



AITC Lesson Plan

Title: Preserving Berries of Alaska

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Grade Level Written for: Middle and High School

Class Time Suggested to Complete: 2-3 days

Lesson Focus:

Students will understand the following:

1. The different types of berries found in Alaska
2. History berries played for Alaska Natives
3. The best time for berry picking
4. The different ways to use/preserve berries
5. Making fruit leather

Standards Covered:

Cultural: Perform subsistence activities

Math: measuring

Rationale:

Students will learn about the importance berries play as a food resource. They will learn about the different berries Alaska produces. Students will be able to preserve berries as fruit leather.

Assessment:

The students will create a fruit leather of the berries they have collected.

Prior Knowledge: What berries have you seen near home? What berries have you eaten? Berries are a very plentiful food source in Alaska and there are many ways people use berries: dyes, desserts, jellies/jams, etc.

Student Learning Objectives: Students will learn how to make preserve berries by making a fruit leather.

Materials/ Preparation for Teaching:

1. Berry scooper
2. Buckets and pails
3. Ziplock bags
4. Sugar
5. Honey
6. Bananas (for another fruit leather recipe)
7. Parchment paper
8. Rose-hip puree
9. Lemon juice
10. Measurement spoons and cups
11. Berries
12. Blenders/ sieve
13. Cooperative Extension Service worksheets

Differentiated Instruction: Students who finish early will be able to make Rose-Hip-Banana-Cranberry Fruit Leather (See Fruit Leather Cooperative Extension Service worksheet).

Have Rose-Hip puree per-made for students who fall behind.

Procedure:

Day 1:

1. Talk about the best time to go berry picking
 - a. Berry season is late in Alaska. Some berries are found in July, but August is the best season for picking. Berries disappear in September.
2. Take class(es) on a field trip to local cranberry patch or other berry patch (i.e. Creamer's Field)
3. Pass out cranberry pickers, buckets, and pails to students and pick berries.
4. While students are collecting berries, talk about how to clean berries by plucking off dirt, stems, and leaves before putting them in pail or bucket.

5. Collect berries in ziplock bags
6. Place in freezer until next class period.

Day 2:

7. Talk about different ways berries are preserved:
 - a. Jams/Jellies
 - b. Fruit leather
 - c. Frozen
 - d. Canned
 - e. Dried
8. Have students discuss the importance berries play in our community and the Alaska Native communities.
 - a. Food source
 - b. Bonding/learning experience between generations
 - c. Dyes
9. Use the berries you put into the freezer to make a puree and fruit leather. See Cooperative Extension Service Fruit Leather packet for directions (<http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00228.pdf>) or Cooperative Extension Service: Food Preservation Jams/Jellies Lesson 5
 - a. Rinse berries, drain, put in a blender and blend until the consistency of a thick puree. Most berries do not need to be cooked.
 - b. For making puree from salmonberries, raspberries, lingonberries (lowbush cranberries), highbush cranberries and similar berries that have large seeds, do not use a blender. These berries should be pressed through a sieve or food mill. This process will remove seeds and skins prior to blending.

Create Fruit Leather to cranberry collected:

10. Rose Hip-Lowbush Cranberry Fruit Leather
 - c. Combine 1 cup rose hip puree and 1 cup lowbush cranberry puree.
 - d. Add honey (2 table spoons or to taste) and spread on parchment paper.

- e. Dry as for fruit leather
- f. Add ½ tablespoon lemon juice for extra flavor.

11. Rose Hip-Highbush Cranberry

Fruit Leather

- a. Combine 1 cup rose hip puree and 1 cup highbush cranberry puree.
- b. Add honey (2 tablespoons or to taste) and spread on parchment paper or dehydrator tray.
- c. Dry as for fruit leather.

Day 3 (Optional)

- 1. Continue Fruit Leather making

References:

- 1. Cooperative extension Service:
<http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00228.pdf>
- 2. Low Bush Cranberry:
<http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00110.pdf>
- 3. High Bush Cranberry:
<http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00112.pdf>