



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 Nsetth 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:

