Eating with the Seasons, Anishinaabeg, Great Lakes Region

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Eating with the Seasons,
Anishinaabeg,
Great Lakes Region

Written by Derek Nicholas
Illustrations by Grace Miller
January: Gichi-manidoo-giizis (Great Spirit Moon)

Substantial Meals
Cold winters increase the urgency for hardier meals. Meats like deer (venison) and buffalo, with the addition of complex vegetables like sweet potatoes and winter squash, provide the nutrients the Anishinaabeg need. Additionally, food that been stored for winter months, like wild rice, dried berries, and hominy were consumed. January is the hardest time of the year due to food scarcity.

Seasonal Fruits/Vegetables (Local Harvest Storage):
Carrots, Onions, Parsnips, Potatoes, Rutabagas, Shelling Beans, Turnips, Winter Squash, Wild Rice
January: Gichi-manidoo-giizis (Great Spirit Moon)

**Bannock**
3 cp all purpose flour  
2 T baking powder  
1/4 cp butter, melted  
1 1/2 cp water  
1 t salt  
**Directions:**  
1. Add flour, baking powder, salt to a large mixing bowl. Stir to mix. Pour melted butter and water into flour mixture. Stir with fork and make ball.  
2. Turn dough out on a slightly floured surface. Kneed gently 10 times. Pat dough into a 3/4 inch circle  
3. Cook in a greased frying pan for 30 mins. over a medium heat. Allowing 15 mins per side.

**Wild Rice Soup**
6 cp water  
1 lb venison or beef  
1 cp wild rice  
3 T olive oil  
3 stalks of celery, chopped  
1 can of mushrooms, chopped  
3 cans of cream of chicken soup  
2 beef bouillon  
1 T red pepper flakes  
Salt & pepper to taste  
**Directions:**  
1. Brown meat in a large cooking pot, drain grease  
2. Add celery, onion, bouillon, and 2 cp water. Let simmer  
3. When boiling, add rice and let it simmer for 45 mins  
4. Add cream of chicken soup, 4 cp water, mushrooms, red pepper, and salt & pepper.  
5. Lower heat and cook gently for another 30 mins (till rice is done)
February: Namebini-giizis (Suckerfish Moon)

Namebin
According to legend, due to the harsh winters the namebin (suckerfish) gives up its life every Suckerfish Moon. During the Suckerfish Moon it is easier to net these fish.

Seasonal Fruits/Vegetables (Local Harvest Storage):
Carrots, Onions, Parsnips, Potatoes, Rutabagas, Shelling Beans, Turnips, Winter Squash, Wild Rice
February: Namebini-giizis
(Suckerfish Moon)

2 Potatoes Salad
3 med. potatoes. Peeled
1 large sweet potato, peeled and halved
1/2 cp mayo
2 T sugar
1 t white vinegar
1 t salt
3/4 t dill weed
1/2 t pepper
1 med. sweet onion

Directions:
1. Place the potatoes on a large saucepan and cover with water. Bring to a boil. Reduce the heat; cover and cook for 20–40 mins or until potatoes are just tender.
2. Meanwhile, in a small bowl, whisk the mayo, sugar, vinegar, salt, dill, and pepper.
3. Drain potatoes; cube and place in a large serving bowl. Cool slightly. Add onion and dressing, stir gently to coat. Cover and refrigerate for 2 hours or overnight.

Cooked Sucker Fish
Namebin (Suckerfish)
Favorite cooking oil (peanut)
Cornmeal mix
Lemon pepper
Ground coriander seed
Salt

Directions:
1. Clean Suckerfish
2. Heat oil to 400 degrees
3. In a large bowl, mix cornmeal, pepper, and coriander seed
4. Coat fish in breading/seasoning mixture
5. Cook for 3-5 mins (till done)
March: Onaabani-giizis (Hard Crust on the Snow Moon)

Winter Signals

The Hard Crust on the Snow Moon is a time to watch nature and prepare for the spring. Cawing of crows, and the return of the geese signal the near end of winter. During the Hard Crust Moon the snow thaws during the day to freeze again at night. This is the beginning stage of the sap producing process for maple trees.

Seasonal Fruits/Vegetables (Local Harvest Storage):
Carrots, Onions, Parsnips, Potatoes, Shelling Beans, Wild Rice
March: Onaabani-giizis
(Hard Crust on the Snow Moon)

Venison Chili
1 lb venison or ground turkey
1 medium onion chopped
3 cloves garlic minced
1 t pepper
2 cans 14.5oz diced tomatoes
2 cans 14.5oz chili beans
1 can 14.5oz tomato sauce (this is NOT pasta sauce, rather tomato sauce)
3 T chili powder
1/2 cp brown sugar

Directions:
1. Coat large soup pot with a small amount oil
2. Brown the meat, drain grease
3. Add onion, garlic, and pepper. Sauté for a few minutes
4. Add tomatoes, beans, sauce, chili powder, and brown sugar. Stir.
5. Simmer for 20 mins, stirring occasionally.
6. Add salt & pepper if needed. Serve with cheese, sour cream, chives

Yogurt Parfait
Plain yogurt

Fruits:
Apricot, banana, cranberries, kiwi, papaya, raisins, and star fruit

Toppings:
Almonds, dried apricot, granola, peanuts, prunes, sunflower seeds, and walnuts

Directions:
1. Put yogurt in a glass or bowl.
2. Rinse and chop your favorite fruits. Add to bowl.
3. Top the fruit with your favorite toppings.
April: Iskigamizige-giizis (Maple Sap Boiling Moon)

Maple Sugar
After winter, the sugaring season offers the Anishinaabeg the opportunity to socialize after a long winter of isolation. The Anishinaabeg tap trees to collect maple, which when boiled creates maple sugar.

- Ziinzibaakwadwaatig- Maple tree
- Negwaakwaan- Spigot/tap
- Ziinzibaakwadwaaboo- Maple Sap
- Atoobaan- Large container for liquids
- Iskigamizigan- Sugar bush/camp

Seasonal Fruits/Vegetables:
Parsnips, Mint, Wild Rice
April: Iskigamizige-giizis (Maple Sap Boiling Moon)

Maple Cinnamon iced Tea
4 cp water
4 cinnamon sticks
3 T maple syrup
2 whole nutmeg
3 lipton tea bags-black unsweetened

Directions:
1. Pour water in sauce pan, add cinnamon, nutmeg, and syrup
2. Bring to a high boil. Stir occasionally.
3. When boiling, remove from heat. Add tea bags. Steep for 3-4 mins
4. Remove bags, cinnamon, nutmeg
5. Pour in pitcher, then cool in refrigerator
6. Serve with ice

Maple Syrup Snow Candies
8 cp snow
1 cp pure maple syrup
1 T minced ginger (optional)
Sea salt (to taste)
6 craft sticks

Directions:
1. Pack snow firmly and evenly on baking sheet. Place in freezer
2. Combine syrup and ginger in a saucepan on high heat. Stir and bring mixture to boil, reaching softball stage (240 degrees) for 10-12 mins. Remove from heat.
3. Pour syrup mixture into 6 strips on the snow packed pan. Quickly sprinkle salt on syrup. Press craft stick on the end of the syrup strip. Roll up syrup onto stick
4. Place finished candy pops onto parchment paper

Seasonal Fruits/Vegetables:
Asparagus, Mint, Parsnips, Radishes, Rhubarb, Spinach, Wild Rice
May: Zaagibagaa-giizis (Budding Moon)

Spring Spawn
During the Budding Moon, the annual cycle of spring spawn brings walleye, northern pike, bass, muskellunge, rainbow trout, and sturgeon to surrounding waters. During the 3-4 week spawning period harvest is at its greatest for the year.

Seasonal Fruits/Vegetables:
Asparagus, Mint, Parsnips, Radishes, Rhubarb, Spinach, Wild Rice

Odaake-Steerer
Nintama'am-Front Canoe
Nibi-Water
Jiimaan-Canoe
May: Zaagibagaa-giizis
(Budding Moon)

**Rhubarb Crisp**

- 8 cp Rhubarb
- 4 1/2 T all purpose flour
- 1 cp sugar
- 2/3 t cinnamon

**Toppings:**
- 3/4 cp oats
- 3/4 cp brown sugar
- 6 T flour
- 1/2 t cinnamon
- 6 T Butter

**Directions:**
1. Preheat oven 375
2. Wash and cut rhubarb in 1/2 inch pieces
3. Toss rhubarb in flour, sugar, cinnamon mixture. Spread onto greased cooking pan.
4. In a separate bowl, mix toppings with a pastry blender. Then sprinkle over the rhubarb.
5. Bake for 35 mins or until the toppings are golden brown and the rhubarb is tender

