

# November

## BLUEBERRY CRISP

### Ingredients:

- 2 cups Blueberries
- ½ cup of Margarine
- 1 cup Flour
- 1 teaspoon Cinnamon
- 2 teaspoon Lemon juice
- 1 cup Brown sugar
- 1 cup Rolled oats

**Directions:** Rinse and clean berries then spread them in a greased casserole dish. Sprinkle with lemon juice. Cream the butter and sugar together. Add the flour, cinnamon, and oatmeal and mix until the mixture resembles crumbs. Sprinkle over berries and bake at 350 degrees for 35-40 minutes.

Traditionally, many berries were prepared and preserved for use during the winter months.



The traditional lifestyle included activities like hunting, trapping fishing and gathering. All were part of an active way of life that kept people from developing diseases like type 2 diabetes.

*Treatment and prevention of this disease lies in and with the past. Although many feel that there is no way to return to the past, to that way of life, there is much that can be learned from the past and from our ancestors. Listen to what the elders have to say, learn from their teachings, learn what needs to be done to lead a healthy and fulfilling life.*

*(Excerpt from an article submitted by Charles Pratt– 2004)*



**Traditional foods** like bear and deer were available this time of year. Both were prepared in a variety of ways, it was dried for *jerky*, made into stews and was also be roasted. Both are good sources of protein and iron and other vitamins and minerals. Deer meat is low in fat. However bear meat is higher in fat. Avoid eating organ meats, like the kidneys and liver of deer and moose because they often contain harmful substances.



Eel is another traditional food that was prepared in soups and it was also fried. It is higher in fat than some fish. It is high in protein and is also an excellent source of Vitamin A.



Nuts, like hazelnuts, were also gathered and prepared for use over the winter months. Nuts though high in fat, contain fatty acids that are beneficial. They also contain Vitamin E, are a good source of fibre, protein and other minerals.

