



1ST MOON

# NMEBNE GISES TROUT MOON

## THE GIFT OF MAPLE SYRUP

One day, Nanabozho went walking around. "I think I'll go see how my friends the Neshnabe are doing," he said. So, he went to a village of Indian people. But, there was no one around. So, Nanabozho looked for the people. They were not fishing in the streams or the lake. They were not working in the fields hoeing their crops. They were not gathering berries. Finally, he found them. They were in the grove of maple trees near the village. They were just lying on their backs with their mouths open, letting maple syrup drip into their mouths. "This will NOT do!" Nanabozho said. "My people are all going to be unhealthy if they keep on living this way." So, Nanabozho went down to the river. He took with him a big basket he had made of birch bark. With this basket, he brought back many buckets of water. He went to the top of the maple trees and poured water in, so that it thinned out the syrup. Now, thick maple syrup no longer dripped out of the broken twigs. Now what came out was thin and watery and just barely sweet to the taste. "This is how it will be from now on," Nanabozho said. "No longer will syrup drip from the maple trees. Now there will only be this watery sap. When people want to make maple syrup they will have to gather many buckets full of the sap in a birch bark basket like mine. They will have to gather wood and make fires so they can heat stones to drop into the baskets. They will have to boil the water with the heated stones for a long time to make even a little maple syrup. Then my people will no longer grow unhealthy. Then they will appreciate this maple syrup Gzhemnedo made available to them. Not only that, this sap will drip only from the trees at a certain time of the year. Then it will not keep people from hunting and fishing and gathering and hoeing in the fields. This is how it is going to be," Nanabozho said. And, that is how it is to this day.

What are some ways that you can show appreciation and respect for food with your child this month?



# NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mnokme	M-noh-kah-meh	Spring
Nmebne Gises	N-meh-bin-eh Gee-zis	Trout Moon
Ngot	N-goht	One
Ndenwemagnek	Nden-way-mah-guh-nook	My Relatives
Ziwagmede	Zee-wahg-muh-deh	Maple Syrup
Mkek	M-kuk	Birch Bark Sap Buckets
Minkan	Meen-kahn	Seed



"GATHERING THE  
SAP AT THE SUGAR  
BUSH AND GETTING  
THE FIRE HOT TO  
BOIL IT DOWN. THIS  
IS AN IMPORTANT  
PROCESS TO PASS  
DOWN TO OUR  
CHILDREN."

# MAPLE GRANOLA

## INGREDIENTS

- 1/4 cup oil of your choice
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 cups oats
- 1 cup nuts of your choice (crushed for smaller bits)
- 1/2 cups seeds of your choice
- 1/2 cup unsweetened shredded coconut (optional)
- 1 cup your choice of dried fruit (optional)



## DIRECTIONS

- Preheat oven to 300°F. For easy clean up, line a rimmed baking sheet or large iron skillet with parchment paper – this is optional.
- In a small bowl, add oil, maple syrup, vanilla extract, salt, and cinnamon and stir. Add oats, nuts, seeds, and shredded coconut (optional) to small bowl. Stir well to coat all pieces with liquid mixture.
- Pour mixture into baking sheet/skillet and press into an even layer.
- Bake for 20-30 minutes or until golden brown, stirring the mixture well every 10 minutes.
- Remove from oven. Press granola into baking sheet or skillet one more time.
- Allow granola to cool completely. Break into clumps, and add dried fruit pieces (optional).
- Store in an airtight container for up to a month at room temperature.

## RECIPE NOTES:

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## TIPS:

1. **Explore shapes and numbers of foods.**
  - a. Provide access to fruits or vegetables that can be stored at room temperature; this could be in a fruit or vegetable bowl.
  - b. With your child, count the fruit or vegetables in the bowl.
  - c. With your child, create different patterns with the fruits or vegetables.
2. **Show your child the numbers on the recipe.**
  - a. If your child is not familiar with numbers, point to the number, tell your child what that number is, and count it out with your fingers.
  - b. Once they are familiar with numbers, ask your child to tell you what numbers are on the recipes.
3. **Ask your child what foods they enjoy eating.**
4. **Have them stir ingredients together with your help.**
  - a. Once they become older, your child can stir by themselves.
5. **Including your child in the cooking process is worth the extra time and effort.**

## NOTES:

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