

QUALITY CONTROL:

Handling:

- Wash hands before harvesting or handling bark.

Harvesting and processing:

- Do not harvest from any stems smaller than ½ inch thick.
- Prepare for bark removal in a clean area.
- Peel bark on to a clean tarp.
- Using a potato peeler or sharp knife.
- Remove only inner and outer bark
- Make sure you do not leave wood on the bark
- Spread the bark to dry in thin layers on screens or tarp turning as it dries
- Use a fan to move air

Storage:

- Product should be stored in a clean poly woven rice bag, paper bag, paper box, or clean container.
- Dirty containers will not be accepted and the product in it may be rejected
- Store in a dry room away from moisture
- Do not store in a shed that has been used for storing gas and oil.

BUYING REQUIREMENTS (THIS IS INTENDED TO PROVIDE GENERAL STANDARDS. REQUIREMENTS MAY VARY FROM BUYER TO BUYER. PLEASE CONFIRM WITH YOUR BUYER BEFORE HARVESTING):

- Product must be crispy dry.
- Producers must have a wild harvesters association membership card.
- I/D general harvest area
- No foreign smell (ex: gas, oil)
- No foreign material (ex: Different kinds of bark, dirt, rocks)
- No mould.

All bags, boxes and containers may be inspected to determine if product meets a buyers specifications.

PRICING:

- Call NFDC prior to shipping or traveling to buying depot.



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NON-TIMBER FOREST PRODUCTS INFORMATION BROCHURE

(FROM HARVESTING
PRACTICES)



HIGH BUSH CRANBERRY BARK



HARVESTING HIGH BUSH CRANBERRY BARK

SCIENTIFIC NAME:

- *Viburnum opulus* L

CREE NAME:

- Nepiminana
(“Summer berry”)

COMMON NAMES:

- Pembina bark
- Cramp bark

PLANT SPECIES IDENTIFICATION:

Flowers

- Flat-topped clusters that are 5-15 cm across
- White
- Outer flowers large (1-2 cm across), sterile
- Inner flowers smaller (3-4mm), fertile

Leaves

- Occur opposite on branch
- Simple with 3 long pointed spreading lobes
- Smooth to the touch
- 6-12 cm long
- Irregularly toothed
- Deep green above and paler below
- Red in fall
- Stalks reddish
- Stipules to 6 mm long
- Narrow often gland-tipped.

Fruit

- Orange to red
- 1-seeded
- Berry like drupes 8-10 mm across
- Occur in drooping clusters at branch tips
- Edible, juicy but acidic.

Shrub:

- Full growth of the shrub requires 5 to 10 years.

Habitat:

- Common to moist, dense woods, stream banks, low areas across northern park land and southern boreal forest of Prairie Provinces. More prevalent in the eastern portion of the province

PRODUCT USES:

The bark has two traditional medicinal uses; treating muscular cramps and treating ovarian and uterine muscle problems.

Indigenous Uses:

- The Cree use the leaves, stems and roots of the high bush cranberry tree to treat a variety of sicknesses.
- Collecting the inner bark in spring, the sap is to be dried into smaller pieces for later use. A small piece boiled in a cup of water is used as a pain-reliever. The tea is used by many women for relief from menstrual cramps.
- The leaves are boiled to make teas to soothe sore throats.
- The fruit is used to make jams, jellies and pies. The fruit should not be eaten raw in quantity, as uncooked fruit can cause Vomiting and severe cramps.

SPECIES SUSTAINABILITY:

Practice Selective harvesting, by leaving 50% of the stems behind, allowing for natural growth of the shrubs in your harvest areas.

If you would like to replant an area, cuttings from native high bush cranberry plants are the most effective method of propagation. Summer cuttings work especially well, with success rates usually over 90 per cent.

Each fruit contains one flat seed that typically take two years to germinate. While not as effective as cuttings, seed germination provides satisfactory results. Note berries should be cleaned of flesh or crushed between your fingers to break the skin before planting.

HARVESTER CERTIFICATION:

- **NFDC** is working on providing organic certification on selective NTFP'S in each community harvest area.
- **Buyers may not purchase** Highbush Cranberry Bark from producers who does not follow the **HARVESTERS CODE OF ETHICS (Copy available at the NFDC Centre).**