**Oven roasted asparagus**

- Asparagus
- Olive oil
- Sea salt
- Black pepper
- Lemon juice
- Parmesan cheese
- Minced garlic

**Directions:**
1. Preheat oven 425
2. In a large bowl toss the asparagus in olive oil.
3. Add in salt, pepper, cheese, garlic to bowl to your desired taste and continue to toss the asparagus.
4. Place asparagus onto baking sheet
5. Cook till tender, about 10-15 mins. Sprinkle with lemon juice
June: Ode'imini-giizis
(Strawberry Moon)

Planting Season
The Strawberry Moon signals the Anishinaabeg to return to summer villages to begin the planting season. Traditional staple crops consist of the three sisters- corn, beans, and squash.

Seasonal Fruits/Vegetables:
Asparagus, Beets, Broccoli, Cabbage, Corn, Green Onions, Lettuce, Mint, Parsnips, Pea Greens, Raspberries, Rhubarb, Spinach, Strawberries, Wild Rice

Rhubarb Crisp

Directions:
1. Preheat oven 375
2. Wash and cut rhubarb in 1/2 inch pieces
3. Toss rhubarb in flour, sugar, cinnamon mixture. Spread onto greased cooking pan.
4. In a separate bowl, mix toppings with a pastry blender. Then sprinkle over the rhubarb.
5. Bake for 35 mins or until the toppings are golden brown and the rhubarb is tender.
June: Ode'imini-giizis
(Strawberry Moon)

Stuffed Peppers
4 green or red peppers
1/2 lb ground Italian sausage, turkey sausage, or beef
1 medium onion, chopped
1 t dried oregano
1 15-ounce can spaghetti sauce
3 cp cooked brown rice or wild rice
1 cp shredded mozzarella cheese
2-4 cp kale or spinach

Directions:
1. Preheat oven to 350 degrees
2. Wash the peppers, cut in half lengthwise, and remove seeds. Spread peppers on a baking sheet.
3. Sauté the ground meat and onion in a large skillet over medium heat until browned. Drain excess fat.
4. Stir in the oregano, spaghetti sauce, rice, 1/2 cup cheese, and greens.
5. Spoon sausage mixture into the peppers, mounding on the top.
6. Cover with foil. Bake for 30 minutes.
7. Remove the foil and sprinkle remaining 1/2 cup cheese on top. Continue to cook another 10 minutes until cheese is melted.

Broccoli Saute
3 cp broccoli
1 medium bell pepper
1 T olive or canola oil
2 T sesame seeds

Directions:
1. Wash broccoli and cut into 1 inch pieces.
2. Wash pepper and slice into 1/4 inch wide slices.
3. Heat oil over medium heat. Add broccoli and saute for 2 minutes.
4. Add sesame seeds and continue to saute for another minute.
5. Add pepper slices and saute for 1 more minute, keeping them crisp.

July: Aabita-niibino-giizis
(Mid-summer Moon)

Berries
During the Mid-summer Moon, berries begin to ripen and are ready to harvest. Such berries include raspberries, blackberries, blueberries, choke cherries, huckle berries, goose berries and pin berries. Berries and fruit are consumed and preserved for winter as well.

Seasonal Fruits/Vegetables:
- Beets
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Chard
- Corn
- Cucumber
- Eggplant
- Green Beans
- Green Onions
- Greens
- Herbs
- Lettuce
- Mint
- Pea Greens
- Peas
- Peppers
- Potatoes
- Radishes
- Raspberries
- Spinach
- Summer Squash
- Strawberries
- Tomatoes
- Wild Rice
- Zucchini
July: Aabita-niibino-giizis
(Mid-summer Moon)

**Berries**
During the Mid-summer Moon, berries begin to ripen and are ready to harvest. Such berries include raspberries, blackberries, blueberries, choke cherries, huckleberries, gooseberries and pinberries. Berries and fruit are consumed and preserved for winter as well.

**Seasonal Fruits/Vegetables:**
Beets, Blueberries, Broccoli, Cabbage, Carrots, Chard, Corn, Cucumber, Eggplant, Green Beans, Green Onions, Greens, Herbs, Lettuce, Mint, Pea Greens, Peas, Peppers, Potatoes, Radishes, Raspberries, Spinach, Summer Squash, Strawberries, Tomatoes, Wild Rice, Zucchini
July: Aabita-niibino-giizis
(Mid-summer Moon)

**Berry Wild Rice Breakfast**
- 3/4 cp blueberries, blackberries, raspberries
- 1 T butter
- 1 cp cooked wild rice
- 1/4 t cinnamon
- salt and maple syrup to taste

**Directions:**
1. Melt butter in pan over low heat.
2. Add berries. Cook for 2 mins.
3. Add remaining ingredients and heat through.
4. Serve in a bowl

**Purple Pollinator Snack**
- 1/2 pint blackberries
- 1/2 pint blueberries
- 1/2 pint raspberries
- 1/2 lemon
- 1-2 t of chopped fresh herb (mint or basil)

**Directions:**
1. Wash all fruits and herbs
2. Add blackberries, blueberries, and raspberries to medium bowl
3. Finely chop herbs, add to medium bowl
4. Cut lemon in half, remove seeds, squeeze juice of 1/2 lemon over berries
5. Mix all ingredients together and enjoy!

**Sumac Lemonade**
- Sumac berries
- Water
- Optional: Maple Syrup or Honey

**Directions:**
1. Add sumac to water and stir
2. Bring to simmer, turn off heat and let it sit for 20 to 60 mins.
3. Strain out the sumac.
4. Sweeten with maple syrup or honey
August: Manoomininike-giizis (Ricing Moon)

Wild Rice
Wild rice, known to the Anishinaabeg as manoomin is a part of the Anishinaabeg migration story as it came to be known from a prophecy. The Seven Fires Prophecy was given to the Anishinaabeg from the spirits. The First Fire claimed “You will know the chosen ground has been reached when you come to a land where food grows on water.” As the Anishinaabeg began on their Great Migration westward they settled in the Great Lakes region where they came across the food that grows on water.

Seasonal Fruits/Vegetables:
August: Manoominike-giizis (Ricing Moon)

Tomato Salsa
4 large ripe tomatoes
1/4 cp chopped onion
1/4 cp cilantro
1 t fresh oregano
2 cloves garlic minced
1 t olive oil
2 t lime juice
Salt and pepper to taste

Directions:
1. Cut tomatoes and remove the seeds, then dice.
2. Place in a medium size bowl. Add remaining ingredients to the bowl and mix. Let sit loosely covered to allow flavors to mix.
3. Serve immediately or refrigerate and serve with in four hours.

Corn Tortilla Quesadillas
8 corn tortillas
1/2 cp frozen or canned corn
1/2 cp canned black beans
2/3 cp shredded mozzarella cheese or shredded cheddar cheese
Optional: salsa/sour cream

Directions:
1. Spread 1/4 of the corn, black beans, and cheese on a tortilla. Top the mixture with another tortilla. Repeat until you have four assembled quesadillas.
2. Heat a fry pan or skillet over medium heat. Spray with cooking spray if needed.
3. Fry a quesadilla until the cheese melts and the bottom is crispy.
4. Flip the quesadilla and cook until the bottom is crispy.
5. Repeat with the remaining quesadillas and serve with salsa and/or sour cream.

Seasonal Fruits/Vegetables:

Harvest Season
As the Leaves Changing Moon occurs, the Anishinaabeg continue ricing. Additionally, crops planted in the early summer begin to be ready for harvest. Medicine herbs are prayed over before being gathered. The Anishinaabeg offer tobacco in signs of respect and gratitude. Traditional medicine plays a big role in healing and in the lifestyle of the Anishinaabeg. There are four sacred medicines Anishinaabeg hold close. The four medicines are tobacco, sage, sweet grass, and cedar. All these medicines are incorporated in ceremony and the daily life of the Anishinaabeg.
September: Waatebaggaa-giizis
(Leaves Changing Color Moon)

Harvest Season
As the Leaves Changing Moon occurs, the Anishinaabeg continue ricing. Additionally, crops planted in the early summer begin to be ready for harvest.

Medicine
Herbs are prayed over before being gathered. The Anishinaabeg offer tobacco in signs of respect and gratitude. Traditional medicine plays a big role in healing and in the lifestyle of the Anishinaabeg. There are four sacred medicines Anishinaabeg hold close. The four medicines are tobacco, sage, sweet grass, and cedar. All these medicines are incorporated in ceremony and the daily life of the Anishinaabeg.

Seasonal Fruits/Vegetables:
September: Waatebagaa-giizis (Leaves Changing Color Moon)

Grilled Summer Squash
Summer squash, scrubbed and sliced
Onions, sliced
Minced garlic
Peppers
Olive oil
Balsamic vinegar
Salt and pepper to taste

Directions:
1. Slice summer squash, onions, and peppers
2. Lightly coat with oil and vinegar. Add minced garlic along with spices
3. Put vegetables on a grill plate then set on the grill
4. Stir and grill till slightly tender

Apple Spinach Salad
4 cp spinach leaves
2 T canola oil
2 1/2 T cider vinegar
1 T sugar
1/4 t salt
1/4 cp red onion, chopped
1 medium tart apple, cut into bite-sized chunks
1/4 cp dried berries

Directions:
1. Wash spinach and pat dry
2. Tear spinach into bite-sized pieces and place in a large bowl.
3. In a small bowl mix oil, vinegar, sugar, and salt.
4. Add the apple, onion, and dried fruit to the oil mixture and toss to coat apples. Let stand ten minutes.
5. Combine ingredients together in the large bowl of spinach and serve.

October: Binaakwii-giizis (Falling Leaves Moon)

Duck Migration Season
The Anishinaabeg head to duck hunting grounds as the ducks prepare to migrate south for the winter.

Seasonal Fruits/Vegetables:
Apples, Beets, Bitter Melon, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Greens, Herbs, Leeks, Mint, Onions, Parsnips, Potatoes, Pumpkin, Radishes, Rutabagas, Shelling Beans, Spinach, Summer Squash, Turnips, Winter Squash, Zucchini

Kaakigan-Breast
Zazagamozide-Webbed feet
Koozh-Beak
Nashkid-Tail
Nangwiigan(ag)-Wing(s)
Miigwan(ag)-Feather(s)
October: Binaakwii-giizis
(Falling Leaves Moon)

Duck Migration Season
The Anishinaabeg head to duck hunting grounds as the ducks prepare to migrate south for the winter.

Seasonal Fruits/Vegetables:
- Apples
- Beets
- Bitter Melon
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Greens
- Herbs
- Leeks
- Mint
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Radishes
- Rutabagas
- Shelling Beans
- Spinach
- Summer Squash
- Turnips
- Winter Squash
- Zucchini
### October: Binaakwii-giizis
*(Falling Leaves Moon)*

#### Lemon Roasted Fall Vegetables

- 1 small butternut squash
- 2 apples
- 1 head of broccoli
- 3 large carrots
- 1 medium onion
- 1 T olive oil
- 1/4 cp lemon juice
- 1/2 t garlic powder
- 1/2 t cinnamon
- 1 T sugar
- Salt & Pepper (to taste)

**Directions:**
1. Preheat oven 425
2. Wash and cut vegetables to bite-size pieces
3. In a large bowl, combine lemon juice, garlic powder, pepper, salt, and sugar. Add and toss vegetables into lemon juice mixture.

#### Toasted Pumpkin Seeds

- 2 cp clean pumpkin seed
- 2 T olive oil
- 1 T salt

**Directions:**
1. Preheat oven 325
2. Toss seeds in bowl with the oil and salt
3. Spread seeds on large baking sheet
4. Bake for 45 mins, stirring occasionally until lightly toasted

#### Cedar Tea

- 1 handful of cedar
- 3 cps water

Optional: Maple Syrup or Honey

**Directions:**
1. Boil Water.
2. Add cedar. boil for 8-10 mins
3. Strain out the cedar.
4. Sweeten with maple syrup or honey

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**Seasonal Fruits/Vegetables:**

- Brussels Sprouts, Cabbage, Garlic, Rutabagas, Turnips

**Local Harvest Storage:**

- Carrots, Onions, Parsnips, Potatoes, Rutabagas, Shelling Beans, Turnips, Winter Squash, Wild Rice
November: Gashkadino-giizis (Freezing Moon)

Fall Spawn
The Freezing Moon signals the time to travel to winter camps. During the Freezing Moon fishing is important because of fall spawning. Lake trout, brook trout, whitefish, and salmon all spawn in the fall. Catches are dried to last for the long winter. 
Fishing is a expedition for the Anishinaabeg. Each fisherman has a role to play. Usually a couple of tribesman stand in the shallows to spear fish. The other tribesman fish in the canoes. One maneuvers the canoe as the others in the canoe spear. Additionally, another tribesman tends to a small fire in that canoe which attracts fish to the canoe.

Seasonal Fruits/Vegetables:
Brussels Sprouts, Cabbage, Garlic, Rutabagas, Turnips

(Local Harvest Storage):
Carrots, Onions, Parsnips, Potatoes, Rutabagas, Shelling Beans, Turnips, Winter Squash, Wild Rice
November: Gashkadino-giizis
(Freezing Moon)

Curried Squash Soup:
5lb Gete-okosoman squash (or other winter squash)
1/2 T oil
1 medium onion
1 apple-peeled, cored, and diced
1/2 t curry powder
1/4 t cumin
3/4 t worcestershire sauce
1 cp vegetable stock
3/4 cp whole milk
Salt, pepper, cayenne, honey to taste

Directions:
1. Puree squash in blender.
2. Heat oil in a large pot over medium-high heat. Sauté onion, apple and garlic in oil until softened, about 10 minutes. Puree in blender and add to the pureed squash.
3. Add seasonings, vegetable broth and milk. Bring the soup to a boil. Reduce heat to medium-low and simmer about 20 minutes;

Brussels Sprout Chips:
Brussels sprout, finely sliced
Olive oil
Parmesan cheese
Garlic powder
Salt
Pepper

Directions:
1. Preheat oven to 400 degrees.
2. Toss brussels sprout in bowl with oil, parmesan, garlic powder, salt and pepper
3. Spread evenly on baking sheet and bake for 10 mins. Flip and bake for another 8-10 mins

Seasonal Fruits/Vegetables
Carrots, Onions, Parsnips, Potatoes, Rutabagas, Shelling Beans, Turnips, Winter Squash, Wild Rice

Giigoonyikewinini-Fisherman
Akwa'wewigamig-Fishing house
Wewebanaabaanaak-A fishing pole
Wewebanaabii-S/he goes fishing
December: Manidoo-giizisoons (Little Spirit Moon)

Winter Game

During the Little Spirit Moon the Anishinaabeg rely on ice fishing and hunting to bring sustenance to their people. Animals such as deer, beaver, bear, rabbits, turkey and goose are hunted or trapped.

Seasonal Fruits/Vegetables (Local Harvest Storage):
Carrots, Onions, Parsnips, Potatoes, Rutabagas, Shelling Beans, Turnips, Winter Squash, Wild Rice
December: Manidoo-giiizisoons
(Little Spirit Moon)

Baked Winter Squash
1 winter squash (acorn, buttercup, or butternut)
Optional: 1 T margarine or butter
Salt and pepper to taste

Directions:
1. Preheat oven to 375
2. Cut squash in half, lengthwise (from stem to end).
3. Use a spoon to scoop out seeds and stringy contents from the center of each half.
4. Place each half on a large baking pan, cut side up.
5. Add 1/4 inch water to the bottom of the pan to prevent burning the skin and drying of the squash. Cover the pan with aluminum foil.
6. Bake for 1 hour, or until the squash tender
7. Serve with margarine or butter, salt, and pepper.

