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Eating with the Seasons, Anishinaabeg, Great Lakes Region

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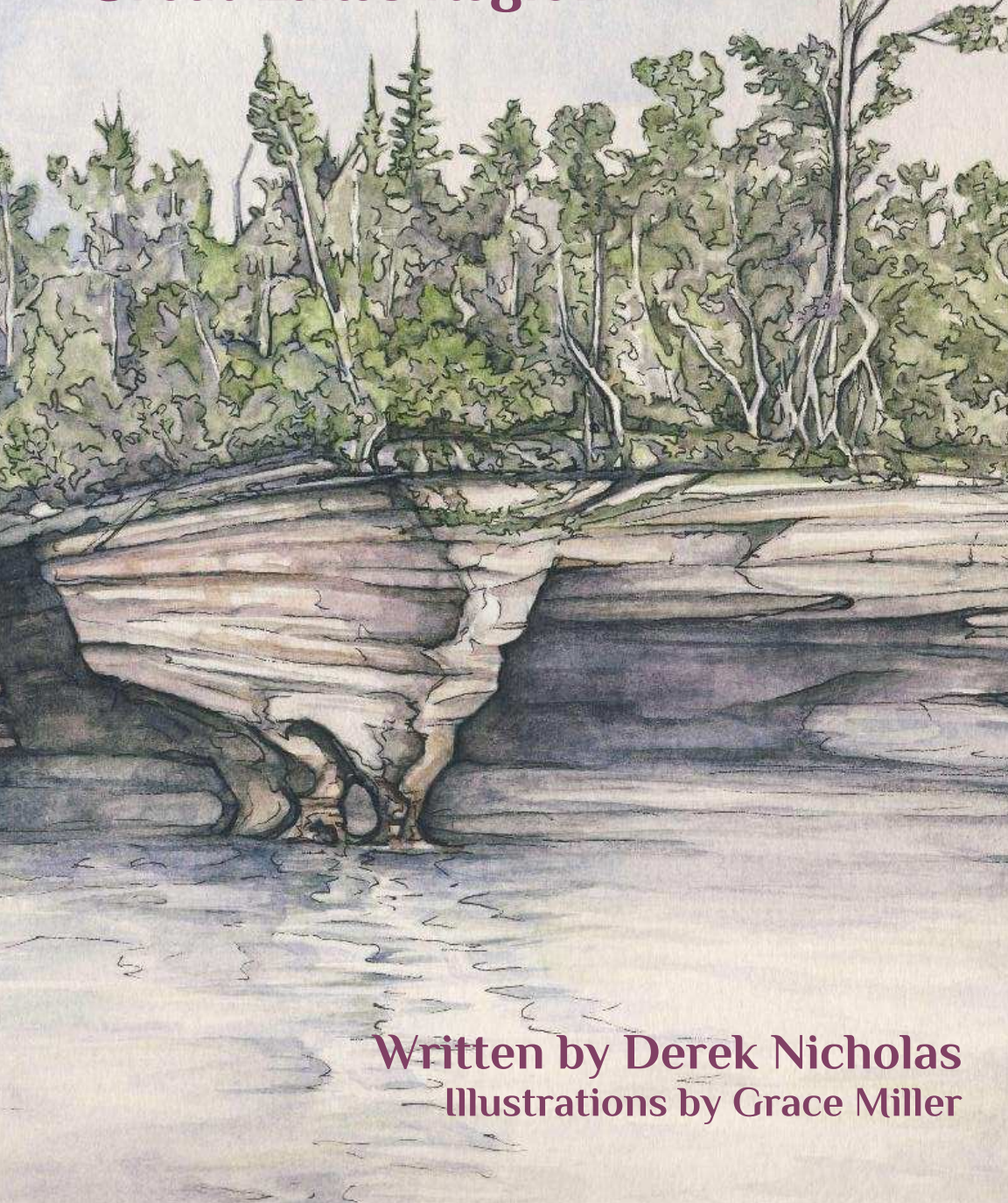
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Eating with the Seasons, Anishinaabeg, Great Lakes Region



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. Knead 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)

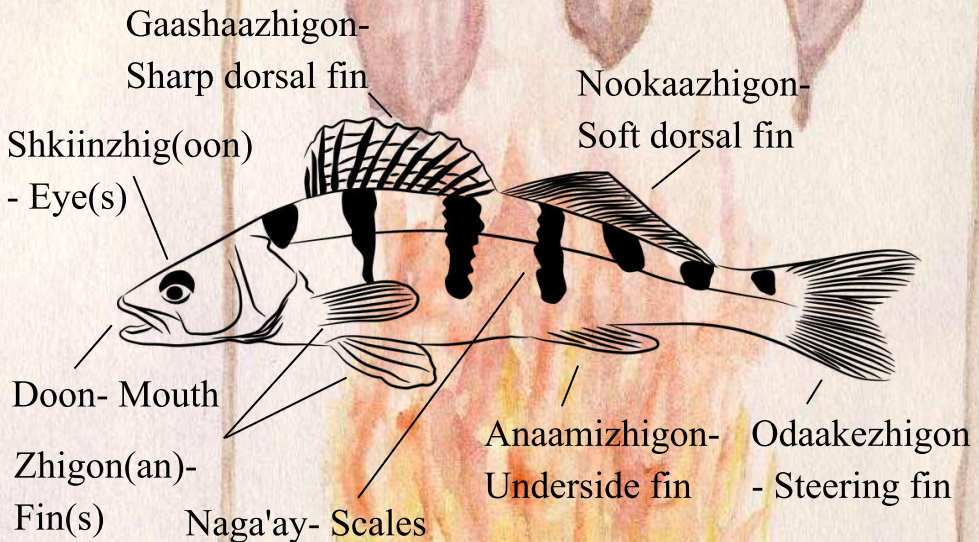
February: Namebini-giizis (Suckerfish Moon)



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 (tilldone)

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.



Goon-Snow

Aagimag-Snowshoes

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 (240degrees) 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

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.

Odaake-Steerer

Nintama'am-
Front Canoeer



Nibi-Water

Jiimaan-Canoe

Seasonal Fruits/Vegetables:

Asparagus, Mint, Parsnips, Radishes, Rhubarb, Spinach,
Wild Rice

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



Okosimaan-Squash

Mandaamin-Corn

Mashkodesimin-Beans

Seasonal Fruits/Vegetables:

Asparagus, Beets, Broccoli, Cabbage, Corn, Green Onions, Lettuce, Mint, Parsnips, Pea Greens, Raspberries, Rhubarb, Spinach, Strawberries, Wild Rice



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. 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)

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

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

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!

August: Manoominike-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:

Apples, Basil, Beets, Bitter Melon, Blueberries, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cantaloupe, Cauliflower, Celery, Chard, Corn, Cucumber, Eggplant, Garlic, Green Beans, Green Onion, Greens, Herbs, Leeks, Lettuce, Melons, Mint, Onions, Peas, Peppers, Potatoes, Radish, Raspberries, Rutabagas, Shelling Beans, Spinach, Summer Squash, Tomatoes, Turnips, Watermelon, Wild Rice, Winter Squash, Zucchini

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.

September: Waatebagaa-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:

Apples, Basil, Beets, Bitter Melon, Broccoli, Brussels Sprouts, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Chard, Cucumbers, Eggplant, Garlic, Grapes, Green Beans, Green Onions, Greens, Herbs, Leeks, Lettuce, Melons, Mint, Onions, Peas, Peppers, Potatoes, Radishes, Shelling Beans, Spinach, Summer Squash, Tomatoés, Turnips, Watermelons, Wild Rice, Winter Squash, Zucchini

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.



Nangwiigan(ag)
-Wing(s)

Nashkid-
Tail

Zazagamozi-de-
Webbed feet

Koozh-Beak

Kaakigan-Breast

Miigwan(ag)-
Feather(s)

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.
4. Spread vegetables on a large baking sheet. Reserve apples. Cook for 15 mins. Add apples, and turn vegetables. Roast for another 30 min until golden. Flip every 15 mins

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

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 an expedition for the Anishinaabeg. Each fisherman has a role to play. Usually a couple of tribesmen stand in the shallows to spear fish. The other tribesmen 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 worchestershire 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

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.



Wewebanaabaanaak-
A fishing pole
Wewebanaabii-
S/he goes fishing

Giigoonyikewinini
-Fisherman

Akwa'wewigamig-
Fishing house

Seasonal Fruits/Vegetables

(Local Harvest Storage):

Carrots, Onions, Parsnips, Potatoes, Rutabagas, Shelling Beans, Turnips, Winter Squash, Wild Rice

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

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

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 zhiiwitaagan

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*

Bashkodejiibik- *Sage*

Doodooshaaboo- *Milk*

Giizhik- *Cedar*

Makademashkikiwaaboo- *Coffee*

Mandaamin- *Corn*

Manoomin- *Wild rice*

Mashkodesimin- *Bean*

Miin- *Blueberry*

Miskwaabiiminzh- *Red Osier Dogwood*

Mitig- *Tree*

Ode'imin- *Strawberry*

Ojiibik- *Root*

Okosimaan- *Squash/pumpkin*

Ookwemin- *Cherry*

Waabigwan- *Flower*

Wiigwaas- *Birch bark*

Wiingashk- *Sweet grass*

Wiiyaas- *Meat*

Zaasakokwaanibakwezhigan- *Fry Bread*

Ziinzibaakwad- *Sugar*

Ziinzibaakwadwaatig- *Maple tree*

Animals:

Ajjaak - *Crane*

Animosh- *Dog*

Awakaan- *Domestic animal*

Awesiinh- *Wild animal*

Bebezhigooganzhii- *Horse*

Binesiinh- *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:

Bezhigh- *One*

Niizh- *Two*

Niswi- *Three*

Niiwin- *Four*

Naanan- *Five*

Ningodwaaswi- *Six*

Niizhwaaswi- *Seven*

Niishwaaswi- *Eight*

Zhaangaswi- *Nine*

Midaaswi- *Ten*

Days of the weeks:

Nitam-anoki-giizhigad- *Monday*

Niizho-giizhigad- *Tuesday*

Aabitooose- *Wednesday*

Niiyo-giizhigad- *Thursday*

Naano-giizigad- *Friday*

Maadowe-giizigad- *Saturday*

Anama'e-giizigad- *Sunday*

Awansonaago- *Day before
yesterday*

Bijiinaago- *Yesterday*

Noogom- *Today*

Waabang- *Tomorrow*

Awaswaabang- *Day after
tomorrow*

Colors:

Makade- *Black*

Misko- *Red*

Ozhaawashko- *Green & Blue*

Ozaawi- *Brown & Yellow*

Waabishki- *White*

Oginiwaande- *Pink*

Weather:

Animikiikaa- *Thundering*

Awan- *Foggy*

Boonibiisaa- *It stops raining*

Gisinaa- *It is cold*

Gizhaate- *It is hot*

Ningwaanakwad- *It is cloudy*

Maajibiisaa- *It starts to rain*

Mino Giizhigad- *A nice day*

Mizhakwad- *It's clear skies*

Waaseyaa- *It is bright*

Ningwaanakwad- *It is cloudy*

Zoogipon- *Snowing*

Seasons:

Biboon- *Winter*

Ziigwan- *Spring*

Niibin- *Summer*

Dagwaagin- *Fall*

Notes



Meet the Author



Aaiin Derek Nicholas indizinikaaz. Miskwaabikang izhinkaade ishkoniigan wenjibaayaan. Red Cliff indinikaaz zhaagnashimong. Gaawiin mashi ningikenimaasii nindoodem. Indinawemaaganag miinawaa niwijiwaaganag onjibaawag Minwalking. Ningikina'amaagoo a'a University of Minnesota Morris. Adonki anishinaabe gitigaaning.

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 pursuit 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.

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 Nelliebellie

Maple Syrup Iced Tea, Venison Chili

Credited to glitesnap.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

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