



# 6TH MOON MIINI GIIZIS BERRY MOON

## MIINAN

The time around July is known as berry moon. During berry moon we share a story about a little boy named Miinan. Miinan was a very curious little boy and was always wandering off when he was supposed to be doing other things. One day, while gathering berries with his family, Miinan wandered off from his sister and his mother. Like most small children, Miinan didn't understand the importance of the task of gathering berries for the long winter ahead. He ate so many berries that he turned into a bear and his family did not recognize him anymore.

It is important to preserve food that we collect during the summer months for the winter time. There are many ways we do this, including jarring!

What are other foods you can begin to gather and preserve with your child this month?



# ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Miini Giizis	Mee-nih Gee-zis	Berry Moon
Ngodwaaswi	N-good-wah-swih	Six
Miinan	Mee-nun	Berry
Odemin	O-day-ih-min	Strawberry
Miskomin	Miss-koe-min	Raspberry
Asasawemin	Uh-suh-suh-way-min	Chokecherry
Bagesaan	Bug-gay-sahn	Plum



**"IT'S OKAY TO  
BE PLAYFUL  
WITH YOUR  
FOOD! FOOD IS  
JOYFUL! IT'S  
OKAY IF IT'S  
ALSO MESSY."**

# BLUEBERRY MUFFINS

## INGREDIENTS

- 1 cup blue cornmeal
- 1 cup white whole wheat flour
- 1/2 cup maple sugar or brown sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 1/4 cups evaporated skim milk with 2 teaspoons vinegar or lemon juice added
- 2 large eggs, lightly beaten
- 1/2 cup oil of your choice
- 1 cup fresh or frozen blueberries



## DIRECTIONS

- Preheat oven to 400°F.
- Grease or spray muffin tins. This recipe makes about 24 regular sized muffins.
- In a medium bowl, mix together cornmeal, flour, sugar, baking powder, salt, and baking soda.
- In a small bowl, whisk together milk with vinegar or lemon juice, eggs, and oil.
- Make a well in the center of the dry ingredients, pour liquid ingredients into the well, and stir to combine. Once combined, fold in blueberries.
- Fill each muffin cup to 2/3 full with batter.
- Bake until golden on top, which is about 25 minutes.
- Transfer tins to a cooling rack, and let them cool for 10 minutes before removing muffins from tin.

## RECIPE NOTES:

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## TIPS:

1. **Show your child the numbers on the measuring spoons and cups.**
  - 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 measuring spoons and cups.
2. **If you don't want your child's clothes to get dirty, place an apron, old towels, or big shirt on your child before meal preparation and eating.**
3. **Plan for a bath after a mealtime.**
4. **Have your child smell the foods after they are cooked and ask them to describe what they smell like.**
5. **Talk about when different foods are in season.**
  - a. During summer, berries are in season.
  - b. In the fall, apples and pumpkins are in season.

## NOTES:

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