

Mooseberry (Moosomina), the Low Bush Cranberry:

These berries (*Viburnum edule*) can be eaten fresh, but are usually used for jam because they are very sour. The twig tips are often chewed to relieve a sore throat and the open buds can be rubbed on lip sores to dry and heal them. The ripe fruits are boiled to make a cough medicine.

Marlene (Jobin) Lanz from the Metis Nation of Alberta tells of a cranberry harvesting device her father, Ambroise Jobin, used to make. He would take a can and remove the ends. On one end of the can he would solder two or three-inch finishing nails around the rim pointing outwards. The tips of the nails were filed down and slightly turned upwards. A sugar sack was then attached to the other end of the can to hold the berries. The device was combed through the bushes, neatly removing the berries, which were caught in the sugar sack.



Neepees are the name for the berries of the High Bush Cranberry. Nipi jam is the jam of these berries, typically made with the seeds left in (the terms come from “nipimanan” in Cree).



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