

Buffaloberries:

The buffaloberry was used by Native Americans and settlers as an accompaniment to buffalo meat. The silver buffaloberry (*Shepherdia argentea*) and the russet Buffaloberry (*Shepherdia canadensis*) are closely related to the silverberry or Wolfwillow, however they have thorns on the bushes whereas the silverberry does not. The silver buffaloberry also has a distinct sage coloration like the Wolfwillow. The silver buffaloberry makes the best jams and jellies. It is a deciduous shrub growing to 2–6 m tall. The leaves are arranged in opposite pairs (rarely alternately arranged), 2–6 cm long, oval with a rounded apex, green with a covering of fine silvery, silky hairs, more thickly silvery below than above. The flowers are pale yellow, with four sepals and no petals. The fruit is bright red and fleshy.



Scientific investigation reveals that buffaloberries and highbush cranberries traditionally consumed by tribal cultures contain a rich array of phytochemicals that have the capacity to promote health and protect against chronic diseases, such as diabetes.



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