3RD MOON

ZAAGIBAGAA GIIZIS
LEAF BUDDING MOON

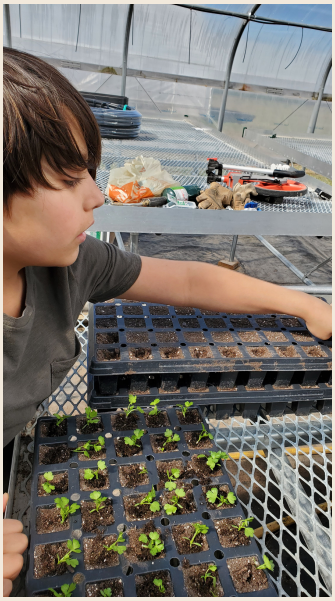
CREATION STORY

During leaf budding moon, we are reminded that life-giving energy is one of the most powerful healing medicines. The plants are given new life during this moon. With the coming of summer, they blossom and bear the seeds of the next generation. This life-giving energy is an important part of our creation story. The creation story says that our Creator sent his singers to Earth in the form of birds to carry the seeds of life to all four directions. In this way, life was spread across the Earth. On the Earth, Creator placed the swimming creatures in the water and gave life to all the plant and insect world. He placed the crawlers and the four-legged on the land. These parts of life lived in harmony with each other. Lastly, Creator placed Original Man on the Earth. He was given instructions by Creator to walk the Earth and name all the animals and plants of all the hills and the valleys of Creator's gitigan (garden).
Leaf budding moon reminds us of the tradition of honoring life by naming new living creatures.

What are some new plant names you can learn with your child this month?

ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Zaagibagaa Giizis	Zah-gih-buh-gah Gee-zis	Leaf Budding Moon
Niswi	Nih-swih	Three
Miinikaan	Mee-nih-kon	Seed
Zaagigi	Zah-gih-gih	Sprout
Shkaakaamikwe	Shka-kah-me-kway	Mother Earth
Gitigan	Gih-tih-gun	Garden



"CARING FOR MOTHER EARTH - TEACH OUR CHILDREN THE IMPORTANCE OF CARING FOR SHKAAKAAMIKWE. WHEN WE CARE FOR HER, SHE TAKES CARE OF US WITH WHAT WE GROW. THE CARE THAT WE GIVE IS REFLECTED IN WHAT MOTHER EARTH GIVES BACK TO US."

SPINACH EGG BAKE

INGREDIENTS

- 6 eggs lightly beaten
- 16 oz. cottage cheese
- 10 oz. frozen chopped spinach, thawed and drained (can substitute with 2 cups of steamed, chopped asparagus or broccoli)
- 2 cups finely shredded cheddar cheese
  - keep 1/2 cup aside
- 1/2 cups parmesan cheese
- 1/2 cup finely chopped onions
- 1/2 teaspoon thyme or basil (dried or fresh)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

DIRECTIONS

- Preheat oven to 350°F.
- Mix together all ingredients.
- Spray a 13" x 9" baking dish with cooking oil, and pour mixture into dish.
- Sprinkle 1/2 cup of cheddar cheese over the top.
- Bake for 1/2 hour.

OR

- Spray a 12-count muffin tin or bagel pan with cooking oil, and pour mixture evenly into each cup.
- Sprinkle cheddar cheese over the top of each cup.
- Bake for 23-25 minutes.

RECIPE NOTES:

Recipe sourced from Charla Gordon, Registered Dietitian for Little Traverse Bay Bands of Odawa Indians, & Cheyenne Hopps, Anishinaabe health coach and yoga instructor

TIPS:

1. **Give your child one task at a time to focus on while you are cooking together.**
2. **Shop on the outside/outskirts of the store.**
   a. That's where the fresh food is. Try not to shop in between the aisles.
3. **Show your child the letters on recipes.**
   a. If your child is not familiar with letters, point to some of the letters, tell your child what those letters are, and sound out the letters.
   b. Once they are familiar with letters, have your child repeat a few of the letters in the recipes.
4. **Sound out simple words in the recipe.**
   a. Once your child is starting to sound out letters into words, have your child sound out simple words in the recipes.
5. **If your child doesn't like a food, ask them to describe why.**

NOTES: