

4TH MOON

EDEMEN GISES

STRAWBERRY MOON

THE HEART BERRY

The strawberry is the first berry to ripen and often emerges in late spring/early summer. The strawberry is used to teach us about our heart and love. They were given the name edemen because of the heart shape; ede- refers to someone's heart and -men refers to berry. Strawberries are powerful medicine for everyone; they are good for our heart. Having a good strong heart means that we are healthy and filled with love. Playing outside gets our heart pumping. When you run really fast, can you feel your heart pumping in your chest? Eating good food, like strawberries, helps us to do the things we love, such as playing outside. To love means to have peace with yourself, balance in your life, and acceptance of all things. Dbandewen, love, is one of our seven grandfather teachings.

What are other ways you can work with your child to show love for our body, mind, and spirit this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Niben	Nee-bin	Summer
Edemen Gises	Eh-deh-min Gee-zis	Strawberry Moon
Nyew	Nee-yow	Four
Mtek	M-took	Tree
Wigwasatek	We-gwah-sah-took	White Birch
Beganen	Buh-gah-nen	Nuts/Hazelnut
Dbandewen	Duh-bahn-duh-win	Love



"THESE PICTURES ARE ABOUT HAVING THOSE MEMORIES WITHIN INTERGENERATIONAL RELATIONSHIPS AND A WAY TO RELATE TO THOSE SPECIAL TIMES AND PLACES WITH FAMILY AND RELATIVES."

TRIPLE BERRY SMOOTHIE

INGREDIENTS

- 2 1/2 cups fat-free vanilla yogurt, fat-free milk, or milk alternative
- 1 cup blueberries, rinsed, drained, and picked over for stems
- 1/2 cup blackberries, rinsed and drained
- 1/2 cup raspberries, rinsed and drained
- **Optional**
 - 1 medium banana for a thicker smoothie (a good idea if you're using milk rather than yogurt)
 - Add your choice of berries or other fruit



DIRECTIONS

- Add all the ingredients to a blender.
- Mix on high speed until smooth, about one minute.
- Pour into your cup and serve immediately.

RECIPE NOTES:

TIPS:

1. **When you prepare food with love, the love is in the food.**
2. **Talk about the colors on the plate or cup.**
3. **Have your child open packages with your help.**
 - a. Once they become older, children can open packages by themselves.
4. **Use your My Neshnabe Calendar to talk about the weather, seasons, months, and days.**
5. **Ask your child to describe how foods taste to them.**
 - a. You can provide an example of what certain foods taste like for you.
6. **Food made with happiness and love will taste good and nourish you!**

NOTES:

