



## miinan (blueberries)

Have you ever picked wild blueberries? Mmmmm. Miinan (blueberries) are a favorite food, now and traditionally. Anishinaabe use fire to maintain lowbush blueberry patches as a way to prune the plants and clear competing brush, add nutrients to the soil, and open the canopy to allow more sunlight. This process stimulates growth and fruit production. Berries can be eaten fresh or dried for winter food.

Bears love berries too! Makwa (Black bear) clan wears blueberry beaded medallions as part of their regalia to acknowledge and show gratitude for their food source. Anishinaabe beading patterns take nature for inspiration. Can you see the blueberries in the traditional flowers along the bottom?



