

10TH MOON

GASHKADINO GIIZIS

FREEZING MOON

GHOST SUPPER

During freezing 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?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Gashkadino Giizis	Gah-shkah-dih-no Gee-zis	Freezing Moon
Midaaswi	Mih-dah-swih	Ten
Ndinawemaagan	N-dih-nah-way-mah- gun	My Relative
Jiibiye Giizhigat	Jee-bi-yah Gee-zhih-gut	All Souls Day

"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:

TIPS:

1. **Make special food during a specific time of year, every year on a special occasion - a tradition.**
 - a. For example, on Halloween, you could make spider bread.
 - b. For a ghost supper, make favorite dishes of your loved ones who have walked on.
2. **At mealtime, start a conversation with your child about anything that interests them.**
 - a. You could do this when you're eating on the go as well.
3. **Prepare foods in different ways (fresh, baked, roasted, steamed, dried, etc.).**
 - a. Have your child taste the differently prepared foods, and have them describe their preferences.
4. **Allow your child to have easy access to their favorite healthy foods when possible.**

NOTES:

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