Roasted Root Vegetables
4 medium root vegetables (potatoes, rutabagas, turnips, parsnips, sweet potatoes, etc.)
2 medium carrots, diced
1 medium onion, chopped
2 T vegetable oil
1 t garlic powder
Salt and pepper to taste

Directions
1. Preheat oven to 425
2. Peel and cut vegetables into bite-sized pieces.
3. Place vegetables in a medium bowl and pour oil over top. Add garlic powder and mix well.
4. Season with salt and pepper to taste.
5. Spread mixture into a baking sheet or shallow baking pan.
6. Stir and check vegetables every 10-15 mins. Vegetables are done when they show signs of crispness and browning, and are easily pierced with a fork. Roasting time will average 30-60 mins
Directions:

1. Preheat oven to 375°F.
2. Cut squash in half, lengthwise (from stem to end).
3. Use a spoon to scoop out seeds and stringy contents from the center of each half.
4. Place each half on a large baking pan, cut side up.
5. Add 1/4 inch water to the bottom of the pan to prevent burning the skin and drying the squash. Cover the pan with aluminum foil.
6. Bake for 1 hour, or until the squash is tender.
7. Serve with margarine or butter, salt, and pepper.

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December: Manidoo-giizisoons (Little Spirit Moon)

Baked Winter Squash

1 winter squash (acorn, buttercup, or butternut)

Optional: 1 T margarine or butter
Salt and pepper to taste

Roasted Root Vegetables

4 medium root vegetables (potatoes, rutabagas, turnips, parsnips, sweet potatoes, etc.)
2 medium carrots, diced
1 medium onion, chopped
2 T vegetable oil
1 garlic powder
Salt and pepper to taste

Directions

1. Preheat oven to 425°F.
2. Peel and cut vegetables into bite-sized pieces.
3. Place vegetables in a medium bowl and pour oil over top. Add garlic powder and mix well.
4. Season with salt and pepper to taste.
5. Spread mixture into a baking sheet or shallow baking pan.
6. Stir and check vegetables every 10-15 mins. Vegetables are done when they show signs of crispness and browning, and are easily pierced with a fork. Roasting time will average 30-60 mins.

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Practice Anishinaabemowin

Introductions:

Boozhoo ___________ indizihinikaaz.
Hello my name is ____________.

_________ nindigoo anishinaabemowin.
My name in Ojibwe is ____________.

_________ Indoodem.
My clan is ____________.

Gaawiin ningikenimaasii nindoodem.
I don't know my clan.

_____________ izhinkaade ishkonigan wenjibaayaan.
The reservation I come from is called ____________.

_____________ nindaa.
I live in ____________.

_____________ nindaso biboonagiz.
I am _______ years old

Indoojibemwo bangii eta go.
I speak a little Ojibwe
Practice Anishinaabemowin

Talk about Food:

Wiisinidaa
Lets eat!

Ininamawishin zhiwitaagan
Pass me the salt

Niminwendaan jiibaakweyaan
I like to cook

Niwii-chiibaakwe noongom
I will cook today

Niwii-nitaawigitoon miijim imaa gitigaaning
I grow food in the garden

Minopogwad
It tastes good

Awegonen mayaamawi-minopidaman?
What's your favorite food?

Ninandawendaan miijim omaa besho gaa-tazhiging.
I want fresh food

Gidaa-giizizaan ina ____?
Can you make ____?

Niminopidaan iwe ______
I like the taste of _______
### Practice Anishinaabemowin

#### Plants/Food:
- **Aniibish** - Leaf/tea
- **Asemaa** - Tobacco
- **Baakwaanaatig** - Sumac
- **Baasiminaan** - Dried berry
- **Bakwezhigan** - Bread
- **Bashkodejiibiik** - Sage
- **Doodooshaaboo** - Milk
- **Giizhik** - Cedar
- **Makademashkikiwaaboo** - Coffee
- **Mandaamin** - Corn
- **Manoomin** - Wild rice
- **Mashkodesimin** - Bean
- **Miin** - Blueberry
- **Miskwaabiiminzhi** - Red Osier Dogwood
- **Mitig** - Tree
- **Ode'imin** - Strawberry
- **Ojiibiik** - Root
- **Okosimaan** - Squash/pumpkin
- **Ookwemin** - Cherry
- **Waabigwan** - Flower
- **Wiigwaas** - Birch bark
- **Wiingashk** - Sweet grass
- **Wiinyaas** - Meat
- **Zaasakokwaanibakwezhigan** - Fry Bread
- **Ziinzibaakwad** - Sugar
- **Ziinzibaakwadwaatig** - Maple tree

#### Animals:
- **Ajijaak** - Crane
- **Animosh** - Dog
- **Awakaan** - Domestic animal
- **Awesiinh** - Wild animal
- **Bebezhigooganzhi** - Horse
- **Bineshiinh** - Bird
- **Esiban** - Raccoon
- **Gaag** - Porcupine
- **Gaazhagens** - Cat
- **Gekek** - Hawk
- **Giigoonh** - Fish
- **Ginebig** - Snake
- **Giniw** - Golden Eagle
- **Maang** - Loon
- **Ma'iingan** - Wolf
- **Makwa** - Bear
- **Mashkode-bizhiki** - Bison
- **Migizi** - Bald Eagle
- **Mikinak** - Turtle
- **Mooz** - Moose
- **Omakakii** - Frog
- **Waabizheshi** - Marten
- **Waabooz** - Rabbit
- **Waagosh** - Fox
- **Waawaashkeshi** - Deer
- **Zhaangweshi** - Mink
- **Zhigaag** - Skunk
Practice Anishinaabemowin

Numbers:
Bezhig- One
Niizh- Two
Niswi- Three
Niwin- Four
Naanan- Five
Ningdwaaswi- Six
Niizhwaaswi- Seven
Niishwaaswi- Eight
Zhaangaswi- Nine
Midaaswi- Ten

Colors:
Makade- Black
Misko- Red
Ozhaawashko- Green & Blue
Ozaawi- Brown & Yellow
Waabishki- White
Oginiiwaande- Pink

Weather:
Animikiikaa- Thundering
Awan- Foggy
Boonibiisaas- It stops raining
Gisinaa- It is cold
Gizhaate- It is hot
Ningwaanakwad- It is cloudy
Maajibiisaas- It starts to rain
Mino Giizhigad- A nice day
Mizhakwad- It's clear skies
Waaseyaa- It is bright
Zoogipon- Snowing

Days of the weeks:
Nitam-anoki-giizhigad- Monday
Niizho-giizhigad- Tuesday
Aabitoose- Wednesday
Niiyo-giizhigad- Thursday
Naano-giizigad- Friday
Maadowe-giizigad- Saturday
Anama'e-giizigad- Sunday
Awansonaago- Day before yesterday
Biiinaago- Yesterday
Noogom- Today
Waabang- Tomorrow
Awaswaabang- Day after tomorrow

Seasons:
Biboon- Winter
Ziigwan- Spring
Niibin- Summer
Dagwaagin- Fall
Practice Anishinaabemowin

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Notes

Derek, an enrolled member of the Red Cliff Band of Lake Superior Chippewa, was born and raised around Milwaukee, Wisconsin. Derek began a journey to revitalize his family's culture and to decolonize from today's society. As he began his college experience at the University of Minnesota Morris, Derek found a passion within food and anishinaabewomin. Derek wants to connect communities through the power of food. The ideology of food sovereignty, a right for people to have healthy and culturally appropriate food produced with sustainable methods, became a driving force for Derek to pursue work within the food systems. This also led him to fulfill his personal goals to become more cultured and more well-nourished. With this book he hopes to share his knowledge of food, indigenous language, and culture to those who share his passion.

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Meet the Author

Recipes
Credited to University of Minnesota Extension
Purple Pollinator Snack, Apple Spinach Salad, Baked Winter Squash, Corn Tortilla Quesadillas, Roasted Root Vegetables, Lemon Roasted Fall Vegetables, Stuffed Peppers, Tomato Salsa, Yogurt Parfait, Broccoli Saute
Credited to allrecipes.com
From Carol: Bannock, From ONEMINA: Toasted Pumpkin Seeds
From Swedishmilk: Oven Roasted Asparagus
Credited to morrisareafarmersmarket.org
From Alex Feuchtenberger: Grilled Summer Squash
From Linda & Derek Nicholas: Potato Salad
Credited to cookbookfundraiser.com
From Joyce Gabriel: Wild Rice Soup
Credited to myrecipes.com
From Extra Crispy: Maple Syrup Snow Candy
Credited to Nelliebelie
Maple Syrup Iced Tea, Venison Chili
Credited to glitcsnap.wordpress.com
Berry Wild Rice Breakfast
Credited to Mary Jo Forbord
Curried Squash Soup
Credited to Derek Nicholas
Rhubarb Crisp, Cooked Sucker Fish, Cedar Tea, Sumac Lemonade

Works Cited


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