

Alaskan Basket

Traditional foods from the North/Northwest (Iñupiat, Yup'ik), Southwest (Yup'ik, Cup'ik, Alutiiq), South-central/Aleutian (Unanga), Interior (Athabaskan/Dine'), and Southeast (Tlingit, Haida, Tsimshian, Eyak)

Proteins and Fats

King salmon/red salmon/ chum and salmon eggss, halibut, whitefish/pike/ herring, shrimp/ prawns, cockles, abalone, crab, moose, caribou, reindeer, bear, seal, seal oil, whale, walrus, ptarmigan, duck and duck eggs, goose, rabbit, beaver	0g
Herring eggs	1/2c 5g

Starches/Grains

Frybread	5.5" piece 73g
Sourdough breads	1 slice 16g
Wild potato (troth, masu, raw)	1/2c 17g

Non-Starchy Vegetables

Dandelion leaves and buds (dock/sourdock, raw)	1c 5g
Fiddlehead ferns (beach asparagus/glasswort, raw)	1c 10g
Fireweed (raw)	1c 2g
Kelp (bull, sugar, black and bladderwrack seaweed, raw)	1c 20g

Mixed Dishes

Fish soup	1c 10g
Herring egg salad	1c 36g
Moose soup	1c 12g
Salmon patty	1 patty 5g

Fruits

Blackberries/ crowberries	1c 13g
Salmonberries/ Wild blueberries	3/4c 12g
Crabapples	1/2c 11g
Lingonberries/cranberries	1c 12g
Rhubarb, diced	1c 6g
Rose hips	1/2c 25g

Beverages

Fermented beverages (birch, berry or root)	8oz 5g
Teas (chaga, lavender, Labrador/ tundra/Hudson Bay, spruce tip unsweetened)	12oz 0g

Desserts

Berry, fireweed, or spruce tip jam/jelly	1 tbsp 14g
Birch syrup	1 tbsp 12g
Fish ice cream (Akutaq)	1/2c 13g

