



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:

