

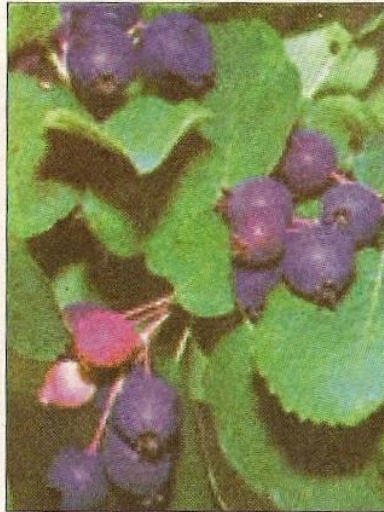
Canada's Jam expands to the Saskatoon

By Ronald Wolf
for Inter tribal Times

There are many types of jam. In busier metropolitan areas, you might find yourself in a traffic jam or if you're in a sticky situation, you might find yourself in an emotional jam. You can jam a cork into a bottle or you can even eat jam. The eatable type of jam is what this article is about.

You probably have seen the jam in your outdoor or local grocery stores it's simply called Canada's. The Loney family, who owns the Canada's label, is located in Emo, ON. They have been selling their Canada's strawberry, raspberry and blueberry canned jam; in their family owned-grocery store- Cloverleaf Grocery, since November 2007 but it's hitting the U.S. market in a huge way.

They are found primarily on Canada's Prairie Provinces and far north on trees. Up until a few years ago, these berries have been unavailable in the mainstream market. Saskatoon berries have been a



common food in the diet of native peoples, a key ingredient in Pemmican, as well as many other native foods and medicines.

The Saskatoon berries are grown in shrubs or small trees which can grow from 1-4 meters tall, often spreading by stolons to form colonies. It has pretty white flowers which appear in June. The bark is smooth and grey to brown in color.

The berries are common in open woods at low elevations and/or along river banks. Natives made a large spruce bark tub of about 30 gallon capacity. Into the bottom of these tubs they placed about a peck of berries, and on top

of the berries they placed red-hot stones, then more berries and more rocks until the tub was full.

The Blackfoot people would drink Saskatoon berry juice for an upset stomach. It is also a mild laxative. The people also made eye drops from immature berries. If these were not available, they would use dried berries. The boiled juice was also used for eardrops. These people also made a purple dye of this plant, calling it Oko-nok, whereas the Cree called the plant Saskatooni-aktik, and used the stems for arrows and pipe stems.

Loney explains, "Canadian jam has been produced in a can for over a hundred years. Most suppliers have switched to glass. There are several advantages to tins. Many of our customers are outdoor enthusiasts and therefore appreciate that tins do not break like glass does."

If you're looking for something new, different or that simply stands out from the other jams, Canada's jam is truly A Taste of Canada.