

7TH MOON

# MANOOMINKE GIIZIS

## RICING MOON

### THE GREAT MIGRATION

Wild rice is known to the Anishinaabe as the food that grows on water. It is regarded by our people as the sacred gift of our chosen ground. Long ago, the Anishinaabe made a great journey from the eastern shores of North America. As the Anishinaabe moved west, they found the land in which they must move their families. Here they would find “the food that grows on water.” The main body of Anishinaabe people found their home here, and they became strong and powerful. Along their journey, they had to protect themselves. They were courageous, honoring all and fearing none. They always advocated for peace, but when faced with conflict, they did not shrink from it. We, descendants of these great people, can gather strength from their strength. We can gather bravery for our lives today from their bravery of yesterday. Aakodewin, bravery, is one of our seven grandfather teachings. We can practice bravery at the table when we try new foods!

What are some new foods you can try with your children this month?



# ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Manoominike Giizis	Muh-no-mih-nih-kay Gee-zis	Ricing Moon
Niizhwaaswai	Nee-zhwah-swih	Seven
Manoomin	Muh-no-min	Wild Rice
Manoominike	Muh-no-mih-nih-kay	Ricing (verb)
Jiimaan	Jee-mawn	Canoe
Aakodewin	Ah-ko-day-win	Bravery
Gichi-ogin	Gih-chih-o-gin	Tomato



**"MANOOMIN: FOOD  
THAT GROWS ON  
THE WATER...  
NUTRITIONAL  
VALUES AND LACK  
OF PROCESSING  
ARE IMPORTANT  
FOR YOUNG  
GROWING BODIES."**

# WILD RICE WITH BERRIES

## INGREDIENTS

- 1 cup wild rice
- 2 1/2 cups water
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 tablespoon maple syrup
- 1/4 cup chopped nuts of your choice (optional)
- 1/2 cups fresh berries of your choice



## DIRECTIONS

- Place rice in a wire-mesh sieve. Rinse under cold running tap water, lifting rice with your fingers to clean thoroughly; drain.
- In a medium saucepan, bring the 2 1/2 cups of water to a boil. Add salt to the water.
- Slowly add rice to water.
- Return to boiling; reduce heat. Add cinnamon. Simmer covered for 45 minutes, or until rice is tender and grains split. Remove from heat. If needed, drain excess water.
- Stir in maple syrup and chopped nuts. Let stand, covered, for 8 minutes.
- Add berries.
- Serve hot or cold.

## RECIPE NOTES:

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## TIPS:

1. **Have your child put napkins, plates, cups, etc. on the table before prepping meals and eating.**
2. **Show your child the letters on food packages.**
  - a. If your child is not familiar with letters, point to some of the letters, tell your child what those letters are, and sound out the letters.
  - b. Once they are familiar with letters, have your child repeat a few of the letters on the food packages.
  - c. You can sound out simple words on food packages.
  - d. Once children are starting to sound out letters into words, have your child sound out simple words on food packages.
3. **Take turns sharing things that are interesting to each member of your family.**
4. **Use the table on the previous page (titled Anishinaabemowin Words) to help with learning new words.**

## NOTES:

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