

8TH MOON

BNAKWI GISES

FALLING LEAVES MOON

MNO BMADZEWEN (THE GOOD LIFE)

When the leaves begin to change and the colors of Mother Earth are vibrant, our harvest has been plentiful. We become aware of all the miracles of creation and the many gifts Mother Earth has bestowed upon us. Food is one of those gifts. Food is medicine that fuels our mind, body, and spirit. Food comes from our land; eating food from our land reminds us of who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. We can learn a lot from our food by describing its many different colors, sizes, tastes, names, smells, and textures. Eating a variety of colors of food means we are eating good food. Engaging with food by talking about it and experiencing it is a way to keep us well in our mind, body, and spirit. Being well in our mind body and spirit is called mno bmadzewen! When we practice mno bmadzewen, we are sharing positive energy with our families and friends for the good of all.

What are some ways you can share positive food experiences with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Bnakwi Gises	Bih-nah-kwee Gee-zis	Falling Leaves Moon
Dgwaget	Dig-wah-git	Autumn
Shwatso	Sh-waht-soh	Eight
Mnomen	Min-oh-min	Wild Rice
Datbegon	Dah-tbuh-gohn	Leaves
Mno Bmadzewen	Mih-no Bim-ah-dzuh-win	The Good Life

"ALL THE LOVE AND HARD WORK—
COMMITMENT—THAT GOES INTO
PLANTING, GROWING, AND
HARVESTING, NOURISHES US. IT'S
A LABOR OF LOVE, SIMILAR TO
RAISING CHILDREN. I AM
HONORING OUR ANCESTORS AND
INDIVIDUALS WHO WERE ABLE TO
TAKE CARE OF THE SEEDS. I AM
FEEDING US EMOTIONALLY,
SPIRITUALLY, AND PHYSICALLY,
AND I AM NOURISHING BEINGS,
KNOWN AND UNKNOWN."



BAKED APPLES

INGREDIENTS

- 4 large apples
- 1/2 cup dried blueberries
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 tablespoon of butter, melted
- 1 1/2 tablespoons maple syrup
- Apple cider or apple juice



DIRECTIONS

- Preheat oven to 350°F.
- Hollow out the apples by using a paring knife to carefully slice around the top core, but do not go all the way through to the bottom of the apple. Pull out the cut part, then use a spoon to scoop out the rest of the seeds. Remove all the seeds but make sure to leave a little bit of the apple bottom in place.
- Grease an oven-safe baking dish (8" x 8" dish or pie plate) with cooking spray or oil, and place the apples in the dish, bottoms down.
- In a bowl, combine blueberries and spices. Add in melted butter and maple syrup. Stir to combine.
- Divide mixture evenly among the apples, pressing the filling into the center of each apple.
- Pour apple cider or juice into the bottom of the baking dish to about 1/2 inch up the apples.
- Cover and bake for 30 minutes. Baste the apples with the liquid about every 15 minutes of the cooking time. Check if the apples are tender with a fork at 30 minutes; bake uncovered for additional 15 minutes if needed. The apples are done when they are fork tender.
- Let sit for 5-10 minutes before serving. Scoop some of the liquid onto the apples and serve warm.

RECIPE NOTES:

TIPS:

1. **Have your child take note of the time when a food starts to cook and when it ends.**
2. **Have your child tell you the oven temperature needed and how long the food needs to be cooked for.**
3. **Count the amount of each ingredient.**
 - a. For this recipe, have your child count the apples.
 - b. This can be applied to all recipes!
4. **Talk about the color of the food before cooking.**
 - a. Discuss if the food changed color after cooking.
5. **Talk about the texture of the food on the plate.**

NOTES:

