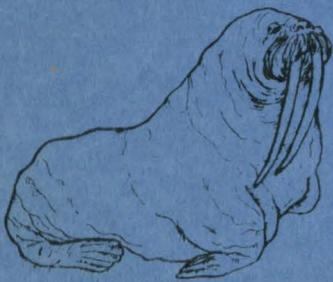
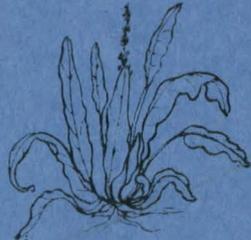




Food
Resources
of
Alaska



FOOD RESOURCES OF ALASKA

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NUTRITION UNIT
ALASKA DEPARTMENT OF HEALTH
APRIL 1950

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SUGGESTIONS FOR USE

At the Public Health Conference in Anchorage May, 1949, the need for a booklet listing the native foods of the different areas was discussed. This small booklet has grown from that discussion.

It was designed primarily to help nurses and doctors understand the foods the patient has been used to before he enters the hospital and to help make diet instruction practical when he leaves to go home.

Some of the foods can be used on the hospital menu, but whether they can be used or not, a talking knowledge of them should help orient the patient, give him just pride in his background, and prove a fascinating study to the newcomer.

Many questions have been asked such as, "What percentage of the diet is walrus?" This varies tremendously from village to village and even from family to family, therefore, the list can give only a hint at food sources.

No attempt has been made to list native names. These vary from area to area and spelling them is almost impossible.

This is, then, merely an introduction to the intriguing study of what Alaska offers the Epicurean—for here she has wealth more plentiful, yet more precious, than her gold.

—P.S.E.

These lists were prepared with the aid of Alaska Native Service Field Nurses, Hospital Nurses, Teachers, and Department of Native Resources, and members of the Alaska Department of Health.

ALEUTIAN PENINSULA AND CHAIN

For many years the white man, especially the Russian, has influenced the food patterns of the Aleutian area. The Aleut living in these communities has, then, many white food habits. The upper end of the peninsula is very similar to the Bristol Bay area (page 5). Some of the islands have areas suitable for gardening but many do not have a large amount of natural growth. Fish, sea food, and fowl are found in abundance.

Meat and Fish

Caribou	Salmon
Ptarmigan	Devil Fish
Ducks	Herring
Geese	Halibut
Birds' Eggs	Clams
Seal	Crabs
Bear (Peninsula only)	Mussels

Fruits and Vegetables

Peninsula	Islands
Salmonberries	Few berries and greens
Cranberries	Gardening possible in some areas
Mushrooms	
Wild Celery	
Mossberries	

BARROW

The area that Barrow Hospital serves is coastal. Very few greens and berries are available to the Eskimo living in these villages. Few fish are caught in Wainwright and Point Lay and even fewer in Barrow. The diet in Point Lay is largely caribou; the other two villages use a great number of sea animals.

Since many of the residents of Barrow are employed at the Navy base, a large amount of "store-bought" food is used in the village. This food is brought in by air as well as the yearly boat. Wainwright has a store but there is less paid labor in the village and less food can be purchased.

Meat and Fish

Seal	Caribou	Wainwright
Oogruk	Reindeer	White Fish
Polar Bear		Bullhead
Walrus	Point Lay	Smelt
Beluga Whale	Ptarmigan	
Large Whale	Owl	Point Lay
Geese and Ducks	Trout	Grayling
Birds' Eggs	Ling Cod	Whitefish
	Shee Fish	Salmon (rarely)

Fruits and Vegetables

Cloudberry (called	Blueberries	Willow Greens
Salmonberries)	Cranberries	Sourdock

(Barrow resident must go way inland for any of these foods)

BETHEL

The hospital at Bethel serves the largest area of any of the A.N.S. hospitals in the Interior. In this great area many very different sets of food habits are found. Many kinds of foods are available. The Eskimo lives on the coast; the Indian has settled further inland.

In the larger villages such as Aniak, Akiak, Bethel and McGrath, the diet of the residents is that of the white man with the greatest part of the food bought in stores. Fresh produce comes by air freight to some of these places all winter long. The fish and animals that are found locally are cooked and preserved much as the white man would do in the States. Some of the native foods are eaten as delicacies or by those who realize the worth of locally grown foods. Gardens are possible in some places and with care a great deal of food can be grown.

In the small villages such as those on the tundra and coast, the food customs of the early Eskimo are still being used. Here one finds berries and greens put up in seal pokes. He may find tipnuk being eaten, or see needlefish in sacks ready to be lubricated with seal oil before sliding down hungry throats. In some areas local foods are eaten almost entirely, in others, tea, sugar, and white flour are purchased.

LOWER YUKON

Meats and Fish

Seal	Beaver	Grayling
Walrus	Ptarmigan	Ling Cod
Rabbit	Ducks	Shee Fish
Muskrat	Geese	White Fish
Moose	Salmon	Black Fish

Fruits and Vegetables

Cloudberries	Crowberries	Willow Buds
Cranberries	Sourdock	Other Greens
Blueberries	Roots	Garden Produce
Roschips		

LOWER KUSKOKWIM COAST

Meat and Fish

Seal	Eider Duck	Tom Cod
Oogruk	Salmon	Shee Fish
Beluga Whale	Smelt	Herring
Fowl and Eggs	Trout	Pike
Beaver	White Fish	Needle Fish
Muskrat	Grayling	Black Fish
Reindeer	Ling Cod	

Fruits and Vegetables

Cloudberries (called Salmonberries)	Crowberries	Sea Weed
Blueberries	Cranberries	Sea Cucumber
	Goose Tongue	Other Native Greens

NUNIVAK ISLAND

Meat and Fish

Reindeer	Oogruk	Salmon
Walrus	Ptarmigan	Herring
Beluga	Ducks	Tom Cod
Seal	Geese	Trout

Fruits and Vegetables

Cloudberries	Sea Cucumber
Blackberries	Sea Weed
Blueberries	(Some other greens)
(A few other berries)	

UPPER KUSKOKWIM

Meat and Fish

Moose	Salmon
Bear	Grayling
Beaver	Lush
Muskrat	White Fish
Fowl	Pike

Fruits and Vegetables

Raspberries	Blackberries	Blueberries
Cranberries	Crowberries	Currants
Cloudberries	(Mossberries)	Rosehips
		Garden Vegetables

BRISTOL BAY

The Bristol Bay area and part of the Aleutian Chain (page 1) are served by the A.N.S. Hospital at Kanakanak. This area is one of the richest fishing areas in Alaska. The influence of large numbers of cannery workers and fishermen is clearly seen in the mixed cultures. The languages and food habits of the Eskimo, Aleut, Indian, Filipino and white man are all found here. Many of the families claim blood of several races.

With the high per capita income one finds many contrasts of cultures such as, a modern cook stove in a mud hut, or electricity and no sanitary facilities. The problem of most of the families is not obtaining money but learning how to spend it wisely.

The inhabitants of the smaller towns usually move to a cannery or to the bigger towns during the fishing season. At the end of the summer the food (i.e. grubstake) is bought for the winter with the summer's earnings. It is easy to understand, how supplied with much money but lacking knowledge of the English language or white man's food, a family can return to its village with much sugar, white flour, and jam, but little milk and canned orange juice.

In the larger towns, such as Dillingham, the food pattern is very like that of the white man anywhere. During fishing season nothing receives attention but fish, hence, there is little time and less interest for the wealth of native foods. Little gardening is done. Some fresh produce is flown in during the winter but most of the supplies come on the boats during the summer.

Meat and Fish

Seal	Squirrel	Jack Fish
Ducks	Porcupine	Pike
Geese	Beaver	Herring
Ptarmigan	Muskrat	Smelt
Bear	Mink	Codfish
Moose	Salmon	Halibut
Rabbit	Trout	Black Fish
Caribou (seldom)	White Fish	

Fruits and Vegetables

Cloudberries	Currants	Blueberries (few)
Highbush Cranberries	Cranberries	Wild Rhubarb
Lowbush Cranberries	Blackberries (few)	Wild Celery
Bog Cranberries	Mossberries	Eskimo Potato
		Willow Greens

JUNEAU AND SOUTHEAST ALASKA

Southeast Alaska has long known both American and Russian influences. The large rainfall contributes to luxurious natural growth. Farming land is available near many of the towns. Gardens are possible in most areas. Fishing, commercial and sport, provides food for many families as well as being the principal source of income in many towns.

The knowledge of local plant wealth is being lost rapidly as the older Indian people die. Even in the small towns the young people are learning only the white man's foods and losing the very precious lore and knowledge of their ancestors. Although the group is still small, every year more white people are learning that the greens and berries of the Southeast rival those of the States and one can find them eagerly digging in the spring and picking in the fall!

