

2ND MOON

ZISBAKWTOKE GISES MAPLE SUGAR MOON

THE MAPLE TREE

The great maple tree gives us a special gift each year. In the spring, after all of the sap is collected and it is time to process it, we are reminded to have respect and be thankful. The time of the year we call Maple Sugar Moon is a time to reflect on all of the gifts of nature and how we can be respectful and show our thanks. Our teachings remind us of the importance of treating things with respect and doing all things in a Good Way. We treat the maple tree with respect by offering our tobacco and thanking the tree for all that it has done to nourish us. We ask the maple tree to help keep our mind, body, and spirits healthy as we use its medicine. Collecting and processing maple sugar in a Good Way nourishes us too. We are thankful for the gift of the maple tree. Giving and sharing our food in a great thanksgiving is an important tradition to carry forward. By collecting, processing, and giving thanks in a Good Way, we are using our teaching of wdetenmowen, respect, and not taking things for granted.

What are other gifts from Creation that we can give thanks for with our children this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mnokme	M-noh-kah-meh	Spring
Zisbakwtoke Gises	Zees-bah-kto Gee-zis	Maple Sugar Moon
Nish	Nee-sh	Two
Wdetenmowen	W-dih-tehn-mo-wun	Respect
Gokmeskinan	Goke-mess-kee-non	Our Grandmother Earth

"WE SPENT SO MUCH TIME IN THE GARDEN AND DISTRIBUTING TO THE COMMUNITY. THAT WAS A LOT OF FUN! IN THE MIDDLE, I AM DISTRIBUTING FOOD TO AN ELDER IN THE COMMUNITY."



MAPLE CARROTS

INGREDIENTS

- 6 to 8 medium-sized carrots
- 1 tablespoon diced ginger
- 1 tablespoon oil of your choice
- 1 tablespoon maple syrup
- Salt and pepper to taste



DIRECTIONS

- Preheat oven to 350°F.
 - For easy clean up, line a small baking or casserole dish with parchment paper - this is optional.
- Cut carrots into bite-sized pieces and place them in the dish.
- Skin the ginger with a spoon and thinly dice; add them to the carrots.
- Add the oil, maple syrup, salt and pepper to the carrots, and mix them until evenly coated.
- Bake for 25-30 minutes, and enjoy!
- Store in an airtight container in a refrigerator.

RECIPE NOTES:

TIPS:

1. **Let your child pick one new food a week.**
 - a. At the store or market, encourage your child to pick a fruit, vegetable, or protein that they haven't tried before.
 - b. Consider what foods are available to gather depending on the time of year for the child to choose from and help harvest.
2. **Let your child season food and taste as you go (not when baking with eggs, or cooking with raw meat).**
3. **Talk to your child about whether foods are fresh, frozen, canned, dried, etc.**
4. **Learn new Neshnabemwen words along with your child.**

Neshnabemwen is something you can learn together.

NOTES:

