

FIRST NATIONS GATHERING



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Cooking
 They used to make a soup with berries to give it a special taste. They used to cook it with a stick of wood.

Gathering Sticks
 - They were a popular stick.
 - Other things they gathered were berries, mushrooms, and other things.

Gathering Plants
 - They used to gather plants and use them for food.
 - The women did most of the gathering.
 - The younger girls helped their mothers.
 - Some were used for food, some for the winter.
 - They were used with food to all times.

Saskatoon Berries

Wild Berries
 - They are a natural resource and a popular food source for all Aboriginal groups.
 - These tasty, natural fruits were very healthy.
 - They grow in all regions of Canada.

Seasonal Activities

Winter

Spring

Summer

Fall