



FIREWEED

Eat More Alaska Harvested Fireweed

Nutrients Found in Fireweed

- Vitamin A – important for the immune system, and helps with vision. It also helps the body's main organs to function properly.
- Fiber – helps with maintaining healthy weight and lowering risk of heart disease.
- Protein – used to build and repair tissue, and to make enzymes, hormones, and other chemicals

Harvest of the Month Supported By:



Fireweed is found all over Alaska, from the Southeast to the North Slope. It's bright magenta flowers make it easy to spot if you want leaves, but the shoots are a little harder to find.



Fireweed can be harvested for different reasons throughout the summer. Spring is best for shoots, while the flowers and leaves can be gathered later in summer.



Did you know that all of the parts of fireweed can be consumed raw? You can hang the shoots and leave them out to dry to make them a little sweeter.