



The Challenge:

To discover the diverse range of plant life that flourishes in the Arctic, and to learn the traditional names and uses for these roots, stems, leaves, flowers, and fruits.

You Will Need:

Printed activity sheet, scissors, dry beans, and 3-9 players.

Note: Each printed copy of this activity may be used for a game of lotería with a minimum of 3 and maximum 9 players (including one "caller").

How to Play

1. Print, cut out and shuffle the cards on Page 2-3 of this activity. Each card features an Arctic plant, specifically those which are grown and used by Iñupiaq communities in the North Slope of Alaska. Print Pages 4-5 of this activity. Cut out each individual game board along the green outer lines.
2. Assign 1 person to be the caller. This person will draw cards from the stack.
3. Pass out one board to each player.
4. Pass out 9 dried beans to each player. These will be used to mark their game boards.
5. Determine which "pattern" must be achieved on the game board to win. Some ideas include three in a row (horizontally, vertically or diagonally) and blackout (all squares marked). You can come up with your own patterns and shapes too.
6. Now you are ready to play!
7. The caller will draw a card, call out the Iñupiaq Name and Other Name (on the back of the card), and read the description of the plant's traditional uses. If a player has that image on their game board, they mark it with a bean.
8. The first player to get the desired pattern of squares on their game board calls out "Lotería" and wins the game!



What plant did you find the most interesting, why?

If you needed to gather four plants to feed you for a day, which ones would you gather? Why?

Can you think of an example of a root, stem, leaf, flower and fruit that you eat?

Are there any special recipes your family makes? What are the ingredients? What makes the recipe special or different?



Want to learn more about how these plants are used in recipes? Check out some traditional recipes from the Alaskan North Slope here:

https://www.north-slope.org/wp-content/uploads/2022/04/Traditional_Foods_Recipes_v3.pdf

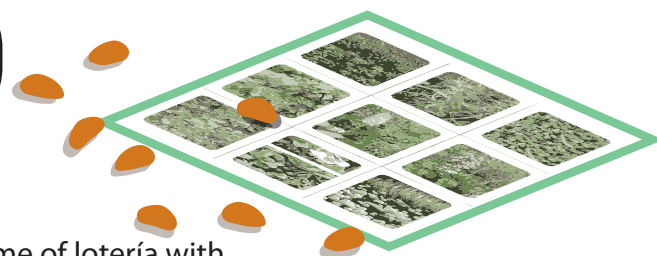
Sources: Gladys Mekiana, Anaktuvuk Pass resident; Official Website of the North Slope Borough;

NSB Arctic Harvest project; North Slope Iñupiaq to English Dictionary

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Illustrated by Dennis Smith

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Polar STEAM
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Lotería Cards (cut each card out individually)



Iñupiaq Name: Tilaaggik
Other Name:
Dwarf Fireweed



Iñupiaq Name: Kimmigñauraq
Other Name: Lowbush Cranberry



Iñupiaq Name: Aqpik
Other Name: Cloudberry
or Salmonberry



Iñupiaq Name: Quaḡaq
Other Name: Sourdock



Iñupiaq Name: Uqpik
Other Name: Willow



Iñupiaq Name: Sargigruaq
Other Names: Stink Weed
and Wild Sage



Iñupiaq Name: Paungak
Other Names:
Crowberry or Blackberry



Iñupiaq Name: Sakiagauraq
Other Names: Labrador Tea



Iñupiaq Name: Nunaniak
Other Name: Alder



Iñupiaq Name: Qaqalik
Other Name: Alpine Bistort



Iñupiaq Name: Angukaq
Other Name: Wild Rhubarb



Iñupiaq Name: Milukataq
Other Name: Coltsfoot



Iñupiaq Name: Asiavik
Other Name: Alpine Blueberry



Iñupiaq Name: Aṅurvak and Kavlaq
Other Name: Red Bearberry
and Black Bearberry



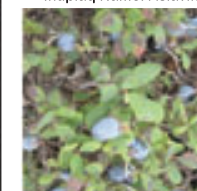





Iñupiaq Name: Pitniq
Other Name: Cotton Grass












Iñupiaq Name: Masu
Other Name: Eskimo Potato

<p>Iñupiaq Name: Quagaq</p> <p>Other Name: Sourdock</p> <p>Traditional Uses: Young, green leaves are edible and slightly sour. Eaten raw or soaked in seal oil or put into soups. Can also eat early flowering shoots. Root is used for medicinal tea.</p>	<p>Iñupiaq Name: Aqpik</p> <p>Other Name: Cloudberry or Salmonberry</p> <p>Traditional Uses: Eaten freshly picked or boiled, or they were stored in oil. Today they are made into jam, pies or other desserts. Young leaves can also be eaten.</p>	<p>Iñupiaq Name: Kimmignauraq</p> <p>Other Name: Lowbush Cranberry</p> <p>Traditional Uses: Berries are eaten as is and made into jam. Leaves and stems boiled for tea.</p>	<p>Iñupiaq Name: Tilaaggik</p> <p>Other Name: Dwarf Fireweed</p> <p>Traditional Uses: Leaves used for tea. Young leaves are also eaten raw or boiled. Flowers used to make honey and jelly.</p>
<p>Iñupiaq Name: Sakiagauraq</p> <p>Other Names: Labrador Tea</p> <p>Traditional Uses: Leaves for tea flavoring.</p>	<p>Iñupiaq Name: Paungak</p> <p>Other Names: Blackberry and Crowberry</p> <p>Traditional Uses: Purplish-black berries are eaten as is.</p>	<p>Iñupiaq Name: Sargigruaq</p> <p>Other Names: Stink Weed and Wild Sage</p> <p>Traditional Uses: Dry leaves or freeze. Boil in water. Drink 1 cup for colds, congestion, and sore throats.</p>	<p>Iñupiaq Name: Uqpik</p> <p>Other Name: Willow</p> <p>Traditional Uses: Young leaves and shoots are high in vitamin C. Put leaves in seal oil and eat.</p>
<p>Iñupiaq Name: Milukataq</p> <p>Other Name: Coltsfoot</p> <p>Traditional Uses: The leaves are eaten in salads, used on external sores and arthritis, and made into a tea for a persistent cough.</p>	<p>Iñupiaq Name: Angukaq</p> <p>Other Name: Wild Rhubarb</p> <p>Traditional Uses: Leaves and stems can be boiled and eaten.</p>	<p>Iñupiaq Name: Qaqalik</p> <p>Other Name: Alpine Bistort</p> <p>Traditional Uses: Young leaves are put in seal oil or eaten raw in salads. Roots can be cooked or eaten raw.</p>	<p>Iñupiaq Name: Nunaniak</p> <p>Other Name: Alder</p> <p>Traditional Uses: Rust-colored dye can be made from alder bark.</p>
<p>Iñupiaq Name: Masu</p> <p>Other Name: Eskimo Potato</p> <p>Traditional Uses: Sweet in September, roots eaten raw or boiled in water or mixed in soup.</p>	<p>Iñupiaq Name: Pitniq</p> <p>Other Name: Cotton Grass</p> <p>Traditional Uses: Lower stems eaten raw or with seal oil.</p>	<p>Iñupiaq Name: Anurvak and Kavlaq</p> <p>Other Name: Red Bearberry and Black Bearberry</p> <p>Traditional Uses: Berries eaten as is and made into jams.</p>	<p>Iñupiaq Name: Asiavik</p> <p>Other Name: Alpine Blueberry</p> <p>Traditional Uses: Berries are eaten as is, or in jam or other foods. Leaves added to tea for flavor.</p>

<p>Iñupiaq Name: Quagaq</p>  <p>Other Name: Sourdock</p>	<p>Iñupiaq Name: Paungak</p>  <p>Other Names: Crowberry or Blackberry</p>	<p>Iñupiaq Name: Uqpik</p>  <p>Other Name: Willow</p>	<p>Iñupiaq Name: Aqpik</p>  <p>Other Name: Cloudberry or Salmonberry</p>	<p>Iñupiaq Name: Masu</p>  <p>Other Name: Eskimo Potato</p>	<p>Iñupiaq Name: Quagaq</p>  <p>Other Name: Sourdock</p>
<p>Iñupiaq Name: Sakiagauraq</p>  <p>Other Names: Labrador Tea</p>	<p>Iñupiaq Name: Tilaaggik</p>  <p>Other Name: Dwarf Fireweed</p>	<p>Iñupiaq Name: Asiavik</p>  <p>Other Name: Alpine Blueberry</p>	<p>Iñupiaq Name: Anjrvak and Kavlaq</p>  <p>Other Name: Red Bearberry and Black Bearberry</p>	<p>Iñupiaq Name: Sargi ruaq</p>  <p>Other Names: Stink Weed and Wild Sage</p>	<p>Iñupiaq Name: Pitniq</p>  <p>Other Name: Cotton Grass</p>
<p>Iñupiaq Name: Anjrvak and Kavlaq</p>  <p>Other Name: Red Bearberry and Black Bearberry</p>	<p>Iñupiaq Name: Pitniq</p>  <p>Other Name: Cotton Grass</p>	<p>Iñupiaq Name: Masu</p>  <p>Other Name: Eskimo Potato</p>	<p>Iñupiaq Name: Qaqalik</p>  <p>Other Name: Alpine Bistort</p>	<p>Iñupiaq Name: Angukaq.</p>  <p>Other Name: Wild Rhubarb</p>	<p>Iñupiaq Name: Asiavik</p>  <p>Other Name: Alpine Blueberry</p>
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<p>Iñupiaq Name: Sargigruaq</p>  <p>Other Names: Stink Weed and Wild sage</p>	<p>Iñupiaq Name: Qaqalik</p>  <p>Other Name: Alpine Bistort</p>	<p>Iñupiaq Name: Aqpik</p>  <p>Other Name: Cloudberry or Salmonberry</p>	<p>Iñupiaq Name: Masu</p>  <p>Other Name: Eskimo Potato</p>	<p>Iñupiaq Name: Aqpik</p>  <p>Other Name: Cloudberry or Salmonberry</p>	<p>Iñupiaq Name: Paungak</p>  <p>Other Names: Crowberry or Blackberry</p>
<p>Iñupiaq Name: Kimmighauraq</p>  <p>Other Name: Lowbush Cranberry</p>	<p>Iñupiaq Name: Paungak</p>  <p>Other Names: Crowberry or Blackberry</p>	<p>Iñupiaq Name: Milukataq</p>  <p>Other Name: Coltsfoot</p>	<p>Iñupiaq Name: Angukaq.</p>  <p>Other Name: Wild Rhubarb</p>	<p>Iñupiaq Name: Sakiagauraq</p>  <p>Other Names: Labrador Tea</p>	<p>Iñupiaq Name: Tilaaggik</p>  <p>Other Name: Dwarf Fireweed</p>

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<p>Iñupiaq Name: Nunagiak</p>  <p>Other Name: Alder</p>	<p>Iñupiaq Name: Asiavik</p>  <p>Other Name: Alpine blueberry</p>	<p>Iñupiaq Name: Aḡurvak and Kavlaq</p>  <p>Other Name: Red Bearberry and Black Bearberry</p>

<p>Iñupiaq Name: Milukataq</p>  <p>Other Name: Coltsfoot</p>	<p>Iñupiaq Name: Sargigruaq</p>  <p>Other Names: Stink Weed and Wild sage</p>	<p>Iñupiaq Name: Pitniq</p>  <p>Other Name: Cotton Grass</p>
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