

# All about B.C. Berries

95% of commercial B.C. berries are produced in the **Fraser Valley**.

Berries are packed with **vitamins**, **minerals**, and **fibre**. Enjoy them fresh or frozen!



**Blueberries, cranberries, raspberries, and strawberries** are harvested in B.C. between May and early November.

B.C. is one of the top blueberry producing regions in the world, with **over 600 blueberry growers**.



There are many berry varieties **native to B.C.** including cranberries, trailing blackberries, wild strawberries, blueberries, and huckleberries. Some Nations in B.C. traditionally **sun-dried** or made berries into **fruit leather** by drying berry paste on waxy leaves.

“Watching crops grow, learning about the equipment, machinery, and how to grow crops effectively was my childhood and it’s become second nature to me. I enjoy taking my two daughters into the field, and slowly teaching them about how we grow our food, how the elements impact our fields and **the importance of farming.**”

– Humraj, Berry Farmer, Richmond, B.C.

Farmer Humraj lives in Richmond, where the First Nations speak the languages of *Hul’q’umi’num’*, *Halq’eméylem* and *hə́ŋqəmińə́m*, and the word for berry varies slightly in these three indigenous dialects.

**Sth’í:m** – Berries in Halq’eméylem

**Sth’oom’** – Berries in Hul’q’umi’num’

Richmond rests upon the homelands and unceded territory of the X̱məθḵəy̱əm Musqueam, Sḵwx̱wú7mesh Squamish, and Səlilwətaʔ Tsleil-waututh nations people.