



**SOME OF THE SEASONAL FOOD GATHERING
 OF THE HEILTSUK NATION**

Chart designed by Lynne Davis and Cameron Brown, with assistance of Beverly E. Brown, Cyril Carpenter
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HELLTSUK FOOD GATHERING CHART
 prepared by Clarence Martin of the Heiltsuk Cultural Education Centre for the Bella Bella Community School,
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	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Mink and Otter												
Fur Seal												
Herring, herring roe												
Seaweed												
Abalone												
Halibut												
Spring salmon												
Sockeye salmon												
Coho and pink salmon												
Dog salmon (Chum)												
Clams—butter, little neck, horse												
Cockles												
Sea eggs, Mussels												
Sea cucumber												
Cod—red, ling, rock, black												
Seal and Sealion												
Crabs												
Goat and Deer												
Goose and Sawbill duck												
Black ducks												
Cedar—bark, branch, root												
Plants—wild edible												
Medicinal plants												
Ooligans (Bella Coola and Rivers Inlet)												

According to information gathered from Mary Hunt, Ena Bell, and Granny Maggie Hall: There was no limit on the amount of food gathered up until 1940. The Heiltsuk started to jar food in 1945; before this time everything was preserved by drying. Before the 1900s there was no plastic, string, or rope, so everything was stored in cedar root cellars or bent boxes lined with cedar branches. There was so much snow in the 1920s that the people used snow to store their food. In 1979, there was a moratorium placed on abalone which is still in effect today, 1996. After the opening of Alcan the Hasia were unable to get ooligans for grease. Kimmaat (Haisia) grease was a favourite of the Heiltsuk. Today, the Heiltsuk continue to trade with the Nuxalk, Nisga'a, and Haisia (they moved to the Kemano river) for their grease.