

## **PLANT ARCTIC / TUNDRA:**

**NEARLY ALL ARCTIC VEGETATION = EATABLE:**

**NORTH TEMPERATE ZONE SURVIVAL RULES VIA PLANTS:**

- 1) **FLOWERS OF ALL PLANTS ARE EDIBLE RAW OR COOKED.**
- 2) **ALMOST ALL FRUITS, NUTS BERRIES ARE EDIBLE EXCEPT; BANE BERRY**
- 3) Leaves & stems of non-poisonous plants **CAN BE EATEN** Raw or if too bitter, boiled in several changes of water.
- 4) Roots, tubers, shoots & root stalks to roast, bake, boil.

**ARCTIC BERRIES; RED COLOUR = OK:**

**IN THE COLD CLIMATES MOST BERRIES ARE EDIBLE.**

This is in contrast with Tropical and sub-Tropical areas where berries are best **to be AVOIDED as poisonous.**

**ALL ARCTIC VEGETATION IS EDIBLE EXCEPT FOR SOME MUSHROOMS.**

This lethal species of mushroom that has white gills & a bulbous base has a smooth top usually some 3 or 4 inches across then mature and range in colours from white through greyish brown.

To **AVOID** poisonous mushrooms in the Arctic one way is to shun any swollen bases & white underneath. **LEAVE ALL MUSHROOM ALONE!**

## **LABRADOR TEA:**

Ledum Groenlandicum

**Widely distributed**, leaves make excellent tea. Dry the leaves over a fire in a pan until they become crumbly. The infusion is prepared by pouring hot water over leaves. The resultant is a brew high in Vitamin C.

**ONLY 2 POISONOUS POLAR REGIONS PLANTS:**

We mention first the **Only 2 known poisonous plants: #Cigue Aquatic & Bouton D'or# (?Baneberry)**

**AMONG POLAR EDIBLE PLANTS:**

Beside the Lichen or Rock Tripe already mentioned we have: Berries which are **ALL EDIBLE.**

**THE MOST IMPORTANT EDIBLE BERRY IS THE SALMONBERRY!** pix needed

**BUT BEWARE FOR #HERBE A ST. CHRISTOPHE#** whose fruits come in grapes which are **NOT EDIBLE.**

**MOUNTAIN BERRY:**

This shrub low & crawling has tough leaves that stay **ALWAYS** Green clothed with red fruits is **VERY RICH IN VITAMINS.**

**ALPS BERRY:**

Those berries grow in groups of 3 or 4 at the end of a small stem. The leaves of this crawling shrub are reddish & its fruit almost flavourless.

### **#VESTE SUCREE#:**

This plant grows in the **North & found in** sanded ground particularly close to lake shore and river bed. Its flowers are rose coloured, its roots taste like carrots **VERY NOURISHING AND ARE EATEN RAW OR BOILED OR FRIED.**

### **#CANADENSIS#:**

This small plant has #epis laineux# or rose flowers. It grows in the **dry Tundra of N. America.** Its long yellow and sweet root **can be eaten raw or cooked.**

### **#BISTORTE# :**

It grows in the **Tundra.** It carries white or rose flowers which form #epis elancees# Its leaves long, thin and soft coming off stems very near the ground.

Its root very rich in feculent or starch has an acid taste when eaten Raw. Let it soak in water for a few hours before roasting it.

### **LIQUORICE ROOT:**

As the Eskimos potato this plant forms tubercles (like small potato) in spring, summer, fall sometime even in winter. In **Summer its tubercles are NOT EDIBLE.**

The liquorice has rose flowers that grow in clustered #epis elancee# Its long pod or shell fairly thin measure 2 to 5 1/2 cm long.

### **SCURVY PREVENTION:**

f/aid plants **Other plants rich in Vitamin C.**

### **#COCHLEARIA#:** TO EXPLAIN

### **SPRUCE FIR:**

Black: 30 to 50 feet in height

SPRUCE FIR: Red: 60 to 80 feet .....

SPRUCE FIR: White: 40 to 140 feet .....

### **#SOUCI DES MARAIS# :**

This plant appears **very** Early in Spring. It grows in the swamps and along water bed. Cooked the young leaves and young stems are **VERY NOURISHING AND DELICIOUS!**

### **WILLOW:**

### **SCURVY PROTECTION etc.**

2PUT-1BLOK ALL f-aid plants

### **THIS LITTLE TREE GROW ALMOST EVERYWHERE IN THE WORLD.**

In the **TUNDRA** it grows only a few cm in height. In Spring you can eat its young tender shoots and leaves. Getting old these shoots become bitter and hard.

Willow's are noted by their grapes of flowers and fruits. These grapes in form of caterpillar measure about 2 1/2 cm in length.

**REMEMBER THE WILLOW IS ONE OF THE RICHEST SOURCE IN VITAMIN C & FOUND IN MOST REGIONS OF THE WORLD.**

**WILLOW IS ALSO BEST TO LIGHT FIRE IN ARCTIC AS IS THE BIRCH.**

**#FICAIRE or Petite chicoine# :**

The young leaves, stems, & flowers **ARE EDIBLE** in spring but become hard and bitter in summer & die in fall. Found along water bed in sand banks, in the slopes of Alpine or Arctic zones.

The stems reach up to 8cm. in height & the leaves thick & whitish reach about 8cm. in length. It has long beautiful leaves coloured from rose to purple. Its corolla has 4 petals.

**#HAUTES HERBES A FEU# :**

The young leaves, stems and flowers **ARE EDIBLE** in spring becomes hard and bitter in summer. This plant grows in forest, in hills slope and on the shores of water bed **as well as sea shores.**

**Very numerous in Swamps.** These high grasses look like #Ficaire# but their leaves are green and stems are more red and longer. This grass measures 1 1/2 to 2 meters in height. Its flowers are of a bright rose.

**#TUSSILAGE# :**

In spring and summer you can eat its leaves and shoots that are in flowery stage. This plant is **found in** damp forests and swamped **Tundra.** Its leaves thick and triangular shape measures 7 to 25cm. in length.

Green in the upper part and whitish at the bottom. #Tussilage# comes out only in spring. Its fleshy stalk is all entangled measures about 30cm. crowned by a flowery top.