

STORIES FROM GICHIGAMI: GIKINAWAABI COMPANION BOOK



COMPANION BOOK TO LESSON 15 OF GIKINAWAABI



STORIES FROM GICHIGAMI: GIKINAWAABI COMPANION BOOK

Authors of these materials include:

Jessica Barnes-Najor¹

Rick Burnett¹

Ann Cameron²

Michelle Cypher¹

Danielle Gartner¹

Cheyenne Hopps¹

Heather Howard¹

Michele Koppinger¹

Patrick Koval³

Maeve Kuhlman¹

Michelle Leask²

Lisa Martin⁴

Eva Oldman⁵

Amanda Rinna²

Jessica Saucedo¹

Rosebud Schneider¹

Beedsokah Stonefish¹

Chelsea Wentworth¹

¹Michigan State University

²Inter-Tribal Council of Michigan

³Boston University

⁴Center for Indigenous Health, Johns Hopkins University

⁵Creative Graphics by Eva

Author Notes

Correspondence or questions concerning these materials should be addressed to Amanda Rinna (amanda.rinna@itcmi.org), Jessica Barnes-Najor (barnes33@msu.edu), or your local home visitor.

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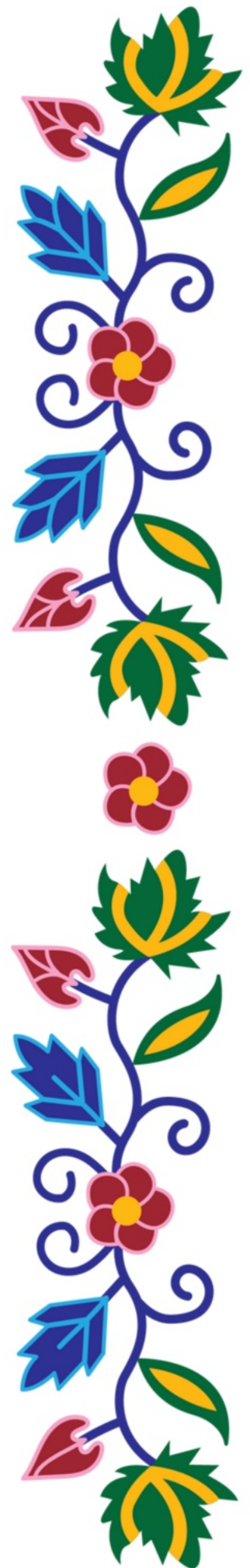


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13 MOONS

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PREFACE

Why this companion book?

This book was created to compile health resources developed for Inter-Tribal Council of Michigan's Gikinawaabi curriculum.

Who made this companion book?

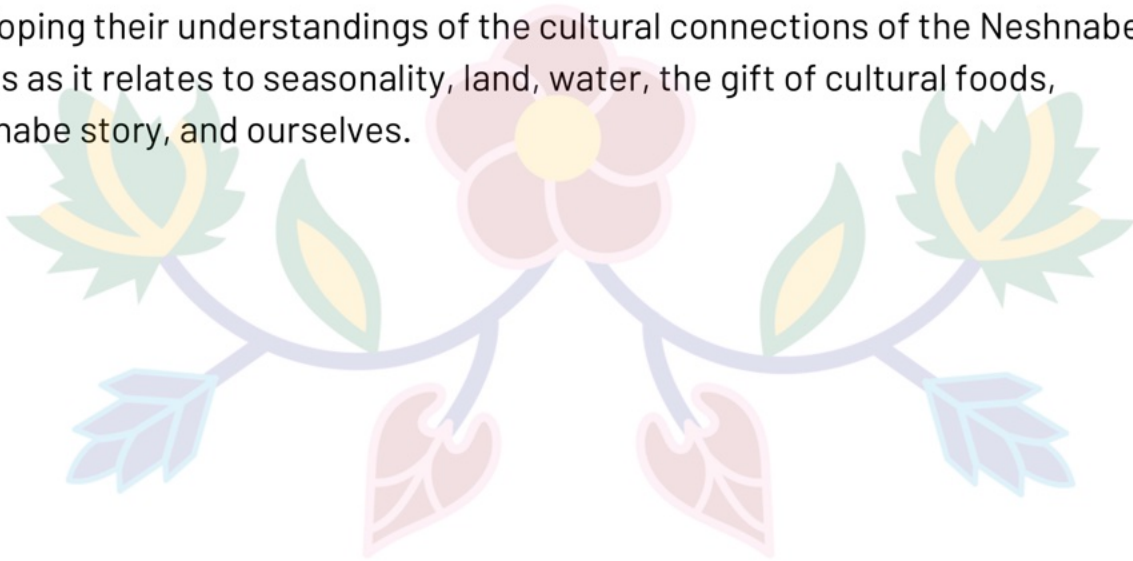
Wiba Anung

Wiba Anung translates to "early star" in Neshnabemwen and is a partnership between Michigan State University and the Inter-tribal Council of Michigan. The Wiba Anung partnership started in 2005 and involves expertise and collaborative efforts between researchers, parents, early childhood programs and staff, and elders in tribal communities. This collaborative relationship was formed to serve Michigan Indigenous children and their families. Work from this partnership includes research, training, and information gathering that are essential for identifying strengths in tribal early childhood programs as well as areas of concern. This partnership is a strong advocate for effective data use that supports the health and well-being of Indigenous children and families in Michigan. The work of Wiba Anung is a critical contribution to health equity efforts in the state. This relationship is rooted in regional Neshnabe cultural contexts and is innovative in its contributions to scientific rigor by highlighting specific mechanisms by which cultural practices support children's development.

INTRODUCTION

This book was developed by the Wiba Anung team to share the Neshnabe traditional lunar calendar with families who have young children. The book shares moon-specific traditional stories, Neshnabemwen words, and recipes. The book also includes tips on how to include young children in meal planning, food preparation, and sharing of foods.

We hope that this work will support families in their efforts to guide children in developing their understandings of the cultural connections of the Neshnabe 13 moons as it relates to seasonality, land, water, the gift of cultural foods, Neshnabe story, and ourselves.



The 13 Moons Life Cycle

Video:
Neshnabe
story of The
Great Flood



What is 13 Moons?

In Neshnabe culture, we are taught that a piece of mother earth was placed on the turtle's back after the great flood. Nanaboozhoo, our Neshnabe trickster, saw that the back of turtle had thirteen sections. He compared these large sections of the turtle shell to the thirteen moon cycles of the year. Each year has 12 or 13 full moons. The Neshnabe recognize a 13-moon calendar.



Turtle Shell Pattern

13 large scales represent the **13 moons** of the year.

28 small scales represent the **28 days** in each moon.

While the western calendar begins in January, the Neshnabe new year starts in the spring when the snow begins to melt and the sap begins to run.



