



9TH MOON

MTEGWAGKE GISES

FOREST MOON

PREPARING FOR BBON (WINTER)

During forest moon, the temperature begins to get colder. It is important to prepare for winter and carry the abundance of foods we've harvested all year into the winter months. As every creature prepares for the coming fasting grounds, we are reminded to prepare ourselves for the winter time ahead. There are many ways we do this, including seed saving, drying food, and jarring food. It is also important to share our food with our families and Elders to ensure our communities have what they need to get through winter. Through this preparation, we are getting our mind, body, and spirit ready for winter.

What are some winter preparation activities you can do with your child this month?



NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mteg wagke Gises	Mtih-gwahg-keh Gee-zis	Forest Moon
Dgwaget	Dig-wah-giht	Autumn
Shak	Shock	Nine
Ndenwemagnek	Nden-way-mah-guh-nuck	My Relatives
Wabgon	Wahb-gohn	Pumpkin
Minkan	Meen-kahn	Seed



"PRESERVING
THE HARVEST
ABUNDANCE
FOR WINTER"

THREE SISTERS STEW

INGREDIENTS

- 2 cups unsalted chicken broth (or water)
 - 1 cup dry, wild rice (or long grain brown rice)
 - 1 butternut squash, cubed*
 - 1 medium zucchini, cubed*
 - 1 can garbanzo beans
 - 1 cup fresh corn*
 - 1 medium red bell pepper, cubed*
 - 1 medium green bell pepper, cubed*
 - Olive oil
 - 3 medium garlic cloves, sliced
 - 1 small chopped onion
 - 1 28oz. can diced tomatoes
 - 1/4 cup fresh parsley
 - 1/4 teaspoon paprika
 - 1/4 teaspoon Italian seasoning
- *can substitute fresh vegetables for frozen

DIRECTIONS

- Preheat oven at 400°F.
- In a large pot, add chicken broth and rice, and stir. Put a lid on the pot. Bring it to a boil, turn the heat down to low, and let it simmer for 40-45 minutes. Drain excess liquid.
- As the rice is cooking, take a baking pan and add cubed butternut squash and sliced garlic. Drizzle with olive oil. Add the Italian seasoning and paprika. Bake until tender.
- Take a cast iron skillet (or any pan), and warm it on the stove at medium-high heat. Add the onions, and cook for about 5 minutes or until onions are translucent.
- Add the cubed zucchini, red bell pepper, and green bell pepper to the pan. Cook until soft.
- Add the diced tomatoes to the pan and turn the heat on low. Simmer until tomatoes cook down and begin to thicken.
- Once it thickens, add roasted butternut squash and garlic, garbanzo beans, corn, and parsley.
- Let it all simmer for 5 minutes until it heats thoroughly. Add cooked wild rice, and stir.
- Serve warm.

RECIPE NOTES:

TIPS:

1. **Discuss with your child what materials the utensils and plates are made out of.**
 - a. For example, are they made out of wood, metal, paper, plastic, ceramic, glass, or another material?
2. **Have your child choose a utensil that you'll need to create the dish.**
 - a. For example, help your child choose the correct measuring cup to measure ingredients for this recipe.
3. **Make labels for Neshnabemwen words for utensils and place them in or next to your utensil storage.**
 - a. Labels can be made for anything!
4. **Have your child smell the foods as you are preparing them and ask them to describe what they smell like.**
 - a. You can provide an example of what certain foods, herbs, spices, seasonings, and teas smell like for you.
5. **If your child likes a food, ask them to describe why.**

NOTES:

