

Overview of the Importance of Wild Food in NL



Explanation of the wild/country food database -- and why it's important

Scattered studies have been conducted about the wild and country foods in Newfoundland and Labrador.

However, there hasn't been an effort to bring all these resources together into one database. It was predicted that there are hidden connections and comparisons that can be made between the types of foods that people hunt, trap, fish and forage. The construction of the wild and country foods of Newfoundland and Labrador database brought these resources together based on what has been documented so far. The results of this database include the historical and current wild and country foods of the province. The data includes entries for 8,000 years ago to present.

The historical and continued importance of wild food in NL

Wild and country foods have had and continue to have an important role in the food security of the province. These foods originally sustained the Innu of Nitassinan, the Inuit of NunatuKavut and Nunatsiavut, the Mi'kmaq, and Beothuk. These foods then also sustained settlers to the province. Local access to wild and country foods is crucial due to several food security challenges that impact Newfoundland and Labrador including the province having the lowest number of farms and the lowest farm area in Canada, having to import 71% of foods and 84% of communities don't have a standard grocery store. In addition to food security, wild and country foods are also important for various forms of provincial health such as the physical exercise of getting out on the land and sea.

Species diversity in the database

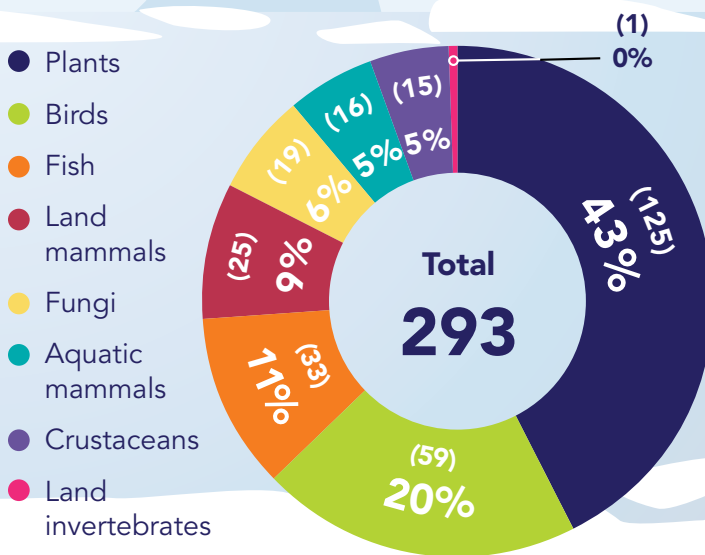
There is a great diversity of the number of edible species that have been documented in Newfoundland and Labrador. Plants are the group of organisms that has the greatest amount of diversity, with berries being the most harvested, followed by birds and fish.

KEY SPECIES

Several species were noted as being particularly important for hunting, fishing, trapping and foraging.

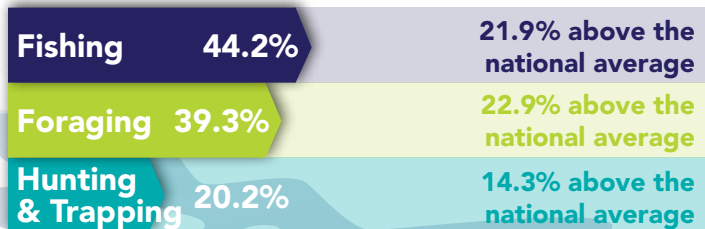
-  **AQUATIC MAMMALS:** Seals (Incl. Harp Seal, Jar Seal)
-  **LAND MAMMALS:** Caribou, Moose, Rabbits
-  **FISH:** Atlantic Cod, Atlantic Salmon, Arctic Char, Trout
-  **BERRIES:** Partridgeberries, Blueberries, Bakeapples
-  **BIRDS:** Partridge (Ptarmigan), Eider Ducks, Canada Goose

Number of documented edible species



Statistics on wild food in NL

The number of people who harvest wild and country foods is relatively high compared to other parts of Canada. The number of people fishing, foraging, and hunting and trapping is the highest in Canada.



<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4510003001&geocode=A000210>

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