



13TH MOON

MAKWA GIIZIS

BEAR MOON

MAKWA (BEAR)

Bear cubs are born around February, which is why we call this time of the year bear moon. During the time of new life, we are reminded to reconnect with who we are and pass our traditional knowledge on to the next generation. We can reconnect with our Anishinaabe culture through food. By using labels and following a recipe in the language, we can learn new words everyday. We can reconnect with our culture by learning to garden and forage for food the way our ancestors did. We can make and use traditional food utensils such as a bootagan. We can go to special family spots for hunting, fishing and gathering. When we use the language, make and use food utensils, garden, hunt and fish the way our ancestors did, we connect with them and preserve the ways for our descendants.

What are new Anishinaabemowin words you can learn with your child this month?



BREAKFAST COOKIES

INGREDIENTS

- 1 1/4 cups old-fashioned rolled oats
- 1 1/2 cups oat flour or pastry flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 5 tablespoons virgin coconut oil or butter melted and cooled
- 5 tablespoons maple syrup or honey
- 1/2 cup applesauce at room temperature or mashed bananas
- 2 eggs
- **Optional** add-ins (add as many as you'd like):
 - 1/3 cup chocolate chips
 - 1/2 cup raisins, dried cranberries, or dried cherries
 - 1/4 to 1/2 cup chopped walnuts or pecans
 - 2 tablespoons ground flaxseed

DIRECTIONS

- Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper and set aside.
- In a large bowl, place the oats, flour, baking soda, and salt. Mix to combine well.
- In a medium bowl, beat the eggs. Then add the oil/butter, maple syrup/honey, and applesauce/mashed bananas. Mix to combine well.
- Add your preferred add-ins, and mix to combine well.
- With a large spoon, scoop out the batter, form into a ball, and place on the lined baking pan.
- With wet fingers or the underside of an ice cream scoop, pat down each piece of dough to spread into a disk.
- Chill the shaped dough for about 10 minutes until firm. This keeps the cookies from spreading too much during baking.
- Place the baking sheet in the center of the preheated oven and bake until lightly golden brown around the edges. They should be set in the center (about 16 minutes).
- Allow the cookies to cool for at least 10 minutes on the baking sheet, or until they're firm. Transfer them to a wire rack to cool completely.
- Serve immediately, or place them back on a baking sheet and freeze completely. Place in a sealed freezer-safe container until ready to serve.
- Defrost the cookies one at a time at room temperature or in a low-power microwave before enjoying.

RECIPE NOTES:

TIPS:

1. **Help your child sound out the name of a utensil they are using.**
2. **Talk with your child about what you are doing when you prepare foods.**
 - a. Share stories about where the food came from, how it grew, and any cultural knowledge about the food.
3. **When cooking, have a cupboard that kids can play in.**
 - a. This helps keep your child entertained while still being present during the cooking process.
4. **If you want to learn the Anishinaabemowin word for a food, plant, or anything else, there are different resources that can be accessed.**
 - a. For example, the Ojibwe People's Dictionary (<https://ojibwe.lib.umn.edu/>) is a free tool that can be accessed online.

NOTES:

