

Translated by Rosemarie Meyok Edited by Millie Kuliktana



THE BERRY BOOK

Kugluktukmiut Elders and Youth
with Sarah Desrosiers



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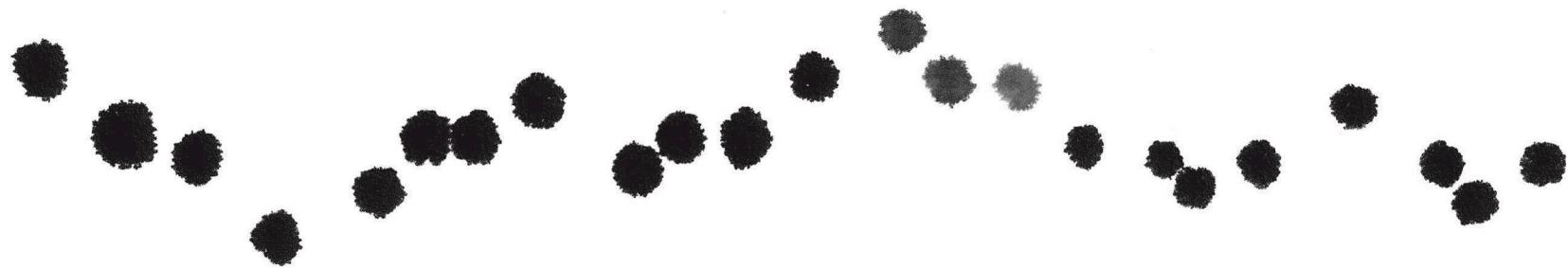
Thank You – 56







This Page: Natalie Griller, *Mother & Child*
Top Right: Natalie Griller, *Picking Berries*



Ilitariyauyukhat

Quyagivatka Mary Algona, Lena unalu John Allukpik, Alice Ayalik, Roger Egotak, Kate unalu Roy Inuktalik, Mary unalu Jack Ovilok, Annie Kigiuna, Laura Kohoktak, Agnes Kokak, Ada Ogina, John Ohokak, Mamie Oniak, Lena unalu Joseph Niptanatiak, Pauline Anomak Niptanatiak, Martha unalu Mark Taletok, Mona Tiktalek-lu. Piqqaguhtutigiblugit quyagiyumaqpiqtavut uqaringmatigit qauyimayatik uvaptingnut.

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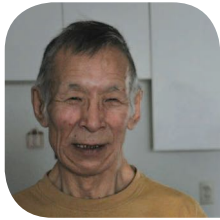
Lena Niptanatiak*



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Mona Tiktalek*



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Anomak Niptanatiak



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Betty Ann Kadlun



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PART ONE

— *Introduction* —



Kugluktumi Paun'ngagut Havaakhauhiq

Kugluktumi Paun'ngagut Havaakhauhiq aulaliqtuq 2009-mi imaa IPY havaakhauhiubluni. Havaqatigiblugit Kugluktuk Angayukhiit Iliharviat imaa iliharumablutik qanuq hilapta aallanguqtirnia qanuritpa paun'nganut. Una kiunahuaqhugu piliqtugut ihivriuhiniaqhuta illitturiniarutikhanik.

Ukiakhami, ilihaqtut ilihaqhutik avatiptigut ihivriuhinikkut pukukhutik qaffiiqtuiblutik uqumailtaaqhutik paun'nganik paun'ngaqtarviinnit hilataani Kugluktumi, Qurlumi Min'nguivhiviani.

Aallakkuttauq, aallanngurnia atipkaumaniagut uktuutauyuq paun'ngaqauchia ukiuq tamaat. Taimaa, ukiukkut avatiptingnik pidjutainni ilauiyunut aallat nunami hulidjutiuyuni, ihivriupaktaqqut qanuraaluk aputiqarnia paun'ngaqtarvigivaktavut.

Naalakhugit nunalgit ihivriurumayainik pidjutigiyaqqut ilaupkangniaqtavut nunalgit ilauihikhahaa, hilami iliharniq, aliahuutigiyakha, Inuit Qauyimayatuqangit nalunaqtunik ivaqhianik.

The Kugluktuk Berry Project

The Kugluktuk Berry Project began in 2008 as a project within the IPY program CiCAT . By working with the community, research was conducted to learn more about how the changing environment affects berries. To answer this question we established a long-term monitoring program with the help of the community.

In the fall, students had the opportunity to gain training in environmental monitoring by harvesting, counting and weighing berries from permanent plots established around the community and at Kugluk/Bloody Falls Territorial Park.

Amongst other factors, changes in precipitation has an impact on the annual berry productivity. So, as part of our winter environmental programming in addition to other land activities, we also monitor snow depths at our berry plots.

Listening to the community's research desires ensures our programming integrates community involvement, outdoor education, adventure, Inuit Qaujimaqtuqangit and scientific research.





Unipkaaqtayunik Ayuiqharniq Katimablutik

Kangiqhittiarnahuaqhugu avatipta aallanguqpalliania uqaqatigilugit inirnikhaat qauyimayaqaqtut ilihimayumayaptingnik. Katimaqatigiqattaqaakhugit, unipkaaqtayunik ayuiqhautiqaqtugut paun'ngatigut nauvaktutigut nunami angayukhiit iliharvianni.

Niqiliqivik 2012-mi, inirnikhaat, qauyimayullu inulrammiit ilauyut katittut angayukhiit iliharviata taiguaqarvianni ublungni malruungni atauhiup nappaanilu. Hivulliq ubluq kangiqhiyuumiyaqhugu paun'ngat nauvagviit, taimani atuqpauhiit, qanurlu tutquqhimavauhiit ukiumi paun'ngat nauvaktullu nunami, imaalu unipkaanik pihirnik atuuyautinik nauvaktut nunami paun'ngatigullu. Ilihaqtut apiqhuiblutik, imaalu uqaqatigiinginaqhutik, uqaqatigiiktillugit qun'ngiakhaq nipiliuqtauquq ilihagtut tuhaayamingnik titiraqtillugit

Oral History Training Workshops

To better understand environmental change a dialogue with elders and knowledge holders is required. In depth interviews with community Elders, were conducted by José Gérin-Lajoie of our research group. The questions in the interviews were used to identify changes witnessed on the land caused by the changes in the environment.

Following the interviews and after consultation and several meetings, we carried out oral history training workshops about berries and plants at the high school.

In August 2012, elders, knowledge holders and youth participants gathered at the high school library for two half-day sessions. The first day was devoted to better understanding berry ecology, traditional uses and winter storage of plants and berries, as well as to discover stories and songs related to plants and berries. Students asked questions, which was followed by an open table dialogue. Discussions were video recorded while students made notes.



Megan A. | Student Artwork

Introduction

Tugliani ubluani tainiinik paun'ngat naunaiqhaiyut. Inirnikhaat naunaiyaqtait piksat, titirarvingnut nipittaaqtunuanut, titirauhiit atiita tamaita paun'ngat qanuraaluglu auyuhikhaa. Uqaqatigiblugillu ilihaqtut Apiqhuutigut ihumagiyaitigut. Ilihaqtut apiqhuiblutik illitturiyumayamingnik.



Ubluqtuhiviani 2013-mi, ublup nappaani katimangmiyut. Qaitqublugit taapkua inirnikhaat ilauhimayut kitululiquaak ilauyumayut havaakhauhirmut. Uvani katimagamik illitturiyumablutik katitiqtatik malruungni ilaupkaititaigamik ihuariakhaita uqarihimannigitaniglu tuhaayaamingnik taapkunuuna. Akulliit ilihaqtut Inuinnaqtun ilihaqtut naalagiaqtuqhimayullu uqaqtunik.



Ukiakharmingmat 2013-mi, havaqatigiyavut akulliit ilihaqtut Inuinnaqtun. Akulliini ilihaqtut havakpaktut taiguyukhinikkut titirayukhinikkut havaakhauhirmingnik titiraqhutik unipkaanik paun'ngaqtarnikkut. Ilangit unipkaaliuqtait titirayaqtait atuqtauniaqtut uvani taiguakhami.



Ilitturiyauyut katitiqtait ukua uvunga Kugluktup “Berried Knowledge” taiguakhaq tigumiaqtat. Quviagilugu.

The second day was intended to focus on Inuinnaqtun berry vocabulary. Elders labeled photos, on sticky notes, the traditional spelling for each berry plant and their ripeness levels. They were also given time to share with students any other comments or concerns. Students were also given the opportunity to ask other questions that were peaking their curiosity.

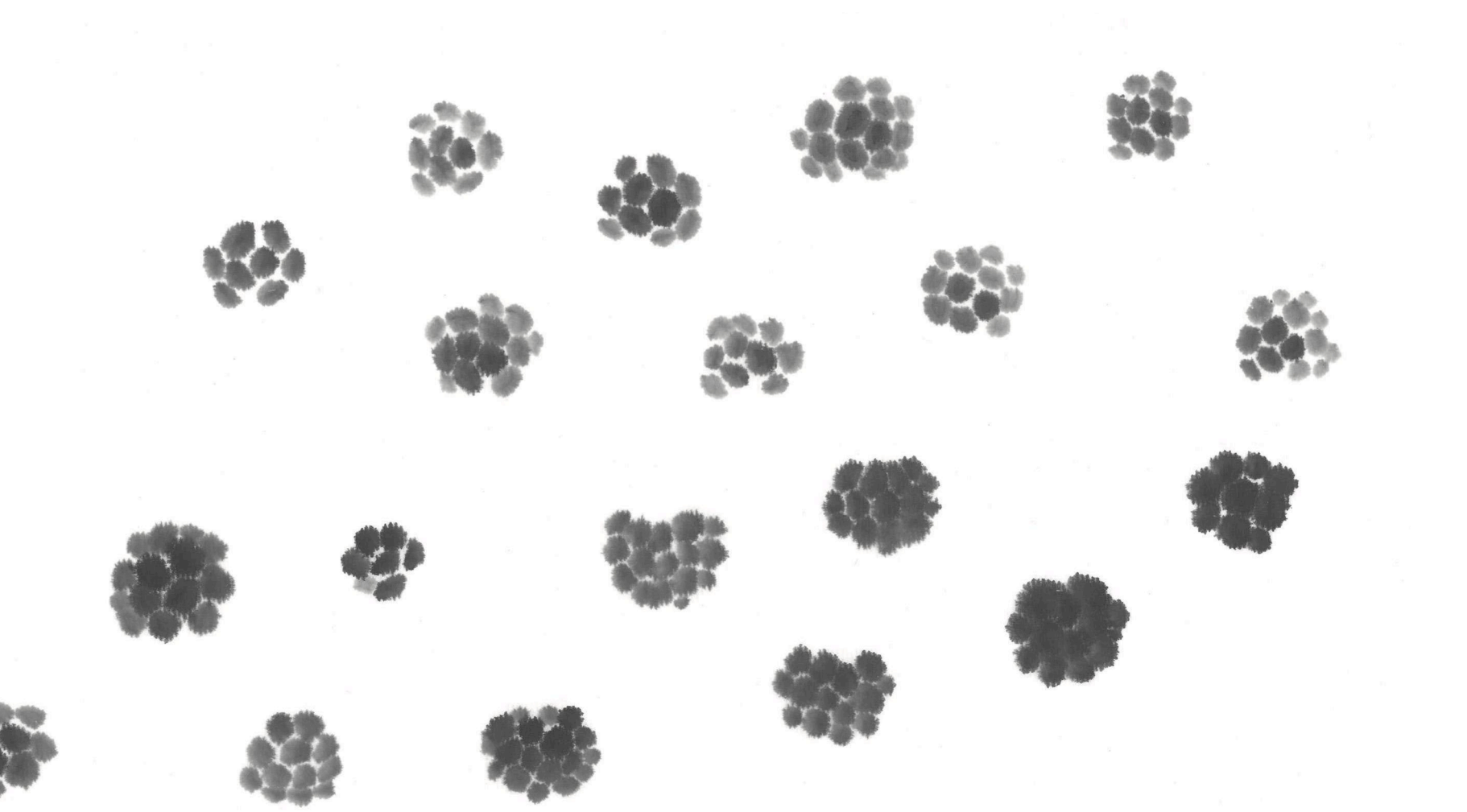
In January 2013, a follow-up half-day session was organized. We invited back the participating elders along with others who might be interested in the project. The purpose of this session was to validate the information gathered during the first two sessions and to elaborate on interesting topics previously brought up. The junior high’s Inuinnaqtun classes were invited to listen in on the conversation.

The following fall 2013, we planned to work with the junior high Inuinnaqtun classes. The junior high students worked on a literacy project that involved writing stories about berry picking. Selected stories and illustrations were chosen and have been included in the book.

The information gathered from these events have been collated into The Berry Book that you are holding! We hope you enjoy.

PART TWO

— *The Berries* —







AQPIIT

Cloudberry

Big, yellow, good to eat, food, pick with mom, happy, delicious, Fall - Alimée

Aqpiit (*Rubus chamaemorus*) uqauyait ukiuraaluk uumavaktut nauttianik ilaqaqhutik. Hivulliuqatauvaktut nauyuktunit nunainaqmi. Nauttiangit tallimanik qakuqtanik uqauyalik angiyyaqhutik. Aqpiit nutaqqiuyuktutut ittut taimaa ahiaq nauyuq arnallurmit ihigtitauyariaqqaqtut angulluarmit nauttiamit. Ahiaq nauyut amihuuplutik atauttikut nauliqpaktut, aupayaaqhutik naulihaaraangamik quringayunnguqpaghutik nauttaraangamik. Tamangnik nauyut atauhirmik pingahunikluuniit amirtut atungauyalgit kikliit kigutinnguqaqhutik.

Laura Kohoktak unipkaaqqhimayuq Aqpiit nalvaaqtauvaktut “kinipalrungmi nunanit; hinaani tahiit kinipayumi.” Taamna nauttiaq amihunik mahulik nunap ataani ilaliutivaktut nunamut uryukpaluktumut.



Cloudberry (*Rubus chamaemorus*) is a perennial herb part of the rose family. It is one of the earliest plants to bloom on the tundra. The flowers have five white petals and are medium to large in size. The cloudberry is dioecious meaning the fruit produced by the female plant requires pollination from a male plant. The fruit produced is referred to as an aggregate drupelet, which is red when immature turning orange to pale yellow when ripe. Each plant has one to three leathery leaves with toothed edges.

As Laura Kohoktak explains “cloudberries are found around the areas where it’s moist; along the areas of the lake.” The plant sends out runners underground to root itself tightly in the peaty soil.

The cloudberry is the most prized because they are the first to ripen, they are large, sweet and easy to pick and they keep very well. They are rich in benzoic acid, a natural preservative. Nutritionally, cloudberries contribute significant amounts of vitamin C. People need vitamin C because any excess is lost from our bodies; our body doesn’t store it. Vitamin C also protects us from infections and keeps our immune system strong.

Stages of Life

Apqiit nuvuyatut
ittut. Nauvaktut
hungayaaqtuni
ivingni. Hiirnaqpiaqtut
auryuanngitkaangamik.
Angiyuuttaaqtuq
mikkaublutiglu.
Ayuridjutinnaqtut.
Taimaalimairnaqtut.
- Darien

Cloudberries look like
clouds. They grow on
green grass. They taste
really sweet when they
are not too ripe. They
can be big to small in
size. They are addictive!
You can never quit
having the cloudberries.
- Darien



Cloudberry Flower
Akpikut naotiaq*
Aqpikut naottiaq**

* Local dialect
** Standardized
Inuinnaqtun



Cloudberry are budding
Akpiin naoliktut
Aqpiin nauliqut



Blooming (growing)
Naoyuk
Nauyuq



Ripe Cloudberry
Aoyuk akpik
Auyuq aqpiq

Reddish-orange, taste good,
soft and juicy -
Kendri -
the stem is green, vitamin C

Aqpiq puu-ka-
taatut ittut kihimi
auyangaangugumik
roses-tut ittut. Akhat
aqpiktuqpaktut.
Quryiqtauuyut
mamaqhutik
sukalirlugit. Imigaa
hiirnaqtuq. Aqpiktariami
alianaqtuq.

- Angel

The Cloudberry looks
like poke-a-dots but if
they are still red from
far they look like roses.
Bears eat Cloudberry.
They are yellow and
taste good with sugar.
The juice is really sweet.
It is lot of fun to pick
Cloudberry.

- Angel

Inuit Qaujimajatuqangit



Avrana | Student Artwork

Qayaqtuqtugut
hiqinnaqtillugu. Ilangit
inuit utiffaaqtukhat
havakkamik kihimi
itiuqatiginngatavut
Darlalu Darcy-
lu. Unnuaraaluk
iqqaqhaqhunga
iqalukhiuqpaktunga
Darla
paun'ngaqtaraaqtillugu,
qikiqtamiittugut
ikaarnini qulini
malruungni.
Imairutiugut kihimi
aniga Silas aiyaatigut.
- Keeran

Mark & Martha Taletok

Aqpingnulu taimailuqpaktut
(juusiliuqhutik unnakhugit)
hatqarliraangamik. Hatqarliirnaqtuq. (ahiat)
havautauttaaqtut aannialiraangat.

Mary Kellogok

“Qingaungmi aqqiqaryuarami
kigutingirnaqaryuarami. Puigulimaitara.
Taavunga nuuttukhaugaluqtunga qakugu.
Niuvirviup (HBC) haniani, kuukkap
akiani. Pinniopiaqtuq. Aqpiktaqpaktugut,
kingminaqtapaktugut mahutaqpaktugut;
qakuqtauyut. Kiarittut ittut. Ilaanilu
niuvrutigivagait (aqpiit) umiaq tikitkaangat.”

Alice Ayalik

Ilaani nipaluluayuittuq. Paun'nganikpaktuq nipalliqpakkaangat, taimaa aadjikkiik. Aputinullu
atayuq nipalungmut. Ukiuqtamaat aallangayuq. Ukiuq qanurinninganut atayuq. Aippaangani
aputiqalluanngittuq nipallilluanngittuq auyaq paun'ngaqaniarunaqtuq nuna atipkaumangmat.
Aippaangani aputiqalluannginmat taimaa paun'ngat mikkauyut. Itqaumayuq nuna paniinnaqtuq.
Taimaa nauyuqalluanngittuq.

Laura Kohoktak

“Nipalliluanngitkaangat nauyuquqalluayuituq paun'nganik. Nipallinngitkaangat
paniqpaktut. Hila aallanguqtiniagun'nguuq kiaq. Aallanguqpalliyuq. Hamanilu avataani
nauvaktuugaluit nauyukhaiqtuq. Taimanitut ittungnaiqtuq amigaitpiaqtuugaluit taavani avataani
paun'ngatarvikput. Taimaittungnaiqtuq. Paun'ngat ikigliyut. Taimailiyuq ahinilu kihimi ilaani
aqpigiakhivaktugut. Ilaanilu ikittuublutik nauvaktut aunariqpakhutiglu. Aulluaqhimaittumik
iyukkarapaktut.”

John Ohokak

“Hamna alianatqiyaaq paun’ngaqtaraangat. Itqaumayunga tuktunik malingnikhunga. Tuvyiblugit, maliktuqhugit, hamunga nunannuamut tikittuta. Kingmingnaqhuyugut. Tuktut puiguqhugit. Akuvruangiqhuni. Pikuliqtuq. Pukuguirami uqumaiqtun’nguq. Mamaqpiaqtut. Tahamna paun’ngaqtarvittiaqaqtuq Tahiryuami.”

Joseph Niptanatiak

Paun’ngaqalluannngittuq hamani kihimi aqpigiaktuq humiliqaak. Hamna uqaqtauvaktuq aupadjakpiaqpaktuq. Qattaryuaqaruvit tahamaniitkuvit ubluraaluk tatattaagtat qattat. Mayuqqat akpani. Nuna atipkangainarniani. Kugluktumiinnngittuq nunami takpaani naimannaqtuq hilap halumania. Nauttiat nauyut tamaita naimannaqtut. Hamani ilaa tuktuhiuqpaktut tahit haniani. Imaqtut innngittuq takpaanga pivaktaannit. Imaq mamaqtuq imadjariktuq. Imaq hamani marluinaugami. Imaq taavani mamatqiyaaq.

Taimaa imiqtarvikharhiuqpakkapta talvannga imiqtaqpaktugut. Taimaa takpaani imaq imadjariktuq kihimi hamani imadjarilluannngittuq. Kuugarnit imiqtaruvit takpaani nakuutqiyaaq hamani imarlutqiyaaq marlungnit. Tahamani imiqayuittut. Nunamit imarluktuq. Inuit amigaittut tuhaahimayaat Kaomaogaktok Lake. Imaq imadjaritqiyauyuq tahirnit aallanit. Hikutiraangami imadjariktuq uyaqqat ataani takunnaqtut. Tahamani qaayurnaitqiyaaq. Qaayurnainnami auyami amigaittut nauvaktut. Taimaa aqpigiakhivaktuq. Unaryuumiugami. Qaayurnainnami. Ivivaluillu. Tarium hinaaniittunngittuq takpaunngayuumiraangat uunatqiyauyuq, nuna hunalliqaat nauvaktut. Kikturiagiaktuq takpaani. Uunarami. Nayurnaittuq. Takuguvit inungmik qaiyumik taunangga tunun’nga qirnariktuq nuvuyaaq takuniaqtat. Nuvuya kikturiaraaluk.”



Megan | Student Artwork

Aqpiit hiirnaqpiaqtut.
Takunaqhutik nunami.
Mamaqtut sukaliqhugit.
Angitqiyauyut
paun’nganit
ilihimayamnit. Nauvaktut
tahit tahiqqallu hinainni.
Rose-nut ilauyut.

- Evaglok

Inuit Qaujimagatuqangit

Mark and Martha Taletok

“When you have heartburn cloudberry cure the heartburn. They did not have medicine the land would be like medicine to them to cure them from sickness.”

Mary Kellogg

“There was too much cloudberry and blueberry at Bathurst Inlet. I will never forget that. I should move there sometime. Near Hudson Bay store. You cross the river it is really shallow it is really nice. We would pick cloudberry, blueberry, mahok; they are white. They are just like carrots. Sometimes they would even sell them when the ship came.”

Alice Ayalik

“We get more berries when it rains. It depends on the snow and the rain. Every year it changes. It depends on how it is that year. Last year we didn’t get a lot but this year we will probably get a lot of berries because it has been moist. Last year we did not get very much snow. That is why the berries were so tiny. She remembered that the ground got dried very fast that is why there was not much vegetation.”

Laura Kohoktak

“There is hardly any rain and not very much growth in berries sometimes. No rain and they dry up. It has something to do with the climate change I guess. It is not the same. Even up here behind where we used pick berries they do not grow anymore. Not like long ago there used to be lots of berries behind where we used to go pick berries. It’s not like that anymore. Less berries. It is same with everything but sometimes we do not get lots of cloudberry. Sometimes they grow just only a few and then they start falling off right away. They are about to get ripe and then they fall off right away.”

We went boating out on a nice sunny day. Some people had to go back for work but I stayed back with Darla and Darcy. I fished all night while Darla was berry picking the whole time. We were out on the island for 20 hours. We ran out of water but my brother Silas come to pick us up right on time.
- Keeran

John Ohotak

“He remembers he was chasing a caribou. He was tracking it, chasing it and he ended up going to this little ground. He found cloudberry. He forgot about the caribou. He took his shirt off. He started picking. And then after he finished picking he said they were really heavy. They were so tasty. So that is the best place to pick berries in Contwoyto area.”

Jospeh Niptanatiak

“There is a place inland that sometimes gets really red. The islands too sometimes they get really full. If you have a really big great big pot if you were there the whole day you would probably fill the whole bucket. It is a place where the landscape is really healthy with more moisture. It is not like in Kugluktuk. If you go inland you can smell the fresh air. You can smell the plants, everything. You know around this area they went out caribou hunting around the lakes. It’s not like the water you get from up there. The water is tastier. The water here is too muddy. The water tastes different there. That’s

why they’ve been hunting all over to find fresh water so they said we might as well get water from there. That’s how fresh it is up there but when you get to this area it’s not as fresh. Even just around this area when you go around here the water in the rivers is clearer but here it’s really muddy. You can’t get water in this area. It from the kind of soil. A lot of people know about this place they call it Rocking Horse

Lake. It is really good drinking water and clearer than all the lakes they have up there. Even when it kind of freezes up it’s really clear you can see the rocks that are under. It is always warm there. It doesn’t get cold that is why a lot of plants grow in the summertime. That is why the cloudberry they grow lots. There is always a lot of heat there. It’s never cold. Even shrubs. There is so much blackflies in that area. It’s so hot. He can’t stand that area. If you see a person coming from that way and from behind you see big black clouds just like smoke. Big clouds of blackflies.”



Carrie | Student Artwork

Cloudberry are very sweet. They are easy to spot. They are very yummy with sugar. It is the biggest berry I know. They are mostly by small lakes and big ponds. They are related to roses.

- Evaglok



Kendrick | Student Artwork

Aqpiit
mamaritqiyariyatka
hilaryuami.
Puigulimaitatka aqpiit.
Ilaa. Alianaqtuq
aqiktariaraangat
auyaqtamaat.
Aliattakpiaqpaktunga
maamangma
unniutigaangaptigut
aqiktariarnialigtugut.
Nirihuirurunaitatka
hapkua mamaqpiagtut
aqpiit.

- Florianne

Aqpik Jam

2 aluutinnuaq olive uqhuq
1 ainak, haatunik
avguaqhimayuq
2 garlic hingaqtihimayuq
nappaa aluutinnuaq au-
payaaqtuq papak
¼ qallut vinegar
¼ qallut honey
1 aluutiryuaq paniupayuq
mustard
1 qallut aqpiit
taryuq papaglu

uqhuq uunnakhirlugu angiyumi qattarmi qitqanut uunakhirnianut.
Ainak ililugu garlic-lu. Igalirlugu ayakhaqattarlugu, ainak aqilittirlugu.
Aupayaaqtut papak ililugu, vinegarlu, honey-lu, mustard-lu. Igalugu 2
mininmi.

Uunarnia akparlugu, ilalugu aqpingnik, igalugu ayakhaqattarlugu, aqpiit
ahiruqtiliqhuni kiniqtittunilu, 20-30 minini. Taryurlugu papaglugu.

Mamaqtuq ilauyaami quviahungnirmi tingmiaqturaangat
tuktuturaangaluuniit aallaniglu niqinut algiqhiqhimayunut.

“Ublaakkut Hiqinnaaq” Imigaaq

1 qallut aqpiit
½ banana
¼ qallut yogurt
¼ qallut juusi

ayakhautimut ayakhaktirlugu una qapunnguqtiqtilugu.

Ikayuut: tutquumayaami aqpingnik ukiuraaluk iliurarlugit hikuliurutinut
qaliriiktirlugit qiqittirlugit. Tallimat kikkariktunnuat aadjikkutaa atauhiup
qallutimikiaq.

Savory Jam

2 tbsp (30 mL) oil
 1 onion, thinly sliced
 2 cloves garlic, minced
 1/2 tsp (2 mL) red
 pepper flakes
 1/4 cup (60 mL)
 vinegar
 1/4 cup (60 mL) honey
 1 tbsp (15mL) grainy
 mustard
 1 cup (250 mL)
 cloudberry
 Salt & pepper

Heat the oil in a large pot over medium-high heat. Add the onions and garlic. Cook, stirring often, until the onions are golden brown. Stir in the red pepper flakes, vinegar, honey and mustard; cook for 2 minutes. Reduce heat to medium and add the cloudberry. Cook, stirring occasionally, until the cloudberry start to break down and the chutney has the consistency of a thick sauce, another 20 to 30 minutes. Season with salt and pepper.

A good substitute for cranberry sauce at holiday meals over turkey and with caribou or other game roasts.

Tasty, jam, juicy, cloud, only a few, orange, not too small, not so much around - Preston

“Good Morning Sunshine” Smoothie

1 cup of cloudberry
 1/2 banana
 1/4 cup yogurt
 1/4 cup of fruit juice

Blend this drink until it's smooth and frothy.

Tip- to store cloudberry to use in smoothie drinks over the winter month fill berries into ice cube trays and stack them in your freezer. Five frozen berry cubes equals roughly one cup.

Cloudberry are my favorite fruit in the world.
 I will never forget about the cloudberry. Never. It is fun to go Akpi picking every year. I get very excited when my mom tells me that they are going to pick Akpi.
 I will never stop eating these delicious most precious cloudberry.
 - Florianne





KIGUTIGIRNGNAT

Blueberry

sometimes you can freeze them
are growing - they are
sometimes camouflaged. green when they

Kigutigirngnat (*Vaccinium uliginosum*) mikiyuni naittuni nauvaktut taimaa qiyuinarnirmi qaffini nakaviini atauhiinaunngittuni. Nakaviit takhittaaqtut kihimi nunam qaangannuangani natirnannguqhuni. Uqauyait aryiqtavyauyut hungayaaqtut upin'ngaami auyamilu aupayaanguqhutik ukiakhami. Nauttiangit atauhiinauttaaqtuq malruungulutik pingahuulutiglu. Mikkauyut, hivayautinuutut aupangablutik qakuqtaqaqhutik.

Kigutigirngnat nauvaktut amigaittutik natirname. Paun'ngaqaryuaraangat auyami, natirnaq aryiqtannguqpaktuq kigutingirnanit, Marthalu Mark Taletok-lu uqaqtuk: "Kigutigirngnat nauvaktut uqpiqarnirni." Lena Niptanatiak uqaqtait: "nauvaktut nunami atipkarniini nipaluluanngitkaangat nauyunaittut.



The blueberry (*Vaccinium uliginosum*) is a dwarf shrub meaning that it is a small woody plant with several stems as opposed to a single trunk. The stems can grow upright but can also lie close to the ground forming a mat. The leaves are bluish green in the spring and summer but turn red and fall off in autumn. The flowers can be solitary or in a cluster of two to three. They are small, bell-shaped and usually pink with some white.

Blueberries grow abundantly on the tundra. In a good berry year, the tundra has a bluish hue from so many berries. Martha and Mark Taletok explain that: "blueberries sometimes grow around willow and birch." Lena Niptanatiak notes that: "they grow where there is moist soil but when there is hardly any rain they do not grow."



Algek | Student Artwork

Stages of Life



Blueberry Flower
Kigutaginakotik
Kigutangirnaqutit

Kigutigirngnat mamari-
yarka mamarmata.
Algaga tatattugik
nirivaktatka kigutitka
aryiqtanngupaktut.
Kigutigirngnat ma-
matqiyayut juusiq-
ramik. Huurlikiaq paqit-
tuminaittut Kugluktumi.
Kugluktumi kigutingir-
nagiaktuhayuugaluq
nakuutqiyaumata.

- Joshua



Unripe
Kigutagitnak naolihaliktut
Kigutangirnat naulihaaliqtut



Turning
Aohimaitok kigotagitnak
Auhimaitut Kigutangirnat

Blue. Soft. Taste better
than candy - Even



Ripe
Kigotagitnan
Kigutigirngnat

I like blueberries because they taste good and are nice and tasty. I like eating handfuls until my teeth are blue. Blueberries are the best because they are nice and juicy. I wonder why they are hard to find near Kugluktuk. I wish there was only blueberries around Kugluktuk because they are the best.

- Joshua

Inuit Qaujimajatuqangit

Mona Tiktalek

“Ublumi illitturiliqtugut paun’ngat
aallanguliqtut hiirnarniilu.
Mamalluarungnaiqtut taimanimit
ilaanilu augaangamik ilangit
paniinnaqpaktut.”

Laura Kotoktak

“Kigutigirngnat taimanimit aallanguqtut. Taimani
angiyuugaluit. Hadja nipalliluarungnairami
mikkanguqtut kigutingirnat. Iptialu aallanguqhutik.
Hiirnaivyaktut (...) kuqallu tahiqqallu imairamik.
Ihumayunga paniqpalliagamik naulluarungnaiqtut.
Nuna imaqqalluarungnairami nauyungnaiqtut nauttiat
paun’ngallu. Nipallilluannginnami aippaangani taimaa
nauttiat naulluanngittut paun’ngaqqalluanngittuni.”

Pukugiami ayurnaittut
pukuttiaruminaqtut.
Kaimalluriktut.
Hungayaaqtut
auhimaitkaangamik.
Aliattakpakpunga
amigaitkaangata ilaani
paqinaiqpangmat.
Quvianaqtuq
nunamiitkaangat
kigutingirnaqtaqhuni.
Sukaliraangata
hiirnaryuumivaktut.
Aryiqtauyut
augaangamik.

- Kendal

Mamie Oniak

“Qikiqtaniiliqpaktut iqalliqiblutik kuvyaqtuqhutik. Iglunnuaqaqhutik. Aippaata
paun’ngaqtaquyuitaa imailbluni, ‘Paun’ngat pihuirlugit tingmiat paun’ngakhait. Paun’ngaiyarungni
tingmiat mittunaittut.’ Taima tingmianut niriyaqhait tingmiariamini. Paun’ngat tingmianut
niqikhaarivagait tingmiat paun’ngaqturiangata. Ilaani paun’ngaqtaliqpaktuq kihimi pukuyuitait
paun’ngat qanittut imaa qanikukmak makainnarialgit.”

Annie Kigiuna

“Itqaumayuq mikiyumik paun’ngaqtarnikkut Tahiryuami. Ilaani ihumaliqpaktut akkuqtaugumik
akhanit angayuqqaangata unghahiktiquyuitait akhaqtaarmat. Hunanigliqaak pukukpaktuq tahamani.
Maamaa amigaittunik paun’ngaqtaqpaktuq. Quyaqinnat. Tatattivaktugut qattaryuaptingnik...
ukiuraaluk paun’ngakhavut.”

Agnes Kokak

“Hamani apqutinikkami
 hiuraq titqalaanginnaqtuq.
 Hiuraq humiliqaak nunamit
 titqalaanginaqtuq. Apqutillu
 marluinanguqhutik.
 Apqutit paniupagaangat
 titqalaanginaqtuq.
 Hamaninnuaq
 paun’ngaqtayuyqaaqhuta,
 igluqannginmat hinaani.
 Takpaungaunginaqhuta
 paun’ngaqtaliqpaktugut
 hadja tahamangainnaq
 paun’ngaqtalimaiqtugut
 hiuraraalunngurmat...
 paun’ngaqtariaguma
 hadja nauyuriakhiyut
 uqpingni. Aqpilik
 takpaani taavani kihimi
 paun’ngaqtarvigalua
 uqpiinannguqtuq.
 Takhilblutiglu.”

Martha and Mark Taletok

“Aippaangani (2010) paun’ngaqaalluanngittuq
 kigutingirnaqaalluanngittuq. Nauyut hadja naulluanngittut.
 Nakuulluanngittuq. Apilluannginnami ukiumi. Apiryuaqtugut
 ukiuq. Naunialiqitut apiqpiarmat hadja. Aippaangani
 anuqhiinarami taimaa aputiqalluanngittuq. Unnakkaangami
 nipalliqpakkaangami paun’ngaqaqpaktuq. Hiqinirmit
 unnakkaangami nauyukhaqaqpaktuq paun’ngaqaqpakhunilu.
 Ilihimayuhi ikualaaqtuqarmat napaaqtunik ausaimi 1968-mi.
 Hamunga tikitpaktuq puyuraaluk hamani ikualaaqtunit taimaalu
 nauyuqalluanngittuq. Talvanga atagami, puyuraalungmit
 nauyukhat hila nakuulluannginmat. Uqaudjauvaktugut
 tuktugarupta hilaunngaqtailiblugu nakuun’ngiqhunngungmat
 niqaa. Unnakpiarmat, kikturiaqaalluanngittunilu. Ilaani
 unnakpallaaraangat kikturiaqaallualimaittuq.

Mona Tiktalek

“humuliqaak qayaqturupta paun’ngaqaqpaktugut.
 Aupayaaqtunik kablaqaqpaktuq ukiakhami.
 Kigutingirnagiakhibluni kinguliublutik paun’nganut
 kihimi kigutingirnaqaalluanngitpuq. Kuungnahirmi
 taavani uataani kuukkap. Kigutingirnainaq ilaani
 haataqhutik taavunngauvaktut. Angunahuaraangapta
 paun’ngaqtaliqpaktugut. Hamanga paun’ngaqtaliqpaaqhuta
 taimani kihimi paun’ngaqtalimaiqtut hamaninnuaq.
 Iglugiakhivallaarmat taavungalu iqqakuurviup mikhaanut
 paun’ngaqtaliqpaktugaluat. Paun’ngaq amihumik kihimi
 nakuulluanngittut.

Kigutigirngnat amiga-
 itpiaqtut Kugluktumi.
 Hiirnaqtut. Aallangayut
 ukiuq tamaat. Auyami
 kigutingirnanik niuviriit-
 tuq. Nauvaktut mikiyuni
 uqpiqarnirni. Vitamin
 C-qaqtut. Aallatqiit.
 Algatit kalaningnaqtut.
 Mamatqiyat niuvirving-
 mit niuviqtanit. Juusi-
 iqaqtut mamaqtut.

- Coral

Inuit Qaujimajatuqangit

Mona Tiktalek

“Nowadays we see the ripeness of the berries is changing and the taste. They do not taste so good as they used to be and sometimes when they ripen some of them dry up right away.”

Laura Kohotak

“The blueberries are not like long ago. We used to get really big blueberries. Now we do not get very much rain and we just get small little blueberries. The tastes are different. They are not as sweet. The rivers and lakes hardly have any water. I think they are drying out that is why our plants are not growing much. There is not enough water flowing to the land reaching the vegetation and berries. That is why we did not get very much rain last year and that is why the vegetation did not grow much and we did not get very much berries.”

Mamie Oniak

“They used to stay on these little islands when they were fishing with fish nets. This place they had a cabin. Her husband would tell her not to pick berries. He used to say “just leave the berries because all the berries are for the ducks” because if you pick most of the berries the ducks would not land. It was like bait for him so that he could get ducks. The berries used to be like bait for the ducks so he told his wife not to pick the berries so the ducks would come over to pick the berries. Sometimes she would pick them anyways but she did not pick up the berries that were close by because if they land close by they are easier to be targeted.”

Annie Kigiuna

“She remembers a little bit about picking berries at Contwoyto Lake area. Sometimes they think they are going to get caught by bears because their parents told them not to go too far because there are bear around. Everything she picked there. Her mom used to pick lots of berries. Anything. We sometimes filled up our big pots...we used to keep them for winter.”

They are easy to pick.
The shape of it is round.
They are green when
not ready. I feel excited
when they are in a
bunch that I couldn't
find for a long time.
It's fun to go out on the
land for blueberries.
Sugar makes them very
sweet. The color is
bright blue when ripe.
- Kendal

Agnes Kokak

“There are roads here and the sand just flies. There is dust all over the ground flying around the ground. The roads are muddy. If the roads are dry they just fly by. We used to pick just berries around here. There used to be no houses along the shore. We would just go up there to pick berries but now we cannot go because it is too dusty.... If I go where I pick there would be willow shrubs everywhere now. There are cloudberry growing up there that way but if I go where I used to pick berries there would be willow. The branches are growing taller.”

Martha and Mark Taletok

“Last year (2010) we didn’t have many blackberries and blueberries. The plants that you see didn’t really grow. It was really poor. There was less snow that winter. We got lots of snow this year. I think it is really going to grow because there is lots of snow now. Last year we had too much wind that’s why we didn’t get much snow. The heat and rain is a good indicator for berries to grow. When there is a lot of heat from the sun that is when there is a lot of vegetation and berries that grow. You know we had that forest fire from the south in 1968. It came here and we had so much haze from the smoke and that is why we did not get much growth in the vegetation. It really affected, not enough air to keep these plants growing. They used to tell us that if you get caribou meat do not put it outside it can spoil the meat. It was really hot. We didn’t get very much mosquitoes at that time. Sometimes when it’s really hot there are no mosquitoes.

Mona Tiktalek

“Anywhere we go boating there are berries all over. Red berries are in the fall. Blueberries are the most abundant after the crowberries but there are hardly any blueberries. Richardson area is on the west side of this river. Mostly blueberries even sometimes people go Honda over there. When we go hunting we end up picking berries. We used to pick around here too long time ago but you cannot pick anymore. There are too many houses and towards the dump they used to pick cloudberry but the sewage lagoon and garbage dump now. There are lots of berries anyway but they aren’t good.



There are tons of blueberries in Kugluktuk. They are very sweet. They are different every year. You don’t have to buy berries in the summer. They can come in small bushes. They have lots of vitamin C. There are all different kinds. They make your hands colorful. They taste better than store bought berries. They are very juicy.

- Coral

Berry Explosion Muffins

3 qallutit muqpauyakhaq
2 1/2 aluutinnuat publak
1/2 aluutinnuat taryuq salt
3/4 qallut pata (margarine-
luuniit) mahakhiqhimayut
1 1/2 qallutit suka
2 manniik
1 teaspoon vanilla
1 1/4 qallut miluk
3/4 qallut Kigutigirngnat
3/4 qallut kingmingnat – su-
kaliqtuqhimayut 1/4 qallunmik
sukamik
Ilangainaq havigaliup ahiangi-
naq paikhaq
1 aapuu haattunnuanik
avguaqhimayuq

Milunguqtirlugit urviuyarmi:
pata aukalu... avulugit manniit vanillalu
aallami urviuyarmi ayakharlugit:
muqpauyakhaq, puplak, taryurlu

Avulugit milunguqtiqhimayumut atauhiillaaqtarlugit
milungmut – ayakhaqpallaaqtailugu
qayagilutit iliurarlugit kigutingirnat kingmingnallu

Qaliqtakhanik makpiraanik maffinnut iggatitit ilulirlugit
tatalugit (uqhuqtirlugit qaangit mafinnut iggatit) qaangagullu
aluunmut tamaita (qaangaguut qalatirniaqtuq qaangagullu
haattunut avguaqhimayunik aapuunik illirittaaqtat
atauttimiuyaangat).

Uutirlugu uunarniani 375°F 25 minits-ni.

Ataagut illirilutit haatumik hiqulauyautiliurunmik kiviakqat
tahamungainaq kiviynaittuq.



Berry Explosion Muffins

3 cups flour
 2 1/2 teaspoons baking powder
 1/2 teaspoon salt
 3/4 cup butter (or margarine)
 softened
 1 1/2 cups sugar
 2 eggs
 1 teaspoon vanilla
 1 1/4 cup milk
 3/4 cup blueberries
 3/4 cup cranberries – coat with
 1/4 cup sugar
 Partial can of berry pie filling
 1 apple thinly sliced

Cream together in the mixer:
butter and sugar, then add eggs and vanilla.

In a separate bowl mix together:
Flour, baking powder and salt

Add to creamed mixture above alternately with the milk – do not over mix. Gently stir in blueberries and cranberries.

Fill paper lined muffin cups to the brim (grease the top of the muffin pan). Put a dollop of pie filling on the top of each one (the batter will bake over top of it so it helps to put thin apple slice on top to hold it in place).

Bake at 375°F for 25 mins.

Put a cookie sheet below in case any drips over so it won't hit the element.

I make blueberry bannock. It tastes sweet.
 We can drink the juice. Sweet. Round.
 Julianne Pie.







PAUN'NGAT

Crowberry

Paun'ngat (*Empetrum nigrum*) nunam qaangannuani nauvaktut ilaktittutik natirname. Hungayaanginaraangitaqtut uqauyait atavaktut haniraangni atauhiulaaqhutik. Mikkauyut amigairutiblutik nakavianut. Nauttiangit naukaffukpaktut naunaqhigaangat. Nauttiat nauvaktut mikkannuani nakavinnuani uqauyaini takunnaittutik. Ahiangit qiblarikhivaktut augaangami. Amiraa hirnaqarnia haunaaqaqhuni atauhirmik iluani cherry-tut peach-tut. Ahianga allatqiyauyuq imaa haunaaqaqtuq malruungnik naitut marlungayut.

Lena Allukpik uqaqtuq: "Paun'ngat nauvaktut uyaraqarnirni tahamaniinarlu nunami iviqarniit haniani. Nuna kinipagaangat naammagiya. Nipalliraangalu nauraanginaqtut."



The crowberry (*Empetrum nigrum*) is a low-growing shrub forming tangled mats. Its evergreen leaves attach directly to the stem in an alternate fashion. They are tiny and waxy and are densely packed on the stem. The flowers grow for a very short time early in the growing season. The blossoms grow on little stems in among the leaves and are very difficult to notice. The fruit turns into a shiny berry-like drupe when ripe. A drupe is a fleshy fruit with an inner stone or pit that usually, but not always, surrounds one seed just like a cherry or peach. The fruit is an unusual drupe because it contains two to nine brown seeds.

Lena Allukpik explains that: "Crowberries grow mostly near the bedrock and just on the ground and near some bushes. They like mostly moist soil. Even when it rains they grow."

Black, round, great, purple, soft, dusty, grayden, to ones in town are gross, small, sugary,



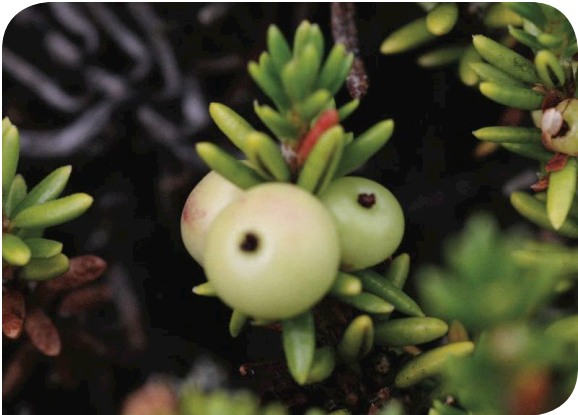
Iris | Student Artwork

Stages of Life



Photo | *Alain Cuerrier*

Flower
Paongakotit
Paun'ngaqutit



Green
Paongakotit aohimaituk
Paun'ngaqutit auhimaitut



Turning



Andi | *Student Artwork*

Ripe
Paogat
Paun'ngat



Hikok | Student Artwork

Inuit Qaujimajatuqangit

Martha unalu Mark Taletok

“Tuktut amiit mitquiyahimayut puuliurutauvaktut. Ukiakhami apitiqtinnagu anaanattiar aqpiktaliqpaktuq ukiuq atuqtakhanik. Puuriblugit. Tutquqpagait ukiakhami. Ukiuraaluk atuqtakhaq. Mamaqturvikput(...) Apitilirvik atulihaaliraangat tutquqpaktavut qaraqtiqtinagit. Ilihimayahi taapkua sukanut puuraluat taapkuninngalu puuqaqpaktut. Taapkuninnga puuqhugit nunamut ilivagait. Ilaanilu kalikutik puurivagait puukhaitkaangamik. Kalikuugamik paun’ngat nakuunginaqtut. Ilaani puukhairaangamik akuvruatik atuqpagait puuriblugit. Taapkualu havigaliit miluqarviugaluit puurivagait.”

Mark Taletok

“Uqpiit ikualaaqtittigiami atuqtauvaktut. Anaanattiar aqautivaktaanga ihirmitqublunga. Iyikka nakuun’ngiqpiaraanganik ihirnipkaqpaktanga. Iyikka nakuuhipkaqpagaa. Iyikka nakuulluanngitkaluarmanik nutaraublunga. Taimaa inuuhimagama. Hinikkaangama iyikka quryiqtat paniqpiaqpaktut iyimnut. Taimailuqpaktugut nunamiinnapta. Ingniuqhuta ihirmut haattuta iyikka takpikhiinaqtuk.”





Elonghok | Student Artwork

Lena Niptanatiak

“Uluagulliit nirivagait paun'ngat. Ilaani ausaimut aulayaaliraangamik tamatqiutivaktut paun'nganik. Taimaa paun'ngaqtarnariqtuhauyugut tingmiat niritinagit. Paun'ngat uumadjutigiyat.”

Black, round, yummy,
shiny, circle -
Hitkaag, happy,
delicious

Joseph Niptanatik

“Taimaniraalik inirnikhaat qauyimayut kanguyaningnialiraangat ilihimablutiglu paun'ngariangniarmat auyami. Imaa uqaqpaktut kanguuyat takunnaqhigaangamik naunairaangamik qakuqhiblutik ilihimablutik nauyuni nakuuyuq paun'ngariangniaqtuq nauyukhani nakuuyuq (...) nuna nauvaligaangami hungayaanguqpaktuq taimaa ilihimayugut nakuuniaqtuq nauttianut. Naunaitkutauyut kanguuyat takunnaqhigaangamik. Takuttaaqtahi. Nauqpiaraangamik naunaittut nakuuyumik nauniaqtut. Aupayaanguqpaktuq. Apitirvingmi tamaat nuna aupadjaalaqivaktuq quryiqtannguqpaktuq. Nakuuyuq tuktunut ukiakhami niriniaramik tunnunigiangita.”

Inuit Qaujimagatuqangit

Martha and Mark Taletok

“The caribou hide that has the hair removed was used like a little basket. In the fall time before the snow comes his grandmother used to collect berries and cloudberry for the winter. They used it just like a little basket. She would put them away in the fall time. It is just like for the whole winter in the basket. It was just like a treat (...) just at the beginning of September they would put the berries away so they would not get crushed and stay fresh. You know those old sugar bags they used them too. They used to put them in those and put them under ground. Even ones they used their covers too when they got no bags. It is material so the berries would stay fresh. Sometimes they had nothing to put the berries in they just used their shirt to put them in. Even those cans that used to be for milk containers. They used to put those in the milk containers to keep them fresh.”

Mark Taletok

“You know those branches are used to start a fire. My grandmother used to tell me to come for the smoke. When my eyes get really bad she used to make me stay where the smoke is. It would kind of cure my eyes. My eyes were not too good when I was young. I was born like that. When I slept I got lots of yellow stuff. That is what we do when we go inland. We make a fire and face the fire and our eyes got clear after that.”





Preston | *Student Artwork*

Lena Niptanatiak

“The geese eat the blackberries. Sometimes when they are going down south they finish all the berries. That is why you have to pick berries right away before the ducks come. They depend on berries.”

Joseph Niptanatik

“Long time ago some elders knew when the cottongrass really blooms and they know that there is going to be a lot of berries in the summertime. They would say when they look at the cottongrass it is just like them telling them it gets really white and they know it will be good plants and berries and growth of vegetation (...) the vegetation when it grows it gets really green that is when we know it is a good time for plants to grow. It is only a sign to see the cotton grass. You look at them. If it is really grown you know there will be good growth. It gets red. Sometimes in September all the vegetation it gets red and yellow. It is a good thing for the caribou because in the fall time the vegetation that they eat they produce more fat.”

Black, yummy, happy, sweet, circular, shiny, good with sugar, too much seeds! - Megan



Paun'ngat Juusi

hitamanik
qallutiliuqtaaqtuq

Atauttimut paun'ngat atauhirmiglu qallunmik imaq. Qaraqtilrugit paun'ngat. Purriqhirlugu 10 minits-ni, kuviqtarlugu kuhiqtautiqlutit, kiviqhirlugu juusia urviuyarmut.

Imarigiangat, ivyuktuqtaililugu naqitartaililugu jalia puuq kuhiqtautit. Tutquumakhaagiangani, juusi qiqittiqaagtat.

Paun'ngat Qiqumayut Jelly

8-nik qallutiliuqtaaqtuq
3 qallutit paun'ngat juusianik
4½ qallutit suka
1 puuq powdered pectin (1¾ ounce)
½ qallut imaq
2 aluutiryuak lemon juice

Avuurlugik sukalu 1¼ qallut paun'ngat juusi, ayakhattiarlugu hanirarnunngarlugu atuqtakhat.

Kayumiittumik avuurlugu pectin imarmut; uunnakhirlugu purrivyalihirlugu, ayakhaqattarlugu. Kuvilugu pectin avuughimayuq ilakkuanut 1¾ qallut paun'ngat juusia. Ayakhattiarlugu. Tahamaniipkarlugu 15 minits-ni. Ayakhaqpaglugu. Avuurlugit juusi suxhalu pectinqaqtumut. Ayakharlugu sukaa mahattiaqhirlugu.

Kuvilugu qiqittiqaagtunut urviuyarnut. Matuttiarlugit.

Tahamani ilihimallaglugu nakuuhittirlugu, ikaarnini siksini unnuaraalugluuniit. Titirlugu nipitiaqaqtumut ubluani hanagangni hunauyaakhaalau, qiqittirlugu. Niglaumavingmut ililugu angmaqtauhimakpat. Qiqitinngitpat, niglaqhiivingmiittukhaq atuqtaulunilu siksit havailaat aniguqtinagit.

Crowberry Juice

8 cups crowberries
1 cup water

Combine 8 cups of crowberries and 1 cup water. Crush the berries using a masher. Bring just to a boil and simmer 10 minutes. Strain through a jelly bag or several layers of cheesecloth in a colander. Let the juice drip into a bowl.

For clear juice, do not twist or press the jelly bag or cheesecloth.
For long-term storage, the juice should be frozen or canned.
Makes 4 cups.



Crowberry Freezer Jelly

3 cups crowberry juice
4½ cups sugar
1 package powdered pectin
(1¾ ounce)
½ cup water
2 tablespoons lemon juice

Combine the sugar and 1¼ cups crowberry juice; stir thoroughly and set aside.

Slowly mix the powdered pectin into the water; heat almost to boiling, stirring constantly. Pour the pectin mixture into the remaining 1¾ cups berry juice; add the lemon juice. Stir until the pectin is completely dissolved. Let pectin mixture stand 15 minutes. Stir occasionally.

Add juice and sugar mixture to the pectin mixture. Stir until all the sugar is dissolved.

Pour jelly into freezer containers. Cover with tight lids.

Let stand at room temperature until set, which will be from 6 hours to overnight. Label containers with date and contents, and freeze. Refrigerate after opening. If not frozen, keep refrigerated and use within 6 weeks.

Makes 8 cups.



Aimee | Student Artwork





KINGMINGNAT

Cranberry

Kingmingnat (*Vaccinium vitis-idaea*) nunam qaangannuani nauviit qituyuni uqauyani. Nakaviit tuattut nunam qaangagut naublutik. Nauttiangit mikkauyut aupavyakhutik. Ahiangit aupayaaqpiagtut hirlungablutik. Ukiuqtaqturmiut pukukpagait qaayurnaqhiliraangat hiirnannguraagnata.

“Kingmingnat navaktut qaiqtut hanianni. Uqpiqarnini hanianni” uqaqtuq Mary Kellogok. Humiliqaak navaktut, uqariyaa Joseph Niptanatiak: “humiliqaak hila uunaumakpat nauyaamingni nuna hiuraqanirmilu.”



The cranberry (*Vaccinium vitis-idaea*) is a low growing shrub with stiff waxy evergreen leaves. The stems are slender and trail along the ground. Its flowers are small and pink

with a shape of a bell. The berries are vivid red and very sour. Most northerners pick cranberries after the first frost when they are sweeter.

“The cranberry grows near the bedrock. Where there are a lot of shrubs, near the birch” as explained by Mary Kellogok. They grow almost everywhere especially, as described by Joseph Niptanatiak: “in moist areas where the weather is warm enough to grow and where there is a little bit of sand underneath.”

sweet and tasty, circle, I feel happy, they are bright red and grow big - Elisha



Angel | Student Artwork

Stages of Life



Flower
Kingminakut
Kingminaqut



Green
Kingminat aohimaitun
Kingmingnat auhimaittun



Angel | *Student Artwork*



yummy, soft, sometimes you put sugar on them and sometimes you can freeze them - savannah

Turning
Kingminat naolihtakun
Kingmingnat naulihaaqtun



left:
Ripe
Kingminat aoyut
Kingmingnat auyut

right:
Over ripe
Kingminat aipaganitan
Kingmingnat aippanganirnit

Inuit Qaujimagatuqangit



Kaniak | Student Artwork

Kate Inuktalik

“Tuktuhiuraangata pukuyuittut paunnganik tuktuhiuqtillugit. Tuktuhiullaapaktut pukukhimittumik qiniqhimainaramik tuktukhamik. Paunngaqtaraangata kihimi paunngaqtaqpaktut.

Mona Tiktalek

“Aullaapaktilluta qimniqtuqhuta qikiqtanut, aput mahaktiliraangat kablak takunnaqhigaangata jaaliuliqpaktugut. Igahimaittumik. Sukaliqtuqhugit kihimi.”

Mark and Martha Taletok

“Iggarliuruvit, qalalaqiguvilluunniit uunakhiqhugit kingmingnait imiqtakhaliuqhugit. Maamaata imiqtaliqpagaa uunaqpiatillugu. Imiqtakhaliuqhimayuq kingmingnarnit. Pukukqaarlugit imigaliuliqpagait. Puriqhirhugu imarmut imigaliuqpagait nakuuhidjutigiliqpagait. Imi qpagait niglaqtinnagit.”

Roy Inuktalik

“Hadja nipalugyuarungnaiqtuq. Nipalaanginaqpaktuugaluaq. Tahamani tahiqaqhimayuugaluaq. Imaqainnaqtuugaluaq nipalaanginnaqhuni imaqainnaqhimayuugaluaq hadja paniqtuq. Ukiuq hadja paunngait nauqpiatut, aippaangani kihimi nauttiangittut. Nipaluitkaangat nauttiayuinmata nauttiat, taima adjikkutaa aput. Apiqpiaaraangat apingitkaangallu.”



Kuptana | Student Artwork

Inuit Qaujimagatuqangit

Kate Inuktalik

“They do not really go berry picking when they are hunting caribou. They rather hunt caribou than pick berries. They prefer to hunt when they go hunting. When they go berry picking they just go berry picking.”

Mona Tiktalek

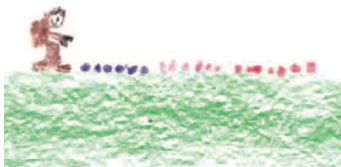
“When we used to travel by dog team to the islands when the snow was melting away and we see red berries that is when we made jam. We never cooked. You just add sugar.”

Mark and Martha Taletok

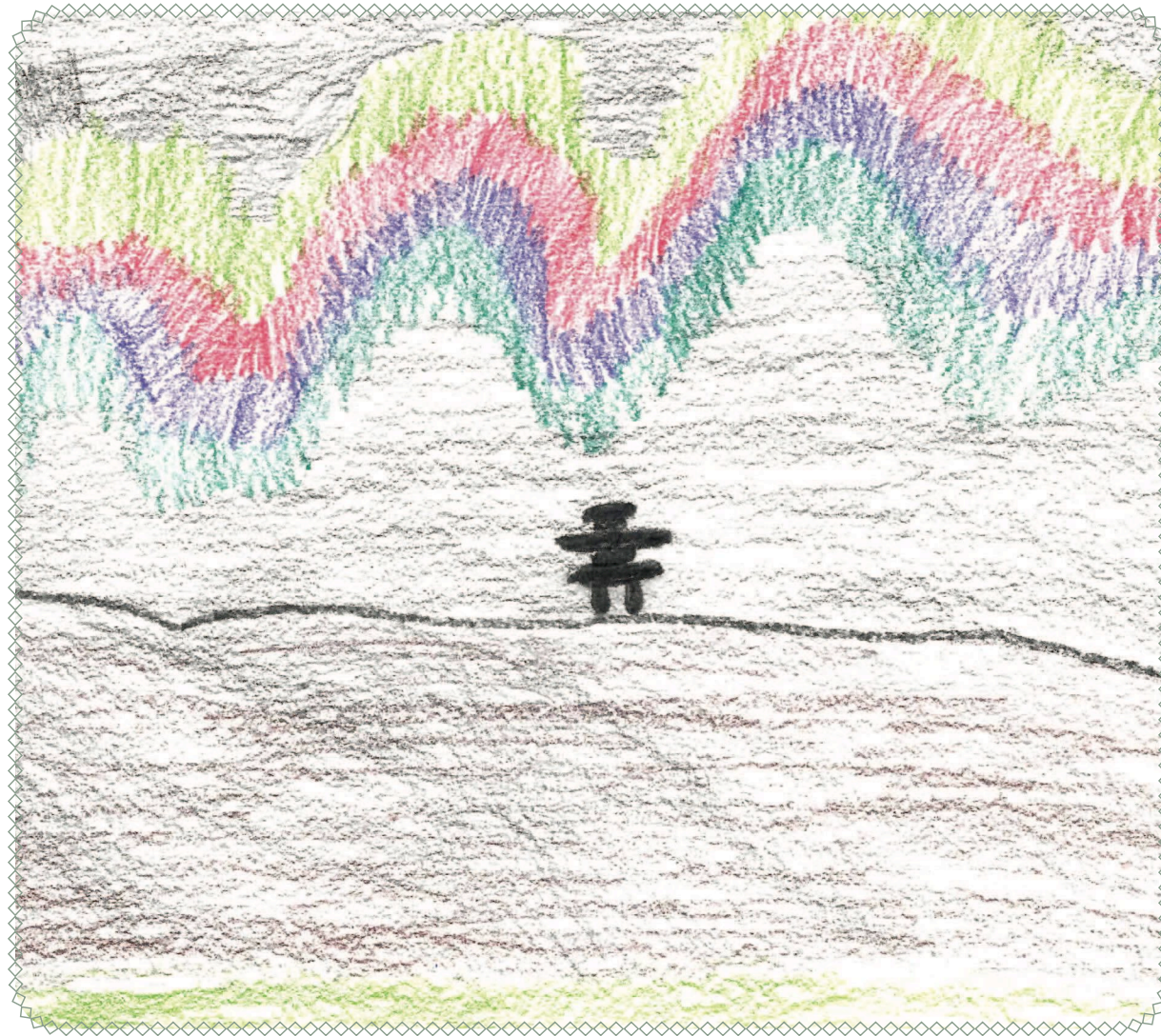
“When you have a sore throat or cold they used to heat up cranberries and make them into juice. His mother used to make him drink it while it was really hot. It was juice that was made out of berries. You pick cranberries and then make a kind of juice. You cook it with water and when it is really hot you make them drink it so you make them feel better. You have to drink it before it gets cold.”

Roy Inuktalik

“Now we don’t have very much rain. We used to have a lot of little rain. One time there is a lake there. It used to always be a lot of water but that time we did not get much rain so it dried up. This year the growth of berries it was good but the year before there was not very much growth. When there is hardly any rain it is hard to get vegetation. If we have lots of rain we get lots of growth. It is the same thing with lots of snow or less snow.”



Unknown | *Student Artwork*



Hakongak | *Student Artwork*



KINGMINIRNAT QAYURAQ

12 oz puuq kingmingnat
3/4 qallut aulaisiq juusi
2/3 qallut marlungayuq suka
1/3 qallut qakuqtaq suka

tamaita iggatiutikhat ililugit
qattannuamut igalugu
ingniqquqtuvallaanngitumik 15-20
minits-ni imaivyakhirluguluuniit.
Ayakhaqattarlugu.

Ingnirvingmit ungavarlugu
niqhiuqtaaliqtuq.

Kingmingnat qayuraq
igayauttaaqtuq qaffini ubluni
atuliqtinagu niglaqhiivingmit
pilugu uunakhirlugululuuniit
mikiyumik niqhiuqtinagu.

Aapu Kingmingnaq

QAANGANIITTUKHAQ:

1 1/2 qallutit muqpauyakhaq
3/4 niqiliakhaq (Cornmeal)
1/2 qallut suka
1 1/2 aluutinnuak publak
1/4 aluutinnuag taryuq
1/2 qallut (1 kikkariktug) niglaumayuq
taryuittuq pata, avguqhimayuq
kikkariktunuat
1 angiyuq mannik, ayakhatiqtuqhimayuq

ILULIKHAQ:

2 qallutik kingmingnat
2/3 qallut (qiqhuqtirlugu) marlungayuq suka
2 aluutinnuak avguattiaqhimayut lemon amia
1 1/2 aaluutinnuak aulaisip amia
1 aluutinnuag hiurauyanguqtiqhimayuq
cinnamon
Mikiyumik taryurmik
2 lbs Granny Smith aapu (hungayaaqtut),
amiiyaqhimayuk, iluliiqhimayuq, avgurlugu
kikkariktunnuatut
2 aluutiryuak lemon juusi

qaanganungaqtukhaq: atauttimut ayakharlugit niqinut pilirunmut alruyaqtuqtumut muqpauyakhaq, niqiliakhaq (cornmeal), suka, publak taryurlu. avulugu pata; ayakhaqtillugit, qamiqattarlugu ikiqattarlugu pirluqhirlugu. Nuutirlugu angiyumut urviuyarmut. Mannik qangagut kuhiqtaqtilugu tamaat atipkaqtillugu.

Ilulikhaanut: uunnakhirlugu ingnirvik uvunnga 375°F. atauttimut iliurarlugit hivuliir 8-nguyut ilakhait urviuyaryuamut. Ayakhaqtillugit atauttimut iliurarlugit aapu lemon juusimut; alruyaqtuqtumut ayakhaqtillugit. Nuulugu ilulikhaa aktilaqaqtumut 11x7x2- hikuliarmut pahiktiinmut (aallamulluuniit pahikhiinmut 2-quart aktilaanga).

Pirluqtirlugu qaangangut ilulikhap. Pahiqhirlugu aaput qalattirlugit aqilittirlugu, juusia purriliqqat kiniqtittuni, qaanga hiqulaaliqqat quryiqhibluni. Atauhirmi ikaarnirmi, niglaqhirlugu 15 minits-ni. Niqhiurlugu vanilla aiskuliilirlugu.

Apple Cranberry Crisp

TOPPING:

1 1/2 cups flour
 3/4 Cornmeal
 1/2 cup sugar
 1 1/2 teaspoons baking powder
 1/4 teaspoon salt
 1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch cubes
 1 large egg, beaten to blend

FILLING:

2 cups fresh cranberries
 2/3 cup (packed) golden brown sugar
 2 teaspoons finely grated lemon peel
 1 1/2 teaspoons finely grated orange peel
 1 teaspoon ground cinnamon
 Pinch of salt
 2 pounds Granny Smith apples, peeled, cored, cut into 1-inch cubes
 2 tablespoons fresh lemon juice

For topping: Blend in a food processor flour, cornmeal, sugar, baking powder and salt. Add butter; blend, using on/off turns, until mixture resembles coarse crumbs. Transfer mixture to large bowl. Drizzle egg over and stir until ingredients are evenly moistened.

For filling: Preheat oven to 375°F. Combine first 8 ingredients in large bowl; stir to blend. Add apples and lemon juice; toss to blend. Transfer filling to 11x7x2-inch glass baking dish (or other shallow 2-quart baking dish).

Crumble topping finely over filling. Bake dessert until apples are tender, juices bubble thickly, and topping is crisp and golden, about 1 hour. Cool 15 minutes.

Serve with vanilla ice cream



CRANBERRY SAUCE

12 oz bag fresh cranberries
 3/4 cup orange juice
 2/3 cup brown sugar
 1/3 cup white sugar

Place all the ingredients in a sauce pan and cook on medium-high for 15-20 minutes or until most of the liquid has reduced. Stirring occasionally.

Remove from heat and serve.

Cranberry sauce can be made days ahead and brought to room temperature or slightly heated before serving.





KABLAT

Bearberry

Kablat (*Arctostaphylos alpina*) nauvaktut uyaraqarnirni Ukiuqtaqtumi napaaqtuqarniit haniani. Katimaqpiqhutik nauvaktut nauviit qunmukhimavyaktut. Aput mahaktiraangat mikkannuat quryiqtat nauttiat nuivaktut angmaqtiliqtinnagit uqauyait. Aupayaaqtut uqauyait qirnarikhiblutiglu kablat naunaiqquq ukiakhaliqtuq. Uqauyait iyukkarapaktut ukiakhami nutaanik uqauyanikhutik upin'ngaami. Ilangit uqauyait iyukayuitut ataani qaliriiktiqhutik uqquuqutauvaktut ukiumi anurinit uquumablugillu nauttiakhait upin'ngaaqqat.

Aupayaaqtut kablat (*Arctostaphylos rubra*) ahangit aupayaaqtut iluanullu takuyuqinnaqhutik augaangamik. Uqauyait hungayaaqtut, taqagiakhutik qiblaraaqhutiglu aupayaalaqippiapaktut ukiakhami haatutik iqingalluanngitutiglu paun'ngat uqauyaitut. Nunainarmi nauvaktut imaqarnirni kuugat

hanianni uyaraqarnirnilu.



Alpine bearberry (*Arctostaphylos alpina*) grows on rocky tundra in the Arctic and boreal forest. They grow in mats closely hugging the ground where the tips the braches slightly turn up. As the snowmelts small yellow bell-shaped flowers appear even before the leaves begin to unfold. Its scarlet leaves and plump black berries are signs for the coming winter. The leaves are deciduous meaning that they fall off the plant each fall and new leaves form the following spring. Some of the leaves stay attached to stem around the base providing a layer of insulation protecting the plant from winter winds and keeps the new flowers warm in the spring.

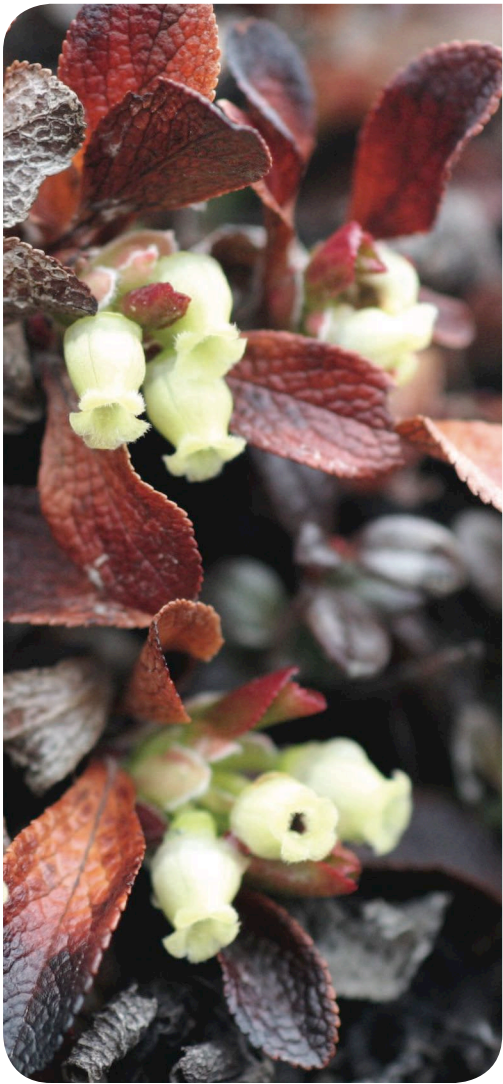
Red bearberry (*Arctostaphylos rubra*) fruit are red and almost translucent when

ripe. The leaves are bright green, highly textured and shiny turning fiery reddish orange in autumn and are thinner and less wrinkled than the alpine bearberry. They grow in peat-like soils near rivers and creeks and on rocky tundra.



Unknown | Student Artwork

Stages of Life



left:
Flower
Kaplakotit
Kaplaqutit

below:
Unripe
Kaplak naohimaitok
Kaplat nauhimaittuq



Julianne | Student Artwork

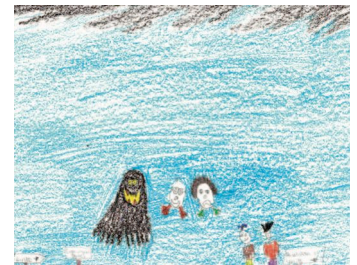


Turning



left:
Red
Kaplakotit
Kaplaqutit

right:
Black
Kaplagyoakotit
Kaplaqyuaqutit



Ashley | Student Artwork

Inuit Qaujimajatuqangit

Lena Niptanatiak

“Uqauyait tiiliurutigiinaqtatka. Tiingirutigaangat, nunamiittuta ilaani algakhugit aputimit tiiliuriaptingni.”

Mark unalu Martha Taletok

“Nauyukhat naugaangata qupanuat manniinik pikiunaqtuq. Qiqaiyarluarvia nungutirviani Imaruqtirvia tikitkaangat. Talvani ilitturivaktugut manniktarnaqhiyuq. Uqauyait quryiqtavayat aupayaangavyaktut, augaangata manniit qupanuat nakuuhivaktut. Haqaliqitaat nirivagait taapkua nauyut kihimi hadja aallanguqtuq. Taimaittungnaiqtuq; tatqiqhiutillu. Kinguvaqtittut itqaumanimnit.”

Alice Ayalik

“Naunaiyaqpagait kblat aupayaaliriangita. Naunaiqhaivaktut Iqaluit manniliuliraangata kblaqtaliqpaktut. Augaangata Iqaluit mannitik tatakpagait. Kblat takublugit. Kuukkat hinaangit aupayaagtunik kablariakhivaktut.”

Mark unalu Martha Taletok

“Pukukpagait kblat uqauyait tiiliurutikhatik. Augaangata aputaiyaliraangat, aputairaangat pukukpagait. Nakuuqpiaqtut aqiarurliuraangat kidjakhimagaangat. Havautauyuq aqiarurliuqtunut.”

Kate Inuktalik

“Atuqpagait Attungayaq kilaaqhimayunut. Kinipkaqqaarlugu qaanganunngarlugu kilaap. Illuktunullu atuqpagaat. Atipkaqtitqaarlugu iyik qaanganunngarlugu. Kigiruiyautauyuq. Nunamit niqauyatut ittut. Immakhugu. Illuktunut atuqtitpagaat imaalu aqiarurliuryualiruvit atuqpagait tirluq aqiarurluiyariami. Kablat uqauyait mamaqtut. Sukaliqturiittuq. Niqiliqivik nungutiliraangat utuqqanguraangata pukukpagait tiiliurutikhat. Naulihaaraangata hungayaaqtillugit atuyuitait. Kihimi marlungayunnguraangita.”



Hakonyak | Student Artwork



Andi | Student Artwork

Inuit Qaujimagatuqangit



Preston | Student Artwork

Lena Niptanatiak

“I only use bearberry leaves for tea. When they are out of tea, when they were inland sometimes they would have to dig them out of the snow to use them for tea.”

Mark and Martha Taletok

“When the plants really grow you can find where little birds have eggs. It starts probably end of May to June. That is the time we find out that the eggs are good to pick. The plants are sort of yellow and pink. When they are really ripe that is a good time for the eggs. The butterflies sometimes they eat those plants too but it is not the same anymore. It has all changed; the calendar too. It is way behind from how we remember.”

Alice Ayalik

“They check on the bearberries to see if they are red. They check out as a cue to see if the Arctic char are spawning and going up river. That is when they are spawning. They look at the bearberries. When they are really ripe the char are spawning. On the side of the river there are really a lot of red bearberries.”

Mark and Martha Taletok

“They pick up those bearberry leaves for tea. When they are really ripe after the snow is all gone. After the snow is gone they pick them up. They are really good when you have upset stomach or flue. It’s just like a medicine to cure the stomachache.”

Kate Inuktalik

“They used Attungayaq for some people who had sores. They would wet them first and then put them on. Even for snow blind they use that. They kind of wet it first and put it on their eyes. It is just like soothing medication. It is from the ground like moss. They add it with water. To soothe the snow blindness and when you have really sore stomach ache they use tirluq to soothe the stomach ache. Bearberry leaves was really tasty. You don’t have to use sugar. When they are really old at the end of August they would pick the bearberry leaves to make tea with. When they are just growing and are just green they don’t use them only when they are getting brown.”



Anagyook | Student Artwork

Aallakkuttauq:

AYURNAITTUQ VANILLA
PUDDING

- 1/3 qallut sukamik
- 2 aluutiryuak cornstarch
- 1/4 aluutinnuaq taryuq
- 2 1/4 qallutit miluk
- 3 angiyut manniit quryiqtaït, ahiruqtivyaglugit
- 3 aluutiryuat taruittumik patamik, avguarlugu
- 2 aluutiinuak vanilla extract

Kalikuq kuhiqtautikhaq qaangagut hitamat qallutiqagtaagtunut urviuyarmulluuniit kuvippiqagtumut tutqullaglugu.

Avuurlugit suka, cornstarch, taryurlu angivallaanngitunut qattannuamut ayakhatiqturlugu. Ayakhaqhimmaaqhugu kuvvirilugu kayumiittumik milungmik. Manniit quryiqtaït ayakhautilugit miluglu.

Qattaq ingnirvingmut uunnakhilirlugu uunnakpallaaqhimaittumik, ayakhaqattarlugu qayunnguqtirlugu purriliqhirlugu, 5-6 minits-ni. Ingnikhilugu ingnirvik haluarunmut ayakharlugu, ataa haniraiglu nipitaïlilugu qattarmut, igayat qaangagut haluarunmut tuniliurtaaliquat, 3-5 minitsmi.

Kigutigirnat Paun’ngainaq Trifle

- | | |
|--|------------------------|
| 2 qallutik miluk | 2 qallutik aqpiit |
| 1 puuq. (4 niriyaakhaat) JELL-O Vanilla Pudding | 1 qallut kigutingirnat |
| 1 (13.6 oz) puuq pound cake, avguaqhimayuq qikkariktunnuat | 8 oz whipped cream |

kuvilugu miluk angiyumut urviuyarmut. Avulugu pudding-mik. Ayakharlugu kayumikhilutit 2 minits-mi. Nappainait cake kikariktut 3-quart niqhiurunmut; qaanganut ililugit nappainarnik paun’nganik. Qaangagut kuviralutit puddingmik, taimailiuffaarlutit cakemik paun’nganik puddingmigu. Qaanga whipped cream-lirlugu. Niglaqhiivingmut ililugu atauhirmi ikaarnirmi niritaaalaqittirlugu.

POUND CAKE

- 1/2 lb (2 tuattuungayuk) pata, mikiyumiglu
- algiqhiirutikhaq
- 1/2 qallut uqhurmik
- 3 qallutit suka

Alruyaqtuqtumut ayakhaunmut, pata milunguqtirlugu iggallu atauttimut. Avulugu sukamik, mikannuamik ayakhaqattarlugu. Avulugu manniit, atauhiillaaqtarlugit, ayakharaalugit avugaangata. Paniupayut avukhat urviuyarmut ayakhaunmunngarlugit atauhiillaaqtarlugit muqpauyarlu miluglu ayakharlugit inirutigilugu muqpauyaq. Vanillamik ilalugu. Kuvilugu uqhuqtiqhimayumut cake-liurunmut kaimalluriktumut qitqagut putuqaqtumut. Igalugu atauhirmik nappaaniglu ikaangnimi. Kukkillinmut uuttaakhaa uukturlugu kapurlugu qitqagut halumakpat qalattuq.

WHIPPED CREAM

- 2 aluutiryuak suka
- 1 qallut ivyuyuq whipping cream

Suka ililugu urviuyarmut avulugu whipping cream. Ayakharyuarlugu qirattarnahuarlugu qunmut napaliriangat. Tutqurlugit ilakuit matutiaqhimalugu ikaangnimi qulini. Ayakhaffaarlugu 10-15 minits-ni.

Very Berry Trifle

2 cups milk
1 pkg. (4 serving size) JELL-O Vanilla Flavor Pudding
1 (13.6 ounce) package pound cake, cut into
1/2-inch cubes

2 cups cloudberry
1 cup blueberries
8 ounces of whipped cream

Pour milk into large bowl. Add pudding mix. Beat with wire whisk for 2 minutes or until well blended.
Place 1/2 of the cake cubes in 3-quart serving bowl; top with 1/2 each of the fruits. Spread pudding mixture over fruit. Repeat layers of cake and fruit. Top with whipped topping.
Refrigerate at least 1 hour or until ready to serve.
Makes 12 servings.

POUND CAKE

1/2 pound (2 sticks) butter, plus more for pan 3 cups all-purpose flour, plus more for pan
1/2 cup vegetable shortening 1/2 teaspoon fine salt
3 cups sugar 1/2 teaspoon baking powder
5 eggs 1 cup milk

With a mixer, cream butter and shortening together. Add sugar, a little at a time. Add eggs, 1 at a time, beating after each addition. Stir dry ingredients together in a bowl and add to mixer alternately with milk, starting with the flour and ending with the flour. Mix in vanilla. Pour into a greased and floured tube pan and bake for 1 to 1 1/2 hours, until a toothpick inserted in the center of the cake comes out clean.

WHIPPED CREAM

2 tablespoons sugar
1 cup heavy whipping cream

Place the sugar into the mixing bowl and add the whipping cream.
Whisk just until the cream reaches stiff peaks. Store any unused portion in an airtight container for up to 10 hours. When ready to use, re-whisk for 10 to 15 seconds.

Options:

EASY VANILLA PUDDING

1/3 cup granulated sugar
2 tablespoons cornstarch
1/4 teaspoon fine salt
2 1/4 cups whole milk
3 large egg yolks, lightly
beaten
3 tablespoons unsalted butter,
cut into small pieces
2 teaspoons vanilla extract

Place a mesh strainer over a 4-cup measuring cup or bowl with a spout and set aside.

Combine the sugar, cornstarch, and salt in a medium saucepan and whisk until incorporated. While constantly whisking, slowly drizzle in 1/4 cup of the milk until smooth. Whisk in the egg yolks and remaining milk.

Place the saucepan over medium heat and cook, whisking often, until the pudding begins to thicken and just starts to bubble, about 5 to 6 minutes. Reduce the heat to medium low and switch to a rubber spatula. Stir constantly, scraping the bottom and sides of the pan, until the pudding makes visible ribbons when drizzled over the surface, about 3 to 5 minutes.







Sarah Desrosiers

Sarah Desrosiers is a graduate student at the University of British Columbia pursuing a Masters of Science from the Department of Geography.

While completing her undergraduate degree, Sarah worked as a research assistant for the Tundra Ecology Lab where she developed a strong interest in the Arctic and northern issues. Supervised by Dr. Greg Henry, her interdisciplinary research project focuses on maintaining and enhancing a community-supported berry monitoring program in Kugluktuk, Nunavut. The project's main objective investigates ways to build capacity for youth to engage with the local environment as way for healing and wellbeing.

Currently, Sarah bases her home in Merritt, BC where she enjoys exploring the outdoors, baking goodies at Brambles Bakery and working at a local honey farm.

THANK YOU



KHS 2013 Career & Technology Studies Group with teacher Shamim Sharif and assistants Detrick Hala & Nimisha Bastedo



KHS 2012 Career & Technology Studies Group with teacher Dale Skinner and assistant Kate van Ballegooyen



ArcticNet
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