

# The Berries and Fruits You Know and Some You Don't

## Quick 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. Therefore, it was predicted that there are likely hidden connections and comparisons that can be made between the types of traditional foods that people hunt, trap, fish and forage. The construction of the wild and country foods of Newfoundland and Labrador database hoped to bring these resources together based on what has been documented so far in the literature. The results of this database were then used as the basis of this Public Engagement project so that the public could be made aware of the historical and current wild and country foods of the province.

## Why berries and fruits are so important for food security 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. 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 and other fruits being the most harvested.



## The following are some berries and fruits in which you may be more familiar with:

-  **Partridgeberry** (*Vaccinium vitis-idaea*)
-  **Blueberry/Cranberry** (*Vaccinium* spp.)
-  **Bakeapple** (*Rubus chamaemorus*)
-  **Raspberry/Blackberry** (*Rubus* spp.)
-  **Woodland/Wild Strawberry** (*Fragaria virginiana*, *F. vesca*)

## The following are some berries and fruits in which you may be less familiar with:

-  **Crowberry** (*Empetrum atropurpureum*, *E. eamesii*, *E. nigrum*)
-  **Dogberry** (*Sorbus* spp.)
-  **Squashberry** (*Viburnum edule*)
-  **Gooseberry** (*Ribes* spp.)
-  **Crackerberry** (*Cornus canadensis*)
-  **Marshberry** (*Vaccinium oxycoccos*)
-  **Chuckley Pear** (*Amelanchier bartramiana*)
-  **Purple/Pink Crowberry**
-  **Sweet Gale** (*Myrica gale*)
-  **Pin Cherry** (*Prunus pensylvanica*)
-  **Bearberry** (*Arctostaphylos* spp.)
-  **Purple/Black Chokeberry** (*Photinia floribunda*, *P. melanocarpa*)
-  **Barberry** (*Berberis* spp.)
-  **Swedish Bunchberry** (*Cornus suecica*)

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