | \$ Guide to identifying edible and poisonous mushrooms in Alaska. Harriette Parker. Alaska Northwest Books. 1994.   | Available in local bookstores and on Amazon.com   |
| <i>Alaska's Wild Plants: A Guide to Alaska's Edible Harvest</i>       |   | BOOK     | \$ Easy to use introduction to more than 70 edible wild plants in Alaska. Janice Schofield. Alaska Northwest Books. 1993.   | Available in local bookstores and on Amazon.com   |
| <i>Common Clams, Cockles, Scallops, Oysters of Alaska</i>             | Alaska Sea Grant Marine Advisory                          | BROCHURE | Two-page brochure on identification of and contamination issues in Alaska's shellfish.  | <a href="http://nsgl.gso.uri.edu/aku/akug98002.pdf">http://nsgl.gso.uri.edu/aku/akug98002.pdf</a>                           |
| <i>Common Edible Seaweeds in the Gulf of Alaska</i>                   | Alaska Sea Grant Marine Advisory                          | BOOK     | \$ Dr. Dolly Garza, a Haida-Tlingit Indian shares her firsthand knowledge about the pleasures of harvesting, preparing, and eating some of the most common and delectable wild edibles found along the Gulf of Alaska coast. Dolly Garza. 2005. | <a href="http://seagrant.uaf.edu/bookstore/pubs/SG-ED-46.html">http://seagrant.uaf.edu/bookstore/pubs/SG-ED-46.html</a>     |
| <i>Discovering Wild Plants: Alaska, Western Canada, The Northwest</i> |   | BOOK     | \$ Guide to more than 170 edible wild plants in Alaska with recipes and other uses. Janice Schofield. Alaska Northwest Books. 1989.   | Available in local bookstores and on Amazon.com   |

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|---|---|---------|--|---|
| Division of Subsistence<br>Technical Papers   | Alaska<br>Department of<br>Fish & Game,<br>Division of<br>Subsistence | REPORT  | Some papers were written in response to specific fish and game management issues. Others provide detailed, basic information on the subsistence uses of particular communities which pertain to a large number of scientific and policy questions. Search "food".  | <a href="http://www.subsistence.adfg.state.ak.us/pubs/">http://www.subsistence.adfg.state.ak.us/pubs/</a>                                     |
| Fish and Invertebrate Species<br>Photo Gallery  | Alaska Fisheries<br>Science Center                                    | WEBSITE | Detailed photos of and information on Alaska's fish and shellfish.   | <a href="http://www.afsc.noaa.gov/race/media/photo_gallery/speciesID.htm">http://www.afsc.noaa.gov/race/media/photo_gallery/speciesID.htm</a> |
| Fisheries Resource<br>Monitoring Program<br>Management Reports                                  | US Fish & Wildlife<br>Service, Office of<br>Subsistence<br>Management | REPORT  | Reports on projects funded by FSMP. Several are very detailed on specific fish, including identification, fishing methods and preparation methods.   | <a href="http://alaska.fws.gov/asm/fis.cfml?fissel=5">http://alaska.fws.gov/asm/fis.cfml?fissel=5</a>   |
| <i>Fishes of Alaska</i>   | American<br>Fisheries Society   | BOOK    | § The only comprehensive guide to the marine and freshwater fishes of Alaska. The rare and poorly known species are covered as well as the more familiar inshore, commercial, and sport fisheries. Catherine Mecklenburg, T. Anthony Mecklenburg, and Lyman K. Thorsteinson. American Fisheries Society, Bethesda, Maryland. 2002. | <a href="http://www.afsbooks.org/x53027xm">http://www.afsbooks.org/x53027xm</a>   |
| <i>Flora of Alaska and<br/>Neighboring Territories: A<br/>Manual of the Vascular<br/>Plants</i> |   | BOOK    | § A standard and authoritative reference concerning plants of the region since it was first published. Eric Hultén. Stanford University Press. 1968.   | <a href="http://www.sup.org/book.cgi?id=2767">http://www.sup.org/book.cgi?id=2767</a>   |



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|--|--|---------|--|---|
| <i>Iqaluich Nigi náqtuat, Fish That We Eat</i>   | US Fish and Wildlife Service, Office of Subsistence Management | REPORT  | Detailed report of fish native to northwest Alaska includes identification and associated recipes for gathering, preparation, and use. Anore Jones. Final Report No. FIS02-023. January 2006.  | <a href="http://alaska.fws.gov/asm/pdf/fisheries/reports/02-023final.pdf">http://alaska.fws.gov/asm/pdf/fisheries/reports/02-023final.pdf</a> |
| <i>Nature of Southeast Alaska: A Guide to Plants, Animals, and Habitats</i>                |  | BOOK    | \$ In depth guide to Southeast Alaska's species and habitats. Robert H Armstrong, Rita M O'Clair, Richard Carstensen. Alaska Northwest Books. 1998.  | Available in local bookstores and on Amazon.com   |
| <i>Seaweeds of Alaska</i>  | Cook Inlet Regional Citizens Advisory Council                  | WEBSITE | The searchable database contains photos and when available, detailed life histories for many seaweeds, beach grasses, marine lichens and miscellaneous marine plants found in Alaska.  | <a href="http://www.seaweedsokalaska.com/">http://www.seaweedsokalaska.com/</a>   |
| The Species 2000 & ITIS Catalog of Life: 2009 Annual Checklist                             | Integrated Taxonomic Information System (ITIS)                 | WEBSITE | A comprehensive catalogue of all known species of organisms on Earth. The Annual Checklist is published each year as a fixed edition that it can be cited and used as a common catalogue for comparative purposes by many organizations. | <a href="http://www.catalogueoflife.org/info_about_col.php">http://www.catalogueoflife.org/info_about_col.php</a>                             |
| <i>Wild Edible &amp; Medicinal Plants Alaska, Canada, and Pacific Northwest Rainforest</i> | Alaska Nature Connection                                       | BOOK    | \$ Two pocket trail guides on wild edible and medicinal plants in the coastal rainforest of North America. Carol Biggs. 1998.  | <a href="http://www.alaska.net/~aknature/">http://www.alaska.net/~aknature/</a>   |

Alaska Traditional Foods Resources

| EDUCATION  |   |         |  |  |
|--|---|---------|--|--|
| TITLE  | ORGANIZATION  | FORMAT  | DESCRIPTION  | WESITE OR LINK   |
| Alaska Native Knowledge Network  | University of Alaska  | WEBSITE | A variety of curriculum and cultural resources that can be found through the ANKN Clearinghouse. Search "Native Food" and "Subsistence".   | <a href="http://ankn.uaf.edu/">http://ankn.uaf.edu/</a>  |
| Physical Activity and Nutrition for Alaska's Kids: Serving Traditional Foods | State of Alaska Obesity Prevention and Control Program                                  | SLIDES  | Training for child care providers on serving traditional Native Alaskan foods in schools to provide optimal nutrition for children.  | <a href="http://www.hss.state.ak.us/DPH/chronic/obesity/pubs/8_Traditional.ppt">www.hss.state.ak.us/DPH/chronic/obesity/pubs/8_Traditional.ppt</a> |
| The Four Food Groups   | Alaska Native Language Center, University of Alaska                                     | BOOK    | This booklet contains vocabulary and information on the four food groups and nutrition in elementary Gwich'in Katherine Peter. Alaska Native Language Center. 1974.  | <a href="http://www.uaf.edu/anlc/pubs/ga_pubs/4_food_groups.pdf">http://www.uaf.edu/anlc/pubs/ga_pubs/4_food_groups.pdf</a>                        |
| Traditional Foods and Donated Fish and Game                                  | State of Alaska Department of Education and Early Development, Child Nutrition Services | WEBSITE | This website provides links to the state regulations and additional resources for safe handling and use of all donated fish and game in schools, residential childcare institutions, childcare and adult nutrition programs. | <a href="http://www.eed.state.ak.us/tls/cns/TFDFG.html">http://www.eed.state.ak.us/tls/cns/TFDFG.html</a>  |

## Alaska Traditional Foods Resources

| MISCELLANEOUS  |                                     |         |   |   |
|--|-------------------------------------|---------|---|---|
| TITLE  | ORGANIZATION                        | FORMAT  | DESCRIPTION   | WESITE OR LINK  |
| Agriculture & Food Systems Initiative                    | First Nations Development Institute | WEBSITE | Provides information on Indigenous People and Food Security, Native Food Sovereignty and Native Food Systems.   | <a href="https://www4884.sslidomain.com/firstnations/store/">https://www4884.sslidomain.com/firstnations/store/</a> |
| Alaska Historical Library Publications                   | Alaska Historical Library           | WEBSITE | Listing of Alaskan books published in 2000 and older. Books are not available online, but includes where books can be purchased.  | <a href="http://library.state.ak.us/hist/publications.html">http://library.state.ak.us/hist/publications.html</a>   |
| <i>My Big, Fat Diet</i>                                  | Bare Bones Productions Inc.         | DVD     | 💰 <i>Supersize Me</i> meets <i>Northern Exposure</i> when the Namgis First Nation of Alert Bay, B.C. gives up sugar and junk food, returning to a traditional style of eating for a year to fight obesity and diabetes. | <a href="http://www.mybigfatdiet.net/">http://www.mybigfatdiet.net/</a>   |
| <i>Paralytic Shellfish Poisoning: The Alaska Problem</i> | Alaska Sea Grant Marine Advisory    | REPORT  | Summary of the PSP problem in Alaska. 1996.   | <a href="http://seagrant.uaf.edu/bookstore/pubs/M-02.html">http://seagrant.uaf.edu/bookstore/pubs/M-02.html</a>     |
| Project Jukebox  | University of Alaska                | AUDIO   | Collection of oral stories told by Alaska Natives, including sections on plants and traditional foods.  | <a href="http://jukebox.uaf.edu/">http://jukebox.uaf.edu/</a>   |
| <i>Seasons of Subsistence</i>                            | Alaska Native Heritage Center       | CD      | 💰 Stories of Athabascan lifestyle in Holy Cross, Alaska. Dorothy Savage Joseph.   | <a href="http://store.alaskanative.net/browse.cfm/2,29.html">http://store.alaskanative.net/browse.cfm/2,29.html</a> |