A.N.S. hospitals in Juneau and Mt. Edgecumbe (Sitka), Catholic hospitals in Juneau and Ketchikan, and community hospitals in Wrangell and Petersburg serve the area.

Meat and Fish

Seal	Moose	Salmon
Eulachon	Venison	Halibut
Clams	Mountain Goat	Red Snapper
Crabs	Beaver	Flounder
Scallops	Bear	Cod
Cockles	Ducks	
Mussels	Geese	

Fruits and Vegetables

Salmonberries	Highbush Cranberries	Dock
Blueberries	Lowbush Cranberries	Wild Celery
Cloudberries (few)	Soapberries	Wild Cucumbers
Huckleberries	Rosehips	Dandelions
Raspberries	Goose Tongue	Wild Spinach
Lagoonberries	Fireweed	Garden Produce
Bog Cranberries	Nettles	

KODIAK ISLAND

Many, many examples of Russian influence are found in the Kodiak area. The islands have a large white population and many inhabitants are of mixed racial parentage, including Aleut.

The fish, game, and other local foods that are used are usually prepared in the white man's fashion. The climate is mild and good for gardening and raising of stock (the large number of bear prevents large herds of animals and probably helps account for the smaller number of fish).

Here too there is need for teaching in the better use of resources for gathering and growing food.

A small Catholic hospital gives general service to the islands. (Tuberculosis patients are sent elsewhere.)

Meat and Fish

Seal	Sea Lions	Herring
Oogruk	Clams	Codfish
Bear	Crabs	Halibut
Rabbit	Mussels	Trout
Ducks	Ptarmigan	Gull's Eggs
Geese	Salmon	

Fruits and Vegetables

Salmonberries	Blackberries	Russian Rice
Cranberries	Rosehips	Goose Tongue
Blueberries	Other Berries	Wild Celery
		Other Greens

KOTZEBUE AREA

The Arctic and Subarctic coast just below Point Lay is served by the A.N.S. hospital at Kotzebue. Kotzebue itself is the largest village in the area; it has a fairly large white population. The dietary pattern of the people in Kotzebue closely resembles that of the typical white man even though large amounts of fish and sea animals are used.

The food habits of the surrounding villages are more like that of the early Eskimo, although the amount of white flour, sugar and similar products used is increasing yearly. The principal industries are hunting, fishing, and trapping. Some people are employed in arts and crafts work; a few work in the mines.

Meat and Fish

Seal
Oogruk
Walrus
Beluga Whale
Ducks
Geese
Ptarmigan
Birds' Eggs
Rabbit

Reindeer
Bear (Brown
and Black)
Ground Squirrel
Salmon
Smelt
Trout
White Fish
Ling Cod

Tom Cod
Shee Fish
Herring
Pickerel

Pt. Hope
Polar Bear
Caribou

Fruits and Vegetables

Cloudberries
Cranberries
Blueberries
Currants
Crowberries

Blackberries
Beach Greens
Wild Celery
Sourdock
Arctic Dock

Wild Rhubarb
Willow Greens
Eskimo Potatoes
Some Garden
Produce

NOME AND UNALAKLEET

This section of the Seward Peninsula has had long contact with the white man, both Russian and American. Mining still employs some people and gradually a money economy is replacing that of a living taken from the land and sea even in the towns other than Nome. Some of the inhabitants of this area work in Bristol Bay canneries during the fishing season. Fishing, trapping and hunting provide the rest of the employment. The food patterns are a mixture of those of the ancient Eskimo and today's white man with the old customs disappearing as cash income rises.

Unalakleet has, through the efforts of early missionaries, become well known for its wonderful gardens. Some of the produce is marketed in Nome. This Norton Sound area is a very rich farming area. In spite of the shorter growing season, the long sunlight hours facilitate plant growth and almost any garden produce can be grown. The inhabitants of this area are learning to use modern methods of preservation.

Because the Eskimos from King Island market their art and craft goods at Nome as well as find summer labor there, their economy is also changing. The inhabitants of Little Diomedé and St. Lawrence Islands still live largely from the land and sea but have felt some white influence.

The Methodist Hospital in Nome serves this area, taking A.N.S. patients on a contract basis.

Nome

Meat and Fish

Seal	Geese	Grayling
Oogruk	Birds' Eggs	Herring
Beluga	Beaver	White Fish
Whale	Reindeer	Ling Cod
Walrus	Squirrel	Pickerel
Brown Bear	Rabbit	Smelt
(Polar Bear	Salmon	Tom Cod
very rarely)	Blue Cod	Trout
Ptarmigan	Bullhead	Crabs
Ducks	Flounder	

Fruits and Vegetables

Cloudberries	Crowberries	Wild Parsnips
Blueberries	Raspberries	Fireweed
Blackberries	Willow Greens	Sourdock
Cranberries—	Roots	
lowbush	Lambs Quarters	

Islands

St. Lawrence

Meat and Fish		Fruits and Vegetables
Seal	Geese	Sour Grass
Whale	Other Birds	Few Berries
Walrus	Trout	
Oogruk	Whitefish	
Ducks		

Little Diomede

Meat and Fish		Fruits and Vegetables
Seal	Birds' Eggs	Eskimo Potatoes
Walrus	Tom Cod	Seaweed (Giant Kelp)
Crab	Bullheads	A few other berries and greens
Fowl		

King Island

Meat and Fish		Fruits and Vegetables
Seal	Walrus	Some Greens & Roots
Oogruk	Fowl	Salmonberries
White Whale	Bullheads	Blackberries

Unalakleet

Meat and Fish		
Seal	Birds' Eggs	Rabbit
Oogruk	Squirrel	Salmon
Beluga	Beaver	Salmon Trout
Whale	Reindeer	Tom Cod
Ducks	Caribou	Grayling
Geese	Moose (very little)	Ling Cod
Ptarmigan	Bear	White Fish
Fish Eggs	Muskrat	Herring

Fruits and Vegetables		
Cloudberry	Blackberries	Wild Celery
Lowbush Cranberries	Blueberries	Wild Parsnips
Highbush Cranberries	Willow Greens	Wild Dandelion (occasionally)
Currants	Eskimo Potato	
Moss or Crowberries	Wild Rhubarb	

Garden produce such as:

Potatoes, turnips, carrots, rutabagas, cabbage, lettuce, radishes, rhubarb, cauliflower, spinach, Swiss chard, celery, peas, onions, beets, (cucumbers and tomatoes under glass)

RAILROAD—HIGHWAY

This area includes the rich farm lands of the Matanuska and Tanana valleys and the Kenai Peninsula. Dairying, poultry raising, and gardening are increasing in these areas as more local produce is used by the cities and towns such as Fairbanks, Anchorage, Palmer, and Seward. The population of the larger towns is largely white and many white as well as Indian people are found in the smaller villages.

The railroad and highways provide much of the employment as well as bringing many seasonal workers and tourists.

Game is rapidly disappearing from these areas. Much of the hunting is done chiefly as a sport. In a few places interest in the native foods and appreciation of them is growing. Canning of them as delicacies is being done commercially on a small scale.

Catholic hospitals in Anchorage and Fairbanks, community hospitals in Palmer, Valdez, and Cordova, a Methodist hospital in Seward, and Seward Sanatorium serve this area.

Meat and Fish

Rabbits	Bear	Coast
Ptarmigan	Caribou	Seal
Ducks	Salmon	Crabs
Geese	Smelt	Clams
Moose	Pike	

Fruits and Vegetables

Blueberries	Raspberries	Willow Greens
Rosehips	Blackberries	Other Greens
Salmonberries	Mossberries	Much Garden
Cloudberries	Other Berries	Produce
Cranberries	Lambs Quarters	
(highbush, bog, and lowbush)	Goose Tongue	
	Sourdock	

UPPER YUKON

The area drained by the upper part of the Yukon River still shows marks of gold rush days. Not only do ghost towns exist, but the memory of familiarity with easy money hamper teaching of the contributions of the land. The Indian living in the larger towns has been eating white man's food and drinking his liquor for many years. These villages usually have a fairly large white population too. The knowledge of the native foods and desire to use them has been lost. In some towns even the fish wheels are left untended.

There is great need for arousing interest in gardening and food preservation as well as the teaching of the best spending of money.

In many of the smaller towns the living from the land has gone on, but in some of these places the rapid disappearance of game makes meat scarce.

The Episcopal hospital at Fort Yukon and the A.N.S. hospital at Tanana provide most of the medical care of the area.

Meat and Fish

Moose	Geese	Pike
Bear	Squirrel	Pickrel
Muskrat	Rabbits	Bullheads
Caribou	Salmon	Shee (in a few areas)
Beaver	White Fish	
Grouse	Grayling	
Ducks	Ling Cod (few)	

Fruits and Vegetables

Cranberries	Rosehips	Roots
Raspberries	Crowberries	Wild Rhubarb
Blueberries	Willow Greens	Sourdock

THE BASIC SEVEN FOODS IN ALASKA

- I. LEAFY GREEN OR YELLOW VEGETABLES—
(For Vitamin A)
 - Fresh or preserved native greens
 - Salmonberries
 - Canned carrots, sweet potatoes, or spinach
- II. CITRUS FRUIT—(For Vitamin C)
 - Rosehips
 - Cloudberrries
 - Fresh raw greens and berries
 - Willow greens
 - Canned oranges, tomatoes, or grapefruit
 - Canned orange, tomato, or grapefruit juice
- III. OTHER FRUITS AND VEGETABLES—
(For other vitamins and minerals)
 - All greens, berries, roots, seaweed
 - Canned fruits and vegetables
- IV. MILK—(For Calcium and Protein)
 - Canned milk (evaporated)
 - Powdered whole milk
 - Powdered skim milk
 - (Bones and entrails of fish, entrails of animals)
- V. MEAT, POULTRY, FISH, EGGS, BEANS—(For Protein)
 - Game meats and entrails
 - Fish and entrails, especially livers
 - Sea foods
 - Fresh or powdered eggs, birds' eggs, dried beans, peas, peanut butter
- VI. WHOLE GRAINS—(For Vitamin B)
 - Whole grain flours and cereals, especially oatmeal
 - Enriched flour and cereals
- VII. FATS—(For Vitamin A and Calories)
 - Seal Oil—Fish livers
 - Fortified margarine or butter

GLOSSARY

Beluga (White Whale) 11-13 feet long weighing 700 pounds or better. The muktuk, oil and meat are eaten. (See **Whale Meat**)

Berries—are usually stored in pokes or barrels. When kept in ice cellars or where they are frozen, they keep very well. Much of the Vitamin C of cloudberry can be preserved in this manner. They are usually eaten raw with seal oil. Some may be used in Eskimo Ice Cream.

Cloudberry—a berry similar in shape and color to the salmonberry but it grows on a low plant and has only one berry to the plant. This berry is often called salmonberry in the Arctic. Cloudberry is a **good** source of Vitamin C. They should be kept frozen in ice cellars until time for use.

Eggs—the eggs of wild fowl are eaten in any stage of incubation. They are also preserved in seal oil which probably acts in a way similar to waterglass by sealing the pores.

Entrails—in some areas the entrails of the animals are eaten. The high nutritive value adds greatly to the diet. The stomach contents of the walrus, for instance, contain clams and these too will add nutrients to the diet, especially calcium. The intestines are sometimes used for waterproof clothing.

Eskimo Ice Cream—mixture of fats and oils beaten to a froth with water. Berries or greens or a mixture of both are added. Sometimes shredded dry meat is added as well. The mixture is allowed to harden before eating.

Eulachon—fish that are commonly called candlefish because they are so full of oil that they can be lit. The oil is collected by just letting the fish drip. Eulachon oil, contrary to the popular belief, does not contain an appreciable amount of Vitamin A and no Vitamin D. Its contribution to the diet is calories. (See **Seal Oil**)

Fish—may be frozen, dried, smoked, salted or preserved in seal oil. Fish that has been dead for sometime may be eaten especially in times of need when a traveler finds himself without food. If the fish has no "sun-spots" on it, that is, no burned places on the skin, it is considered edible. (See **Tipnuk**)

Flippers—one of the choicest parts of the seal or whale. Improperly handled, seal flippers cause food poisoning which results in death. The Eskimos believe that the flippers from butchered seals and whales must be protected from the sun, for the sun in some way causes the development of the poison. There is also a taboo against eating flippers that have molded.

Glossary—Continued

Fowl—ducks and geese are often preserved in brine. They may or may not be cleaned first. The entrails and heads are usually eaten in stews.

Greens—are preserved either raw or cooked. In some areas the greens are allowed to ferment and mold but it is advisable to keep them cold and free from fermentation to preserve the vitamin value. The greens when fresh are high in both Vitamins C and A. Greens such as sourdock and beach greens are usually cooked before storing. Seal oil is added when they are eaten. (See **Willow Greens**)

Grubstake—the supply of food bought for a specific length of time, usually for a hunting or trapping trip or for the whole winter.

Herring Eggs—are usually “caught” on hemlock branches by putting the branches in the water before the fish spawn. The eggs are eaten “as is”, dried, partially dried, or dipped in boiling water. Often they are used in fish stew.

Houligan—(See **Eulachon**)

Livers—salmon livers and other fish livers are good foods and good sources of Vitamin A. The livers from game meat are eaten when free from infestation or cysts. (See **Polar Bear Livers**)

Muktuk—(Stefansson spells it “maktak”) is a favorite delicacy of northern Alaska. It is secured from both the large whales and the white or beluga whales. It consists of strips of the whale skin with a small amount of the fat (blubber) attached. Muktuk is eaten raw or boiled. With the white man’s influence, it is sometimes boiled with spices and pickled. Usually, however, it is eaten without any condiments. The black part or skin tastes a little like chicken giblets and requires much chewing.

Needlefish—small fish 1-2 inches long with bony “needles” along the spine. They are often eaten raw with seal oil. The fish is eaten whole and must be swallowed head first so that the needles do not stick in the throat. Eating the entire fish adds calcium to the diet.

Oogruk—large seal. The skin is used for boots and skin boats. The meat is eaten fresh or dried.

Ooligan—(See **Eulachon**)

Polar Bear Liver—An Eskimo taboo forbids the eating of the liver of the polar bear. There seems to be foundation for belief that it is poison for when eaten in large amounts it does cause distress and severe headaches.

Glossary—Continued

Preservation of Food—is accomplished in the more primitive villages by the old methods—freezing or keeping food cold in seal pokes or barrels with or without seal oil. These are excellent methods when done carefully, especially if well constructed ice cellars are made. Unfortunately they are being used less and less and much food is being wasted. More modern methods such as canning have been introduced in some villages but they, too, are used far too little. (See **berries, cloudberry, eggs, fish, greens, salmon strips, seal pokes**)

Quak—is made from reindeer, fish or beef. The frozen flesh is sliced into thin slices and is eaten while still frozen and still raw. Usually it is dipped in seal oil.

Rosehips—the seed pods of the rose. Rosehips contain great quantities of Vitamin C even after being made into syrup or jelly.

Salmonberries—the true salmonberry is not found in the Arctic. The salmonberry grows on a bush and has a berry similar to that of the raspberry. It may be red, yellow, or orange. (See **Cloudberry**)

Salmon Strips—are cut from the thick flesh of the King or Silver salmon and smoked. They are eaten at meals or as a treat. In some areas, they take the place of candy. They are good trail food.

Seafood—seafood as a whole may be eaten raw, boiled, or dried. (See **Entrails**)

Seal Oil—is the oil which is rendered from the fat of the seal. In the Interior this is done by allowing the oil to seep out from the fat. The odor which accompanies the seal oil of this area is due largely to the decaying flesh (protein matter). In southeast Alaska the seal oil is rendered by heat. Although there is less odor from seal oil treated this way, some of the vitamin content is lost. Seal oil is a good source of vitamins A and D. It should be kept in clean containers in a cool, dark place to preserve its vitamin content. (See **Whale Meat**)

Seal Pokes—are made from seal so butchered that the skin is left intact. The areas where the flippers and head were are tied off and the skin is turned inside out. The pokes are used for storage of seal oil, berries, greens, and fish in seal oil.

Shee Fish—is a white fish with a very delicate flavor and fine texture. It is considered the queen of all fishes by most who have had a chance to taste it.

Soapberries—are found in Southeast Alaska and in the Interior. They are beaten to a froth (raw) and mixed with other berries. Sometimes they are mixed with fireweed milk or with canned milk.

Glossary—*Continued*

Stews—almost all the food that is cooked is cooked in the form of a stew. Roots, meat, fish, seafood, and other foods, including fish and fowl heads, are all put in the stew. It is thick and comprises the greatest part of the meal. In areas that have white influence, the stews are seasoned, but the more isolated groups use very little salt and almost no pepper.

Tipnuk—is buried fish that has been allowed to putrify. This is probably like the fish used by the Japanese which contributes large amounts of Vitamin K to their diet. (The principal contribution of Vitamin K to the diet is to aid in the prevention of hemorrhages by helping the blood to coagulate properly)

Whale Meat—is a red meat similar to beef but it is more fibrous. The seal meat and walrus meat are similar to whale meat and treated the same way. The whale meat is eaten raw and frozen, or boiled in a type of stew. White people find it very palatable when braised or panfried. (See **Flippers**)

Willow Greens—are usually put in seal oil in pokes or barrels. They are eaten raw, occasionally a little sugar is added. Fresh willow greens are an especially good source of Vitamin C. They probably retain the Vitamin C when preserved in seal oil if they are kept cool.

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MAP OF THE TERRITORY OF ALASKA