The 13 Moons & Nutrition

Each Neshnabe moon honors a natural occurrence, sustenance or spiritual aspect that happens during that time.

Each moon gifts us with nourishment for our bodies.



Food is medicine that fuels our mind, body and spirit. Food comes from our land; eating food from our land reminds us who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. Our spirit is represented by the Eastern direction in the medicine wheel.



My Neshnabe Calendar



Seasons

Mnokme

Spring



Niben

Summer



Dgwaget

Fall



Bbon

Winter



Months

Nmebne Gises

Trout Moon

Zisbakwtoke Gises

Maple Sugar Moon

Datbgon Gises

Leaves Moon

Etemen Gises

Strawberry Moon

Abte Nib Gises

Half Summer Moon

Minke Gises

Blueberry picking Moon

Zawbegya Gises

Changing Leaves Moon

Bnakwi Gises

Falling Leaves Moon

Tekwaki Gises

Forest Moon

Giwse Gises

Hunting Moon

Bbon Gises

Winter Moon

Ktthe Mko Gises

Big Bear Moon

Mko Gises

Bear Moon

Days

Nem'e Gizhek

Sunday

Ngot Gizhek

Monday

Nish Gizhek

Tuesday

Apte Gizhek

Wednesday

Nyew Gizhek

Thursday

Nyano Gizhek

Friday

Odanke Gizhek

Saturday

Weather

Zaagaate

Sunny



Ngwankwet

Cloudy



Gmowen

Rainy



Bonimget

Snowy





1ST MOON

NMEBNE GISES

TROUT MOON

THE GIFT OF MAPLE SYRUP

One day, Nanabozho went walking around. "I think I'll go see how my friends the Neshnabe are doing," he said. So, he went to a village of Indian people. But, there was no one around. So, Nanabozho looked for the people. They were not fishing in the streams or the lake. They were not working in the fields hoeing their crops. They were not gathering berries. Finally, he found them. They were in the grove of maple trees near the village. They were just lying on their backs with their mouths open, letting maple syrup drip into their mouths. "This will NOT do!" Nanabozho said. "My people are all going to be unhealthy if they keep on living this way." So, Nanabozho went down to the river. He took with him a big basket he had made of birch bark. With this basket, he brought back many buckets of water. He went to the top of the maple trees and poured water in, so that it thinned out the syrup. Now, thick maple syrup no longer dripped out of the broken twigs. Now what came out was thin and watery and just barely sweet to the taste. "This is how it will be from now on," Nanabozho said. "No longer will syrup drip from the maple trees. Now there will only be this watery sap. When people want to make maple syrup they will have to gather many buckets full of the sap in a birch bark basket like mine. They will have to gather wood and make fires so they can heat stones to drop into the baskets. They will have to boil the water with the heated stones for a long time to make even a little maple syrup. Then my people will no longer grow unhealthy. Then they will appreciate this maple syrup Gzhemnedo made available to them. Not only that, this sap will drip only from the trees at a certain time of the year. Then it will not keep people from hunting and fishing and gathering and hoeing in the fields. This is how it is going to be," Nanabozho said. And, that is how it is to this day.

What are some ways that you can show appreciation and respect for food with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mnokme	M-noh-kah-meh	Spring
Nmebne Gises	N-meh-bin-eh Gee-zis	Trout Moon
Ngot	N-goht	One
Ndenwemagnek	Nden-way-mah-guh-nook	My Relatives
Ziwagmede	Zee-wahg-muh-deh	Maple Syrup
Mkek	M-kuk	Birch Bark Sap Buckets
Minkan	Meen-kahn	Seed



“GATHERING THE SAP AT THE SUGAR BUSH AND GETTING THE FIRE HOT TO BOIL IT DOWN. THIS IS AN IMPORTANT PROCESS TO PASS DOWN TO OUR CHILDREN.”

MAPLE GRANOLA

INGREDIENTS

- 1/4 cup oil of your choice
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 cups oats
- 1 cup nuts of your choice (crushed for smaller bits)
- 1/2 cups seeds of your choice
- 1/2 cup unsweetened shredded coconut (optional)
- 1 cup your choice of dried fruit (optional)



DIRECTIONS

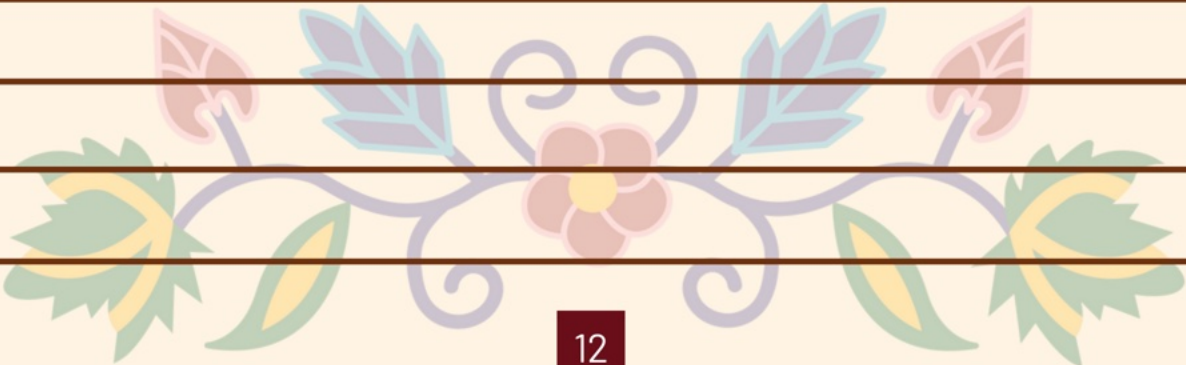
- Preheat oven to 300°F. For easy clean up, line a rimmed baking sheet or large iron skillet with parchment paper – this is optional.
- In a small bowl, add oil, maple syrup, vanilla extract, salt, and cinnamon and stir. Add oats, nuts, seeds, and shredded coconut (optional) to small bowl. Stir well to coat all pieces with liquid mixture.
- Pour mixture into baking sheet/skillet and press into an even layer.
- Bake for 20-30 minutes or until golden brown, stirring the mixture well every 10 minutes.
- Remove from oven. Press granola into baking sheet or skillet one more time.
- Allow granola to cool completely. Break into clumps, and add dried fruit pieces (optional).
- Store in an airtight container for up to a month at room temperature.

RECIPE NOTES:

TIPS:

1. **Explore shapes and numbers of foods.**
 - a. Provide access to fruits or vegetables that can be stored at room temperature; this could be in a fruit or vegetable bowl.
 - b. With your child, count the fruit or vegetables in the bowl.
 - c. With your child, create different patterns with the fruits or vegetables.
2. **Show your child the numbers on the recipe.**
 - a. If your child is not familiar with numbers, point to the number, tell your child what that number is, and count it out with your fingers.
 - b. Once they are familiar with numbers, ask your child to tell you what numbers are on the recipes.
3. **Ask your child what foods they enjoy eating.**
4. **Have them stir ingredients together with your help.**
 - a. Once they become older, your child can stir by themselves.
5. **Including your child in the cooking process is worth the extra time and effort.**

NOTES:



ZISBAKWTOKE GISES

MAPLE SUGAR MOON

THE MAPLE TREE

The great maple tree gives us a special gift each year. In the spring, after all of the sap is collected and it is time to process it, we are reminded to have respect and be thankful. The time of the year we call Maple Sugar Moon is a time to reflect on all of the gifts of nature and how we can be respectful and show our thanks. Our teachings remind us of the importance of treating things with respect and doing all things in a Good Way. We treat the maple tree with respect by offering our tobacco and thanking the tree for all that it has done to nourish us. We ask the maple tree to help keep our mind, body, and spirits healthy as we use its medicine. Collecting and processing maple sugar in a Good Way nourishes us too. We are thankful for the gift of the maple tree. Giving and sharing our food in a great thanksgiving is an important tradition to carry forward. By collecting, processing, and giving thanks in a Good Way, we are using our teaching of wdetenmowen, respect, and not taking things for granted.

What are other gifts from Creation that we can give thanks for with our children this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mnokme	M-noh-kah-meh	Spring
Zisbakwtoke Gises	Zees-bah-kto Gee-zis	Maple Sugar Moon
Nish	Nee-sh	Two
Wdetenmowen	W-dih-tehn-mo-wun	Respect
Gokmeskinan	Goke-mess-kee-non	Our Grandmother Earth

"WE SPENT SO MUCH TIME IN THE GARDEN AND DISTRIBUTING TO THE COMMUNITY. THAT WAS A LOT OF FUN! IN THE MIDDLE, I AM DISTRIBUTING FOOD TO AN ELDER IN THE COMMUNITY."



MAPLE CARROTS

INGREDIENTS

- 6 to 8 medium-sized carrots
- 1 tablespoon diced ginger
- 1 tablespoon oil of your choice
- 1 tablespoon maple syrup
- Salt and pepper to taste



DIRECTIONS

- Preheat oven to 350°F.
 - For easy clean up, line a small baking or casserole dish with parchment paper - this is optional.
- Cut carrots into bite-sized pieces and place them in the dish.
- Skin the ginger with a spoon and thinly dice; add them to the carrots.
- Add the oil, maple syrup, salt and pepper to the carrots, and mix them until evenly coated.
- Bake for 25-30 minutes, and enjoy!
- Store in an airtight container in a refrigerator.

RECIPE NOTES:

TIPS:

- 1. Let your child pick one new food a week.**
 - a. At the store or market, encourage your child to pick a fruit, vegetable, or protein that they haven't tried before.
 - b. Consider what foods are available to gather depending on the time of year for the child to choose from and help harvest.
- 2. Let your child season food and taste as you go (not when baking with eggs, or cooking with raw meat).**
- 3. Talk to your child about whether foods are fresh, frozen, canned, dried, etc.**
- 4. Learn new Neshnabemwen words along with your child.
Neshnabemwen is something you can learn together.**

NOTES:



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DATBEGON GISES

LEAVES MOON

CREATION STORY

During leaves 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 gtegan (garden). Leaves 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?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mnokme	M-noh-kuh-meh	Spring
Datbegon Gises	Dot-be-gohn Gee-zis	Leaves Moon
Nswe	N-sweh	Three
Minkan	Meen-kahn	Seed
Zagbek	Zaag-buck	Sprout
Gokmeskinan	Goke-mess-kee-non	Our Grandmother Moon
Gtegan	Gt-ih-gun	Garden



"CARING FOR MOTHER EARTH - TEACH OUR CHILDREN THE IMPORTANCE OF CARING FOR GOKOMESINAN. 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 30 minutes.

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:

EDEMEN GISES

STRAWBERRY MOON

THE HEART BERRY

The strawberry is the first berry to ripen and often emerges in late spring/early summer. The strawberry is used to teach us about our heart and love. They were given the name edemen because of the heart shape; ede- refers to someone's heart and -men 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. Dbandewen, 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?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Niben	Nee-bin	Summer
Edemen Gises	Eh-deh-min Gee-zis	Strawberry Moon
Nyew	Nee-yow	Four
Mtek	M-took	Tree
Wigwasatek	We-gwah-sah-took	White Birch
Beganen	Buh-gah-nen	Nuts/Hazelnut
Dbandewen	Duh-bahn-duh-win	Love



"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:



5TH MOON

ABTE NIB GISES

HALF SUMMER MOON

BAP`E (TO LAUGH)

Half summer moon is a time of the year where the plants around us are growing and maturing. We are reminded of this blooming when we participate in food processes with our family such as gardening, cooking, hunting, and fishing. When we are doing these things, we think about what's to come of the work we are doing: the fruits, vegetables, and meals that will blossom from our labor. We are forward thinking and have a growth mindset as we visit, laugh, and share stories with the ones we love. We have a relationship to each other and our land and our water. As we grow and blossom ourselves, we should always remember that laughter is the best medicine. Laughter connects and heals us throughout our life.

What opportunities can you make to laugh with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Abte Nib Gises	Ahp-tuh Neeb Gee-zis	Half Summer Moon
Nyanen	N-yah-nih-n	Five
Gigo	Gee-Goh	Fish
Bap'e	Bahp-uh	To Laugh
Gtegan	Gt-ih-gun	Garden

"IT'S JUST NICE TO GATHER, AND IT'S FUN TO SEE THAT MY SON ENJOYS IT. EVEN BEING 10 YEARS OLD, HE JUST LOVES IT. HIS GRANDPA WAS MORE EXCITED THAT HE'S OUT THERE HUNTING. HE DOESN'T EVEN GO OUT AND HUNT THAT MUCH ANYMORE BECAUSE IT'S GETTING HARD FOR HIM TO GET OUT THERE, BUT HE STILL KEEPS THE FIRE GOING IN THE GARAGE SO THEY CAN WARM UP WHEN THEY COME IN."



HEALTHY SNACKS

APPLE PIE OATMEAL

Make one packet of microwave oatmeal with low-fat milk. Mix in $\frac{1}{4}$ cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.



PARFAIT

Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

BANANA SPLIT

Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.



RECIPE NOTES:

MINKE GISES

BLUEBERRY PICKING MOON

MIINAN

The time around July is known as blueberry picking moon. During berry moon we share a story about a little boy named Miinan. Miinan was a very curious little boy and was always wandering off when he was supposed to be doing other things. One day, while gathering berries with his family, Miinan wandered off from his sister and his mother. Like most small children, Miinan didn't understand the importance of the task of gathering berries for the long winter ahead. He ate so many berries that he turned into a bear and his family did not recognize him anymore. It is important to preserve food that we collect during the summer months for the winter time. There are many ways we do this, including jarring!

What are other foods you can begin to gather and preserve with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Minke Gises	Meen-kay Gee-zis	Blueberry Picking Moon
Ngotwatso	N-goht-waht-soh	Six
Minen	Me-nin	Blueberries
Edemnen	E-de-min-in	Strawberries
Mskwemnegawesh	M-skwuh-mih-nuh-gah-wish	Raspberry Bush
Wigwasmenen	We-gwaas-meh-nin	Cherries
Bokma	Bohk-mah	Plum



“IT’S OKAY TO BE PLAYFUL WITH YOUR FOOD! FOOD IS JOYFUL! IT’S OKAY IF IT’S ALSO MESSY.”

BLUEBERRY MUFFINS

INGREDIENTS

- 1 cup blue cornmeal
- 1 cup white whole wheat flour
- 1/2 cup maple sugar or brown sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 1/4 cups evaporated skim milk with 2 teaspoons vinegar or lemon juice added
- 2 large eggs, lightly beaten
- 1/2 cup oil of your choice
- 1 cup fresh or frozen blueberries



DIRECTIONS

- Preheat oven to 400°F.
- Grease or spray muffin tins. This recipe makes about 24 regular sized muffins.
- In a medium bowl, mix together cornmeal, flour, sugar, baking powder, salt, and baking soda.
- In a small bowl, whisk together milk with vinegar or lemon juice, eggs, and oil.
- Make a well in the center of the dry ingredients, pour liquid ingredients into the well, and stir to combine. Once combined, fold in blueberries.
- Fill each muffin cup to 2/3 full with batter.
- Bake until golden on top, which is about 25 minutes.
- Transfer tins to a cooling rack, and let them cool for 10 minutes before removing muffins from tin.

RECIPE NOTES:

WZAWBEGYA GISES

CHANGING LEAVES MOON

THE GREAT MIGRATION

Wild rice is known to the Neshnabe as the food that grows on water. It is regarded by our people as the sacred gift of our chosen ground. Long ago, the Neshnabe made a great journey from the eastern shores of North America. As the Neshnabe moved west, they found the land in which they must move their families. Here they would find “the food that grows on water.” The main body of Neshnabe people found their home here, and they became strong and powerful. Along their journey, they had to protect themselves. They were courageous, honoring all and fearing none. They always advocated for peace, but when faced with conflict, they did not shrink from it. We, descendants of these great people, can gather strength from their strength. We can gather bravery for our lives today from their bravery of yesterday. Wedasewen, bravery, is one of our seven grandfather teachings. We can practice bravery at the table when we try new foods!

What are some new foods you can try with your children this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Wzawbegya Gises	Wzah-wbuh-gee-ya Gee-zis	Changing Leaves Moon
No'ek	No-uhk	Seven
Mnomen	Min-oh-min	Wild Rice
Mnomneke	Min-oh-min-ih-keh	Go Ricing
Thiman	Jee-mahn	Canoe
Wedasewen	Weh-dah-seh-win	Bravery
Meskwakthimen	Meh-skwahk-jee-min	Tomato



“MNOMEN: FOOD THAT GROWS ON THE WATER... NUTRITIONAL VALUES AND LACK OF PROCESSING ARE IMPORTANT FOR YOUNG GROWING BODIES.”

WILD RICE WITH BERRIES

INGREDIENTS

- 1 cup wild rice
- 2 1/2 cups water
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 tablespoon maple syrup
- 1/4 cup chopped nuts of your choice (optional)
- 1/2 cups fresh berries of your choice



DIRECTIONS

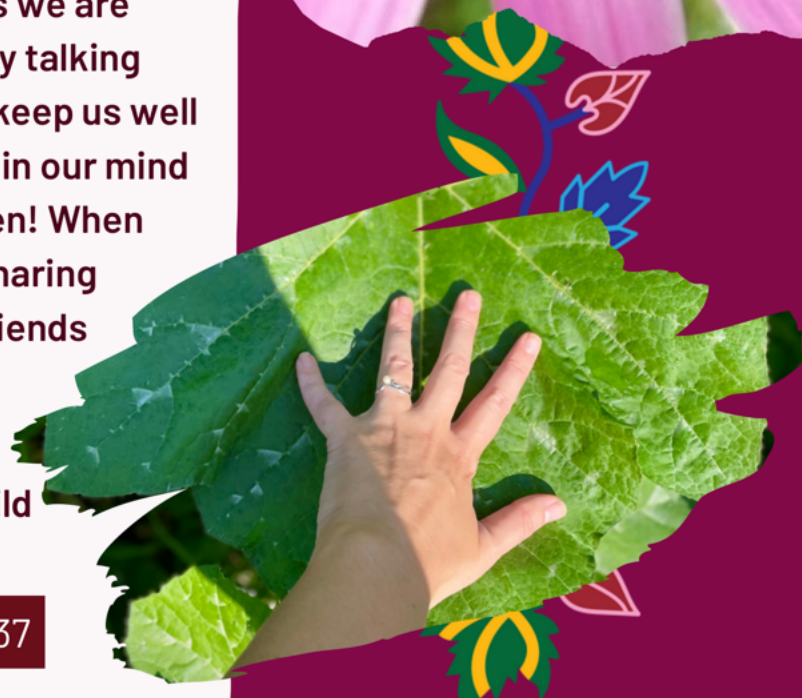
- Place rice in a wire-mesh sieve. Rinse under cold running tap water, lifting rice with your fingers to clean thoroughly; drain.
- In a medium saucepan, bring the 2 1/2 cups of water to a boil. Add salt to the water.
- Slowly add rice to water.
- Return to boiling; reduce heat. Add cinnamon. Simmer covered for 45 minutes, or until rice is tender and grains split. Remove from heat. If needed, drain excess water.
- Stir in maple syrup and chopped nuts. Let stand, covered, for 8 minutes.
- Add berries.
- Serve hot or cold.

RECIPE NOTES:

BNAKWI GISES**FALLING LEAVES MOON****MNO BMADZEWEN
(THE GOOD LIFE)**

When the leaves begin to change and the colors of Mother Earth are vibrant, our harvest has been plentiful. We become aware of all the miracles of creation and the many gifts Mother Earth has bestowed upon us. Food is one of those gifts. Food is medicine that fuels our mind, body, and spirit. Food comes from our land; eating food from our land reminds us of who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. We can learn a lot from our food by describing its many different colors, sizes, tastes, names, smells, and textures. Eating a variety of colors of food means we are eating good food. Engaging with food by talking about it and experiencing it is a way to keep us well in our mind, body, and spirit. Being well in our mind body and spirit is called mno bmadzewen! When we practice mno bmadzewen, we are sharing positive energy with our families and friends for the good of all.

What are some ways you can share positive food experiences with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Bnakwi Gises	Bih-nah-kwee Gee-zis	Falling Leaves Moon
Dgwaget	Dig-wah-git	Autumn
Shwatso	Sh-waht-soh	Eight
Mnomen	Min-oh-min	Wild Rice
Datbegon	Dah-tbuh-gohn	Leaves
Mno Bmadzewen	Mih-no Bim-ah-dzuh-win	The Good Life

“ALL THE LOVE AND HARD WORK—
 COMMITMENT—THAT GOES INTO
 PLANTING, GROWING, AND
 HARVESTING, NOURISHES US. IT’S
 A LABOR OF LOVE, SIMILAR TO
 RAISING CHILDREN. I AM
 HONORING OUR ANCESTORS AND
 INDIVIDUALS WHO WERE ABLE TO
 TAKE CARE OF THE SEEDS. I AM
 FEEDING US EMOTIONALLY,
 SPIRITUALLY, AND PHYSICALLY,
 AND I AM NOURISHING BEINGS,
 KNOWN AND UNKNOWN.”



BAKED APPLES

INGREDIENTS

- 4 large apples
- 1/2 cup dried blueberries
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 tablespoon of butter, melted
- 1 1/2 tablespoons maple syrup
- Apple cider or apple juice



DIRECTIONS

- Preheat oven to 350°F.
- Hollow out the apples by using a paring knife to carefully slice around the top core, but do not go all the way through to the bottom of the apple. Pull out the cut part, then use a spoon to scoop out the rest of the seeds. Remove all the seeds but make sure to leave a little bit of the apple bottom in place.
- Grease an oven-safe baking dish (8" x 8" dish or pie plate) with cooking spray or oil, and place the apples in the dish, bottoms down.
- In a bowl, combine blueberries and spices. Add in melted butter and maple syrup. Stir to combine.
- Divide mixture evenly among the apples, pressing the filling into the center of each apple.
- Pour apple cider or juice into the bottom of the baking dish to about 1/2 inch up the apples.
- Cover and bake for 30 minutes. Baste the apples with the liquid about every 15 minutes of the cooking time. Check if the apples are tender with a fork at 30 minutes; bake uncovered for additional 15 minutes if needed. The apples are done when they are fork tender.
- Let sit for 5-10 minutes before serving. Scoop some of the liquid onto the apples and serve warm.

RECIPE NOTES:

TIPS:

1. **Have your child take note of the time when a food starts to cook and when it ends.**
2. **Have your child tell you the oven temperature needed and how long the food needs to be cooked for.**
3. **Count the amount of each ingredient.**
 - a. For this recipe, have your child count the apples.
 - b. This can be applied to all recipes!
4. **Talk about the color of the food before cooking.**
 - a. Discuss if the food changed color after cooking.
5. **Talk about the texture of the food on the plate.**

NOTES:

A decorative floral border at the bottom of the page, featuring a central pink flower with a yellow center, surrounded by blue and green leaves and pink buds.

40



MTEGWAGKE GISES

FOREST MOON

PREPARING FOR BBON (WINTER)

During forest moon, the temperature begins to get colder. It is important to prepare for winter and carry the abundance of foods we've harvested all year into the winter months. As every creature prepares for the coming fasting grounds, we are reminded to prepare ourselves for the winter time ahead. There are many ways we do this, including seed saving, drying food, and jarring food. It is also important to share our food with our families and Elders to ensure our communities have what they need to get through winter. Through this preparation, we are getting our mind, body, and spirit ready for winter.

What are some winter preparation activities you can do with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mtegwagke Gises	Mtih-gwahg-keh Gee-zis	Forest Moon
Dgwaget	Dig-wah-giht	Autumn
Shak	Shock	Nine
Ndenwemagnek	Nden-way-mah-guh-nuck	My Relatives
Wabgon	Wahb-gohn	Pumpkin
Minkan	Meen-kahn	Seed



"PRESERVING
THE HARVEST
ABUNDANCE
FOR WINTER"

THREE SISTERS STEW

INGREDIENTS

- 2 cups unsalted chicken broth (or water)
 - 1 cup dry, wild rice (or long grain brown rice)
 - 1 butternut squash, cubed*
 - 1 medium zucchini, cubed*
 - 1 can garbanzo beans
 - 1 cup fresh corn*
 - 1 medium red bell pepper, cubed*
 - 1 medium green bell pepper, cubed*
 - Olive oil
 - 3 medium garlic cloves, sliced
 - 1 small chopped onion
 - 1 28oz. can diced tomatoes
 - 1/4 cup fresh parsley
 - 1/4 teaspoon paprika
 - 1/4 teaspoon Italian seasoning
- *can substitute fresh vegetables for frozen

DIRECTIONS

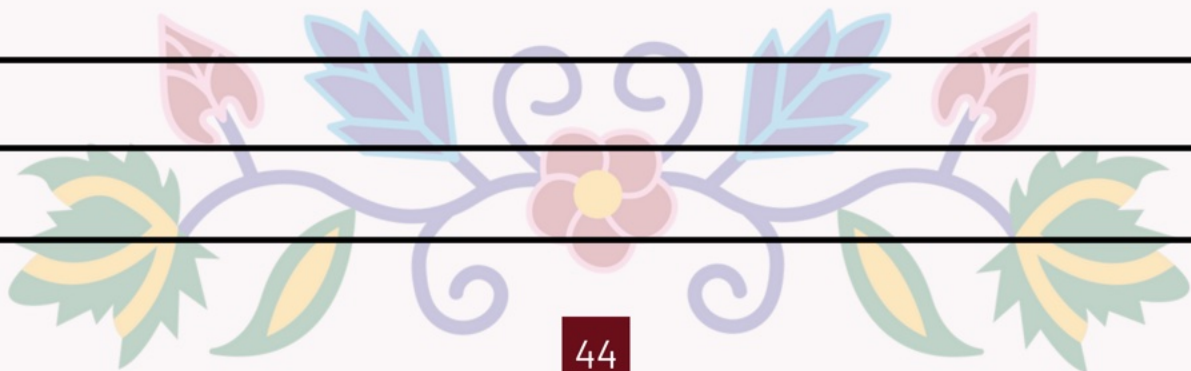
- Preheat oven at 400°F.
- In a large pot, add chicken broth and rice, and stir. Put a lid on the pot. Bring it to a boil, turn the heat down to low, and let it simmer for 40-45 minutes. Drain excess liquid.
- As the rice is cooking, take a baking pan and add cubed butternut squash and sliced garlic. Drizzle with olive oil. Add the Italian seasoning and paprika. Bake until tender.
- Take a cast iron skillet (or any pan), and warm it on the stove at medium-high heat. Add the onions, and cook for about 5 minutes or until onions are translucent.
- Add the cubed zucchini, red bell pepper, and green bell pepper to the pan. Cook until soft.
- Add the diced tomatoes to the pan and turn the heat on low. Simmer until tomatoes cook down and begin to thicken.
- Once it thickens, add roasted butternut squash and garlic, garbanzo beans, corn, and parsley.
- Let it all simmer for 5 minutes until it heats thoroughly. Add cooked wild rice, and stir.
- Serve warm.

