5TH MOON

ODE`IMIN GIIZIS

STRAWBERRY MOON

THE HEART BERRY

The strawberry is the first berry to ripen and often emerges in early summer. Because of this, June is given the name strawberry moon. The strawberry is used to teach us about our heart and love. They were given the name ode'imin because of the heart shape; ode means heart and min refers to berry. Strawberries are powerful medicine for everyone; they are good for our heart. Having a good strong heart means that we are healthy and filled with love. Playing outside gets our heart pumping. When you run really fast, can you feel your heart pumping in your chest? Eating good food, like strawberries, helps us to do the things we love, such as playing outside. To love means to have peace with yourself, balance in your life, and acceptance of all things. Zaagidiwin, love, is one of our seven grandfather teachings.

What are other ways you can work with your child to show love for our body, mind, and spirit this month?

ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Niibin	Nee-bin	Summer
Ode'imini Giizis	Oh-day-ih-min-nih Gee-zis	Strawberry Moon
Naanan	Nah-nun	Five
Mitig	Mih-tig	Tree
Wiigwaas	Wee-gwahs	Birch Bark
Bagaan	Buh-gahn	Nuts/Hazelnut
Bagesaanaatig	Bug-gay-saw-naw-tig	Plum Tree

"THESE PICTURES ARE ABOUT HAVING THOSE MEMORIES WITHIN INTERGENERATIONAL RELATIONSHIPS AND A WAY TO RELATE TO THOSE SPECIAL TIMES AND PLACES WITH FAMILY AND RELATIVES."

TRIPLE BERRY SMOOTHIE

INGREDIENTS

- 2 1/2 cups fat-free vanilla yogurt, fat-free milk, or milk alternative
- 1 cup blueberries, rinsed, drained, and picked over for stems
- 1/2 cup blackberries, rinsed and drained
- 1/2 cup raspberries, rinsed and drained
- Optional
  - 1 medium banana for a thicker smoothie (a good idea if you're using milk rather than yogurt)
  - Add your choice of berries or other fruit

DIRECTIONS

- Add all the ingredients to a blender.
- Mix on high speed until smooth, about one minute.
- Pour into your cup and serve immediately.

RECIPE NOTES:

Recipe sourced from 13 Moons of Anishinaabe Nutrition, developed by White Earth Land Recovery Project

TIPS:

1. **When you prepare food with love, the love is in the food.**
2. **Talk about the colors on the plate or cup.**
3. **Have your child open packages with your help.**
    a. Once they become older, children can open packages by themselves.
4. **Use your My Anishinaabe Calendar to talk about the weather, seasons, months, and days.**
5. **Ask your child to describe how foods taste to them.**
    a. You can provide an example of what certain foods taste like for you.
6. **Food made with happiness and love will taste good and nourish you!**

NOTES: