

Wild Food in NL



Statistics on wild food in NL

The number of people who harvest wild and country foods in Newfoundland and Labrador is relatively high compared to other parts of Canada. The number of people fishing, foraging, and hunting and trapping in the province is the highest in Canada.

Fishing 44.2%

21.9% above the national average

Foraging 39.3%

22.9% above the national average

Hunting & Trapping 20.2%

14.3% above the national average

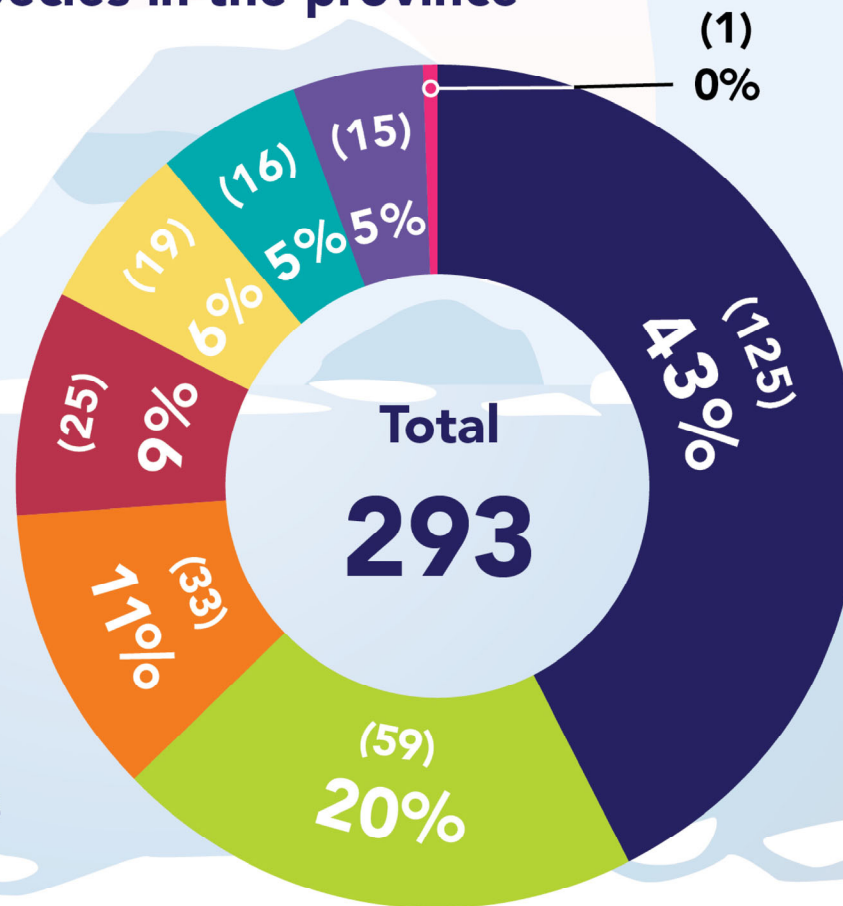
Source: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4510003001&geocode=A000210>

LEARN MORE HERE: foodfirstnl.ca/wild-food

Wild Food in NL

The number and percentage of documented edible species in the province

- Plants
- Birds
- Fish
- Land mammals
- Fungi
- Aquatic mammals
- Crustaceans
- Land invertebrates



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The following are some berries and fruits you may be more familiar with in the province:



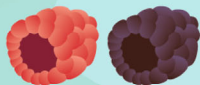
Partridgeberry
(*Vaccinium vitis-idaea*)



**Blueberry/
Cranberry**
(*Vaccinium* spp.)



Bakeapple
(*Rubus chamaemorus*)



**Raspberry/
Blackberry**
(*Rubus* spp.)



**Woodland/Wild
Strawberry**
(*Fragaria virginiana*,
F. vesca)

The following are some berries and fruits you may be less familiar with in the province:



Crowberry
(*Empetrum atropurpureum*, *E. eamesii*, *E. nigrum*)



Dogberry (*Sorbus* spp.)



Squashberry (*Viburnum edule*)



Gooseberry (*Ribes* spp.)



Crackerberry (*Cornus canadensis*)



Marshberry (*Vaccinium oxycoccos*)



Chuckley Pear (*Amelanchier bartramiana*)



Purple/Pink Crowberry



Sweet Gale (*Myrica gale*)



Pin Cherry (*Prunus pensylvanica*)



Bearberry (*Arctostaphylos* spp.)



Purple/Black Chokeberry
(*Photinia floribunda*, *P. melanocarpa*)



Barberry (*Berberis* spp.)



Swedish Bunchberry (*Cornus suecica*)

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KEY SPECIES

Several species are noted as being particularly important for hunting, fishing, trapping and foraging in Newfoundland and Labrador.



AQUATIC MAMMALS

Seals (Incl. Harp Seal, Jar Seal)



LAND MAMMALS

Caribou, Moose, Rabbits



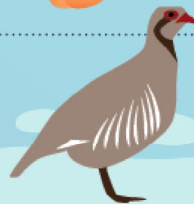
FISH

Atlantic Cod, Atlantic Salmon, Arctic Char, Trout



BERRIES

Partridgeberries, Blueberries, Bakeapples



BIRDS

Partridge (Ptarmigan), Eider Ducks, Canada Goose

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