RECIPE NOTES:

TIPS:

1. **Discuss with your child what materials the utensils and plates are made out of.**
 - a. For example, are they made out of wood, metal, paper, plastic, ceramic, glass, or another material?
2. **Have your child choose a utensil that you'll need to create the dish.**
 - a. For example, help your child choose the correct measuring cup to measure ingredients for this recipe.
3. **Make labels for Neshnabemwen words for utensils and place them in or next to your utensil storage.**
 - a. Labels can be made for anything!
4. **Have your child smell the foods as you are preparing them and ask them to describe what they smell like.**
 - a. You can provide an example of what certain foods, herbs, spices, seasonings, and teas smell like for you.
5. **If your child likes a food, ask them to describe why.**

NOTES:





10TH MOON

GIWSE GISES HUNTING MOON

GHOST SUPPER

During hunting moon, we are reminded of our ancestors that have walked on. It is said that this is the time of year when they come to visit us. A ghost supper is a feasting ceremony that families and communities hold to honor their ancestors. Around this time of year, we hold ghost suppers where we feast our ancestors that have walked on to the spirit world. Feasting our ancestors means that we are honoring and remembering those loved ones who have passed on. We prepare their favorite foods, gather in remembrance, and feed their spirits with a spirit plate.

What are some ways you can teach your child to take care of their ancestors this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Giwse Gises	Geew-say Gee-zis	Hunting Moon
Mdatso	M-daht-soh	Ten
Ndenwemagnek	Nden-way-mah-guh-nuck	My Relatives
Thibakwe	Jee-bah-kweh	Ghost Supper

“STACKING WOOD, SPLITTING WOOD, GROWING POTATOES, MAKING FIRE, BEING TOGETHER OUTSIDE; I LOVE COOKING OUTSIDE. EVEN IF IT’S NOT FANCY IT CAN FEEL LIKE A SPECIAL THING WE DO TOGETHER. I FEEL SO LUCKY AND GRATEFUL TO BE CLOSE TO LAND IN MAKING A SIMPLE MEAL AS A FAMILY.”



BISON STEW

INGREDIENTS

- 1 package bison stew meat
- 1 sweet onion, diced
- 4 large potatoes, rinsed, peeled, and cubed
- 1 package mixed vegetables of your choice
- 1 packet of French onion soup mix
- 3 cups of water
- 3 tablespoons oil of your choice
- Salt and pepper to taste



DIRECTIONS

- Take a pot, add the oil, and warm it on the stove at medium-high heat.
- Add the onions, and cook for about 2 minutes.
- Add bison meat to the pot. Allow it to brown and absorb the onion flavor. Cook it for about 5 minutes on medium-high heat.
- While the meat is cooking, mix one cup of water with the French onion soup mix packet in a small bowl. Once the mix is fully dissolved, add to the pot, and add two more cups of water.
- Add the mixed vegetables and potatoes.
- Cover with a lid, and simmer for about 30 minutes.
- Make sure to stir often so that everything cooks evenly.

RECIPE NOTES:



11TH MOON

BBON GISES

WINTER MOON

WETH KSENYAK (NORTH)

Winter Moon is a time of healing. The cold winds of giweden (north wind) bring the purifying snows that cleanse Mother Earth. Its purpose is to purify us and to heal all of creation. During this time, some plants die and return their bodies to their mother. Other plants fall into a deep sleep and awake only when Grandfather sun and the warm winds of the south announce the coming of spring. This time of year is also a story telling time. There are many stories about how plant medicines and foods were given to our people to help us. When we can connect with these stories we can understand how and why foods and medicines were given to us.

What are some opportunities you have this month to hear winter stories in your community?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Bbon	Bib-oohn	Winter
Bbon Gises	Bib-oohn Gee-zis	Winter Moon
Mdatso Nsetth Ngot	M-daht-soh N-sih-ch N-goat	Eleven
Seksi	Sick-see	Deer



"CLEANING UP AFTER OURSELVES AND REMEMBERING TO LEAVE A SPACE IN BETTER CONDITION THAN HOW WE FOUND IT. WE LEARN FROM OUR CHILDREN JUST AS MUCH AS CHILDREN LEARN FROM US. THIS YOUNG CHILD UNDERSTANDS HER RESPONSIBILITIES TO CARE FOR MOTHER EARTH, AND HER PARENTS JOINED HER IN CLEANING THE ROADSIDE. HER PARENTS FOLLOWED HER LEAD."

WILD RICE, MUSHROOM, & CRANBERRY DRESSING

INGREDIENTS

- 3 cups water
- 1 teaspoon salt, divided into 1/2 teaspoons
- 1 cup wild rice, washed and drained
- 1 tablespoon olive oil or oil of your choice
- 1 cup chopped mushroom of your choice (shiitake, button, morels, etc.)
- 1 small red onion, finely chopped
 - yellow or white onion will also work well
- 1 stalk celery, finely chopped (optional)
- 1/2 cup dried cranberries
- 1/2 cup chopped toasted pecans (optional)
- 1/2 teaspoon minced fresh sage or 1/8 teaspoon dried sage
- 1/8 teaspoon black pepper



DIRECTIONS

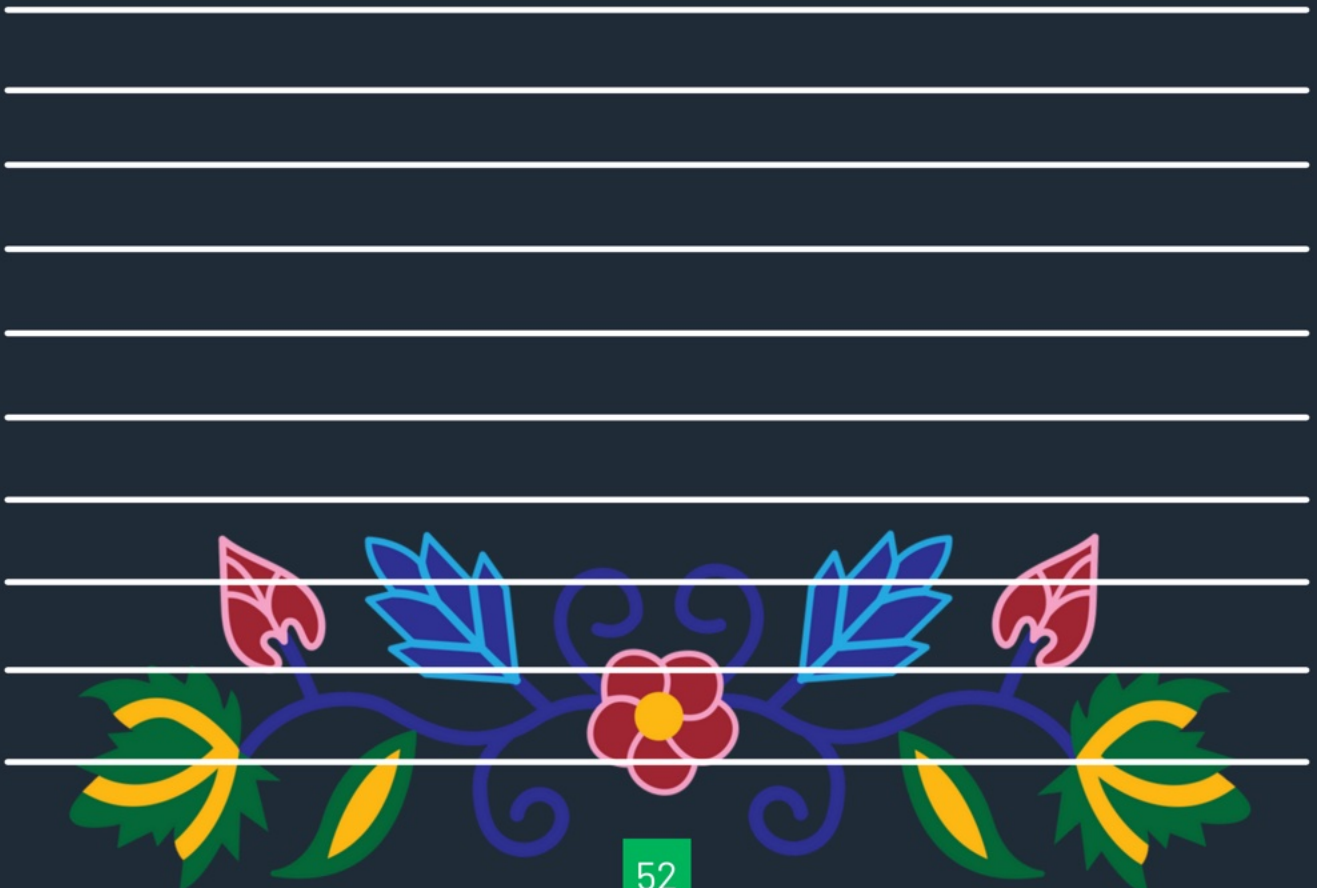
- Bring water and 1/2 teaspoon salt to a boil in medium saucepan. Stir in rice. Reduce heat to low; cover and cook 45 minutes or until rice is tender. Drain.
- Preheat oven to 325°F.
- Spray 2-quart baking dish with nonstick cooking spray.
- Heat oil in large nonstick skillet over medium heat. Add mushrooms, onion, and celery; cook and stir 7 to 10 minutes or until vegetables are tender.
- Stir in rice, cranberries, pecans, if desired, remaining 1/2 teaspoon salt, sage and pepper. Spoon/pour into prepared casserole dish.
- Bake 20 minutes or until heated through.

RECIPE NOTES:

TIPS:

- 1. Let your child play with measuring spoons or other child safe kitchen utensils while you cook.**
 - a. Have your baby or young toddler sit in a highchair next to you in the kitchen
 - b. Have your older toddler or preschooler stand on a toddler stool next to you in the kitchen.
- 2. Talk with your family about what you'll eat throughout the week.**
- 3. Talk to your child while you shop.**
 - a. You can describe the grocery store sections, point out and name colors, shapes, and symbols.
 - b. Talk about what the child sees and smells.
- 4. Have your child feel foods on their plate, and ask them to describe how they feel.**
 - a. You can provide an example of how those foods feel to you.

NOTES:





12TH MOON

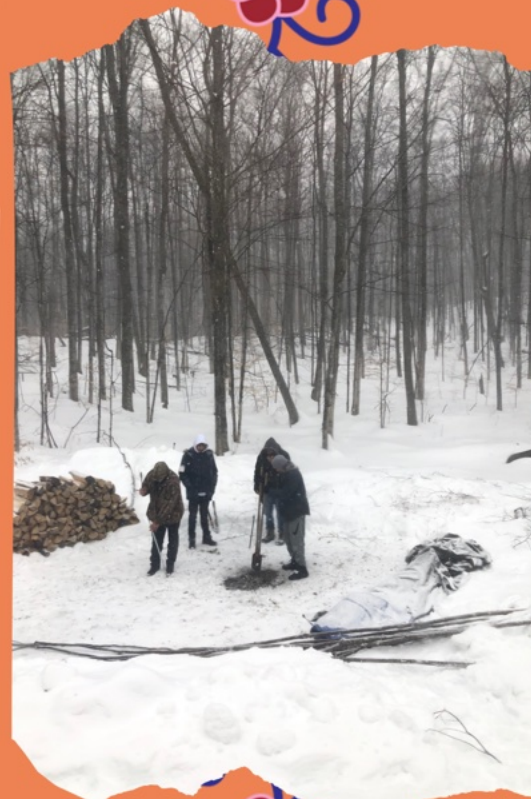
KTTHE MKO GISES

BIG BEAR MOON

MNEDO MITHEM (SPIRIT FOOD)

The moon around January is known as big bear moon because it is a time to honor the silence and realize our place in all of creation. We are only a part of creation; we are humble. Food helps us find the bond and connection between the spirit world and the physical world. The food that we eat comes from the contributions of land, water, animals, plants and many other living beings. In that way, our food has a spirit. Bringing food into our bodies gives us physical and spiritual sustenance and connects us with all of creation. By recognizing this, we use one of our seven grandfather teachings, *gdemagendemowen*, humility.

What are other ways you can talk with your child about humility this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Ktthe Mko Gises	Gih-chi M-ko Gee-zis	Big Bear Moon
Mdatso Nseth Nish	M-daht-soh N-sih-ch Noes	Twelve
Mshkeke	M-shkook-eh	Medicine
Mdamnek	Mdah-mnook	Corn
Minikan	Meen-kahn	Seed
Gdemagendemowen	Gdih-mah-gehn-duh-mo- wen	Humility

“ONE MORNING, I HAD A FRIED EGG OVER QUINOA, BROCCOLI AND TOMATOES. THIS ONE WITH MY DAUGHTER RIGHT THERE...IT MADE ME HAPPY BECAUSE SHE WAS EXCITED TO GET IN THERE WITH ME, SO THAT WAS A PART OF MY WELL-BEING. THIS PICTURE IS A BIG ONE FOR ME... IT’S INCORPORATING THE LITTLE ONES INTO EATING GOOD FOODS IN A STRESS-FREE ENVIRONMENT.”



BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1 onion, peeled and chopped
- 1 carrot, washed and chopped
- 1 celery stalk, washed and chopped
- 2 tablespoons melted butter or olive oil
- 3 cups butternut squash, peeled and cut into 1/2 inch cubes
- 2 medium potatoes, peeled and cut into small cubes
- 1-quart chicken or vegetable broth
- 1 1/2 teaspoons dried thyme or sage or 1 tablespoon fresh of either, chopped
- Black pepper and salt to taste
- Croutons, toasted pepitas, or sunflower seeds for garnishing



DIRECTIONS

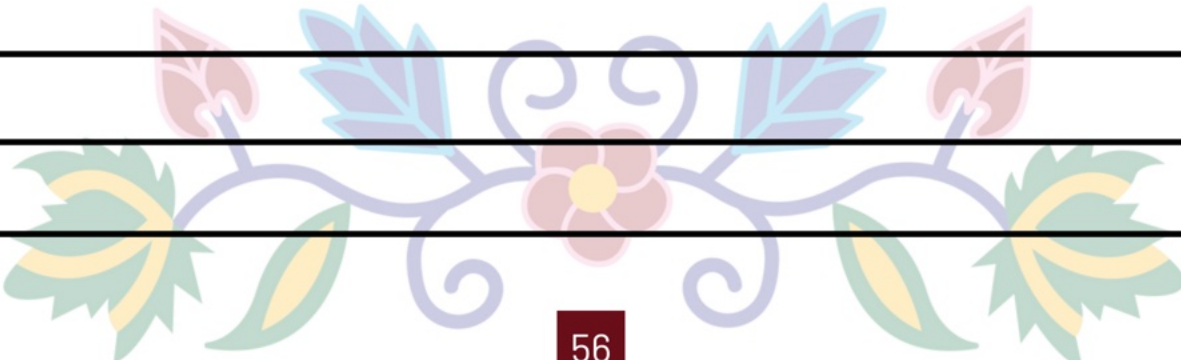
- Add chopped onion, carrot, and celery to melted butter or oil in 4 qt. saucepan. Sauté until soft, but not brown.
- Add squash and potato cubes and broth. Bring to a boil, cover, reduce heat and cook for 30-40 minutes or until squash is very tender. Stir in thyme or sage.
- Carefully puree the hot soup in a blender or food processor in small batches, or use a hand-held blender, or mash with a potato masher or spoon and thin with additional chicken broth or water if needed.
- Season with salt and pepper to taste. Reheat and serve. Good with croutons or toasted pepitas (pumpkin seeds) or sunflower seeds sprinkled on top.

RECIPE NOTES:

TIPS:

1. **Ask your child to pull apart leafy vegetables, corn, herbs, or any other foods that can be pulled apart, such as celery stalks.**
 - a. You can demonstrate and explain how to do this before having them do it.
2. **Store anything with a stem, such as herbs or celery, in a glass of water so they last longer.**
3. **Show your child symbols on food packages, such as the logo on the broth container.**
 - a. Talk to them about what the symbols represents.
4. **Use words from the Neshnabemwen Words table in everyday conversation with your child.**
 - a. Consistent conversation helps language development the most!

NOTES:





13TH MOON

MKO GISES BEAR MOON

MKO (BEAR)

Bear cubs are born around February, which is why we call this time of the year bear moon. During the time of new life, we are reminded to reconnect with who we are and pass our traditional knowledge on to the next generation. We can reconnect with our Neshnabe culture through food. By using labels and following a recipe in the language, we can learn new words everyday. We can reconnect with our culture by learning to garden and forage for food the way our ancestors did. We can make and use traditional food utensils such as a botagen. We can go to special family spots for hunting, fishing and gathering. When we use the language, make and use food utensils, garden, hunt and fish the way our ancestors did, we connect with them and preserve the ways for our descendants.

What are new Neshnabemwen words you can learn with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mko Gises	M-koh Gee-zis	Bear Moon
Mdatso Nsetth Nswe	M-daht-soh N-sih-ch Nsweh	Thirteen
Kotthesek	Ko-jeh-sook	Beans
Zagbek	Zaag-buck	Sprout

"THE LANGUAGE WILL NOT BE ALIVE IF WE PREVENT OUR CHILDREN FROM SPEAKING THE LANGUAGE. LANGUAGE CAN BE DEVELOPED IN SO MANY WAYS, ESPECIALLY INTO MANY ASPECTS OF PLAY AND EATING. USING A LABEL MAKER OR PRINTING OUT DOCUMENTS WITH NESHNABEMWEN AND PLACING THEM ON DOORS, SHELVES, PLACE MATS, COLORED BLOCKS, TOY ANIMALS, AND MORE, SO THAT WAY, WE'RE MAKING IT ACCESSIBLE AND EASIER TO USE THE LANGUAGE IN EVERYDAY LIFE."



BREAKFAST COOKIES

INGREDIENTS

- 1 1/4 cups old-fashioned rolled oats
- 1 1/2 cups oat flour or pastry flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 5 tablespoons virgin coconut oil or butter melted and cooled
- 5 tablespoons maple syrup or honey
- 1/2 cup applesauce at room temperature or mashed bananas
- 2 eggs
- **Optional** add-ins (add as many as you'd like):
 - 1/3 cup chocolate chips
 - 1/2 cup raisins, dried cranberries, or dried cherries
 - 1/4 to 1/2 cup chopped walnuts or pecans
 - 2 tablespoons ground flaxseed

DIRECTIONS

- Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper and set aside.
- In a large bowl, place the oats, flour, baking soda, and salt. Mix to combine well.
- In a medium bowl, beat the eggs. Then add the oil/butter, maple syrup/honey, and applesauce/mashed bananas. Mix to combine well.
- Add your preferred add-ins, and mix to combine well.
- With a large spoon, scoop out the batter, form into a ball, and place on the lined baking pan.
- With wet fingers or the underside of an ice cream scoop, pat down each piece of dough to spread into a disk.
- Chill the shaped dough for about 10 minutes until firm. This keeps the cookies from spreading too much during baking.
- Place the baking sheet in the center of the preheated oven and bake until lightly golden brown around the edges. They should be set in the center (about 16 minutes).
- Allow the cookies to cool for at least 10 minutes on the baking sheet, or until they're firm. Transfer them to a wire rack to cool completely.
- Serve immediately, or place them back on a baking sheet and freeze completely. Place in a sealed freezer-safe container until ready to serve.
- Defrost the cookies one at a time at room temperature or in a low-power microwave before enjoying.

RECIPE NOTES:

