



Blueberries Miinagaawanzh

Delicious fruits of
our homeland

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Blueberries

Low in calories, high in nutrition

- Fiber
- Vitamin C
- Vitamin K
- Manganese



Blueberries

Beneficial to our Health

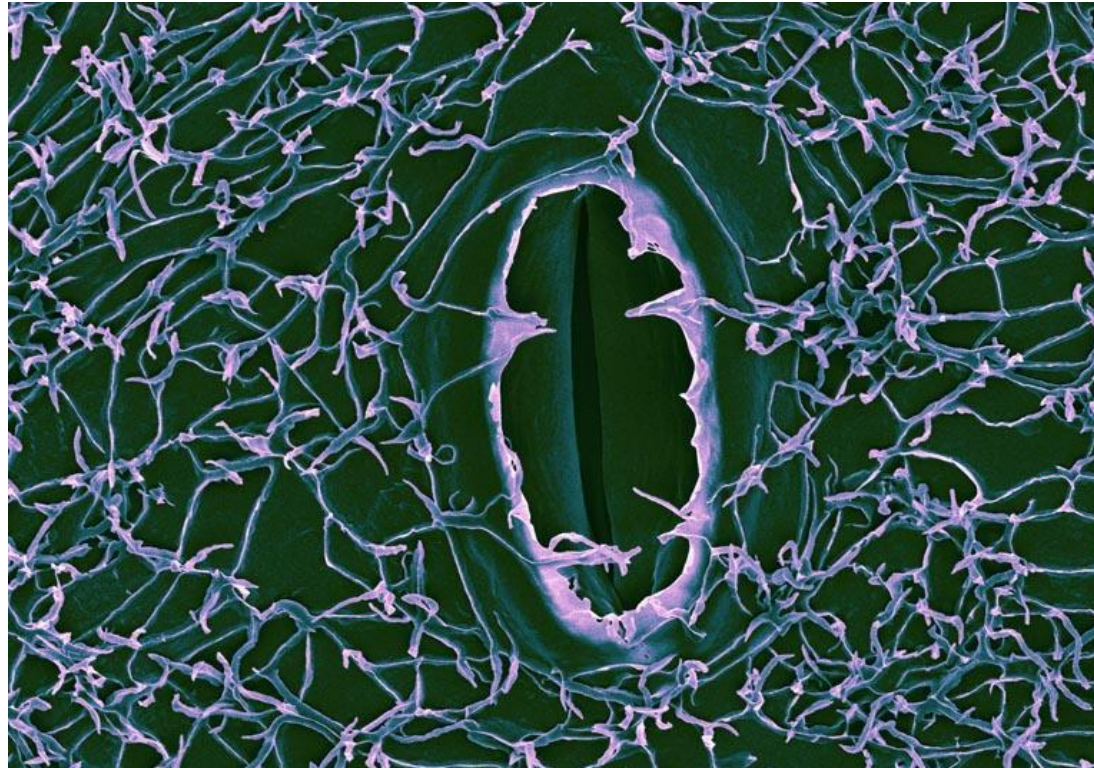
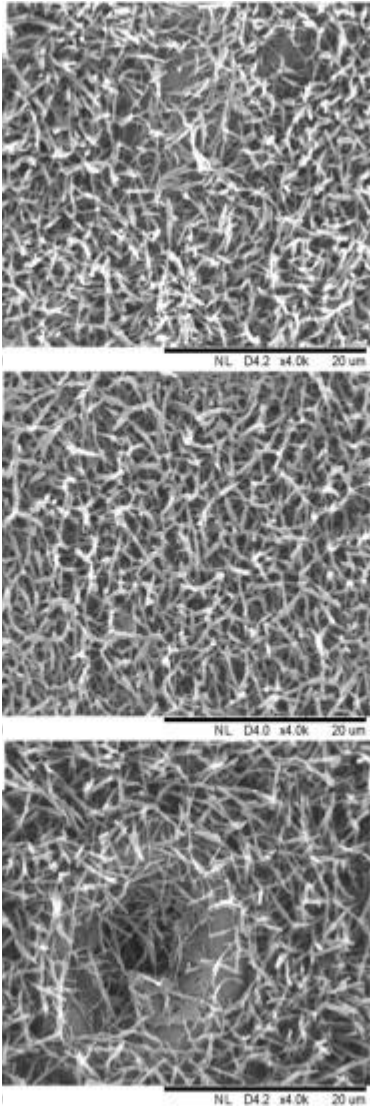
- Antioxidants abundant
- Protections against cancers and aging
- Prevents heart disease
- Lowers blood pressure
- Maintains healthy brain function – memory improved
- Anti-diabetic effects
- Fights urinary tract infections
- Reduces muscle damage after strenuous exercise
- Reduces inflammation





The silvery sheen found on the skin of blueberries is a naturally occurring compound. Known as the "**bloom**," it acts as a barrier against insects and bacteria and helps to seal in moisture.

The **bloom** is also a sign of freshness, since it fades with time and handling.

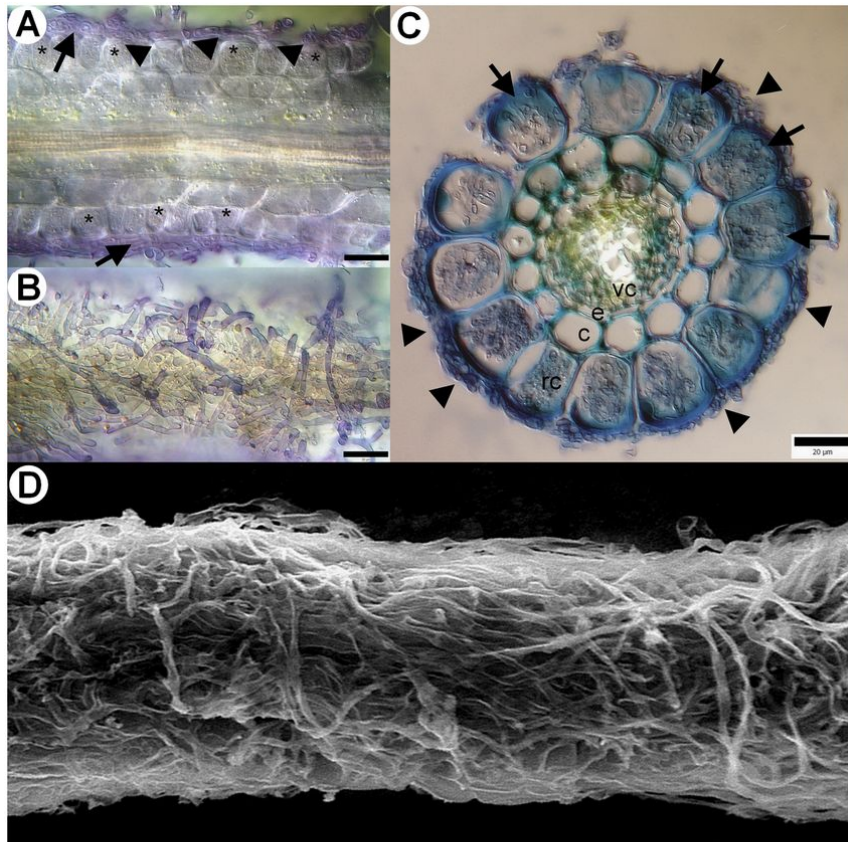


Ericoid mycorrhiza

an important adaptation to acidic and nutrient poor soils

Both fungus and blueberry are benefitted.

Relationship began 140 million years ago



Blueberry
miinagaawanzh
Vaccinium corymbosum

*Most common commercially grown
blueberry*



Blueberry
miinagaawanzh
Vaccinium angustifolium



Blueberry
miinagaawanzh
Vaccinium myrtilloides



Blueberry
miinagaawanzh
Vaccinium pallidum



Huckleberry
miinan
Gaylussacia bacata



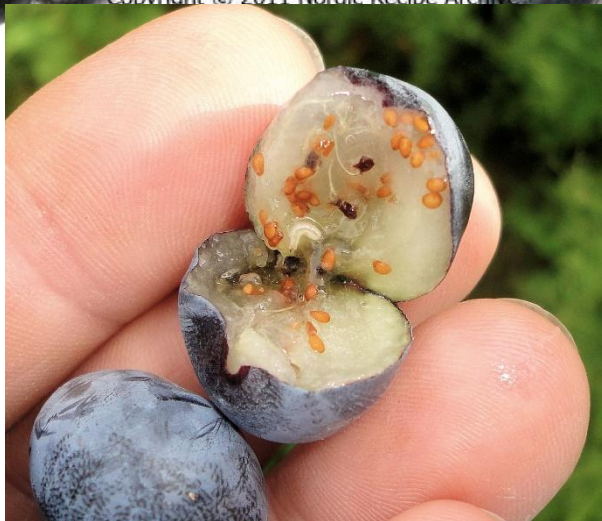
Bilberry miinan

Vaccinium membranaceum



Bilberry miinan

Vaccinium cespitosum



Bilberry miinan

Vaccinium uliginosum

Grows in bogs



Bilberry

miinan

Vaccinium ovalifolium



Blueberries, bilberries, huckleberries
– all berries – teach us to love our
lands

*In a celebration of reciprocity we can
protect the lands upon which the
berries grow*

*In turn they give us the gift of a
healthful life*

...now comes the time to hear
the stories.....

