

HUŪWA ŽUUK WIIRA  
September: Elk Calling Moon

## HARVEST OF THE MONTH

*Haassep (Blackberries)*

### ABOUT BLACKBERRIES

- Blackberries are native to the northern regions of North America.
- They are a good source of vitamin C, antioxidants, and even iron.
- Blackberries are a perennial plant that is easy to grow, or it is common to find wild blackberries in late summer, as well.
- Their naturally sweet flavor make blackberries perfect for eating fresh, including in baked goods for added nutrition, or cooking into fruit preserves.



## BLACKBERRY WOJAPE

*From The Sioux Chef's  
Indigenous Kitchen Cookbook*



### Ingredients:

- 6 cups fresh blackberries (or any fresh berry, or a mix of berries)
- 1 to 1-1/2 cups water
- Honey or maple syrup to taste

### Steps:

- Put the berries and water into a saucepan and set over low heat.
- Bring to a simmer and cook, stirring occasionally, until the mixture is thick.
- Taste and season with honey or maple syrup as desired.
- Serve as your favorite spread, stir into blue corn mush, or use as a topping for waffles or pancakes.

For more Information Contact a HCN  
Registered Dietitian/ Nutritionist:

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