

STORIES FROM GICHIGAMI: GIKINAWAABI COMPANION BOOK



COMPANION BOOK TO LESSON 15 OF GIKINAWAABI



STORIES FROM GICHIGAMI: GIKINAWAABI COMPANION BOOK

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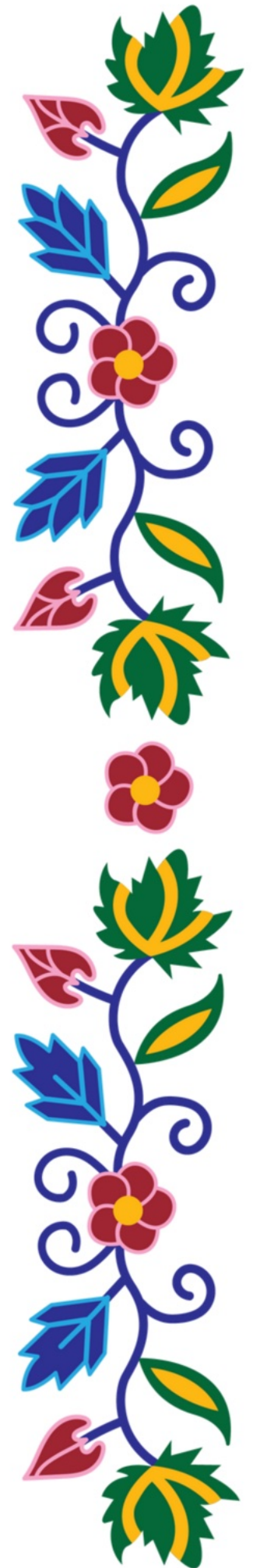
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PREFACE

Why this companion book?

This book was created to compile health resources developed for Inter-Tribal Council of Michigan's Gikinawaabi curriculum.

Who made this companion book?

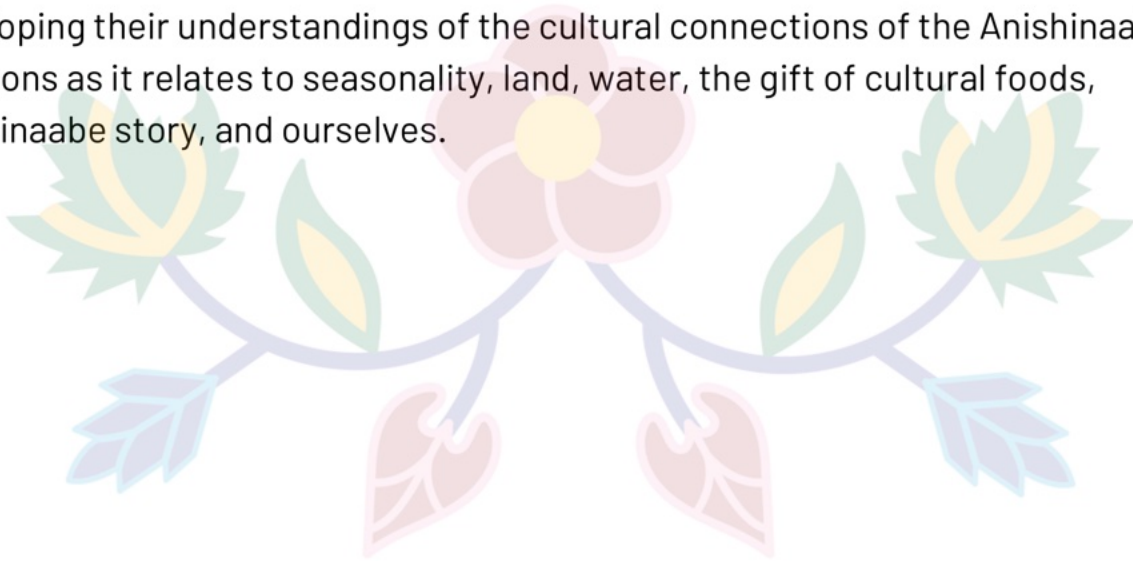
Wiba Anung

Wiba Anung translates to "early star" in Anishinaabemowin and is a partnership between Michigan State University and the Inter-tribal Council of Michigan. The Wiba Anung partnership started in 2005 and involves expertise and collaborative efforts between researchers, parents, early childhood programs and staff, and elders in tribal communities. This collaborative relationship was formed to serve Michigan Indigenous children and their families. Work from this partnership includes research, training, and information gathering that are essential for identifying strengths in tribal early childhood programs as well as areas of concern. This partnership is a strong advocate for effective data use that supports the health and well-being of Indigenous children and families in Michigan. The work of Wiba Anung is a critical contribution to health equity efforts in the state. This relationship is rooted in regional Anishinaabe cultural contexts and is innovative in its contributions to scientific rigor by highlighting specific mechanisms by which cultural practices support children's development.

INTRODUCTION

This book was developed by the Wiba Anung team to share the Anishnaabe traditional lunar calendar with families who have young children. The book shares moon-specific traditional stories, Anishinaabemowin words, and recipes. The book also includes tips on how to include young children in meal planning, food preparation, and sharing of foods.

We hope that this work will support families in their efforts to guide children in developing their understandings of the cultural connections of the Anishinaabe 13 moons as it relates to seasonality, land, water, the gift of cultural foods, Anishinaabe story, and ourselves.



Video:
Anishinaabe
story of The
Great Flood



The 13 Moons Life Cycle



What is 13 Moons?

In Anishinaabe culture, we are taught that a piece of mother earth was placed on the turtle's back after the great flood. Nanaboozhoo, our Anishinaabe trickster, saw that the back of turtle had thirteen sections. He compared these large sections of the turtle shell to the thirteen moon cycles of the year. Each year has 12 or 13 full moons. The Anishinaabe recognize a 13-moon calendar.



Turtle Shell Pattern

13 large scales represent the 13 **moons** of the year.

28 small scales represent the 28 **days** in each moon.

While the western calendar begins in January, the Anishinaabe new year starts in the spring when the snow begins to melt and the sap begins to run.

The 13 Moons & Nutrition

Each Anishinaabe moon honors a natural occurrence, sustenance or spiritual aspect that happens during that time.

Each moon gifts us with nourishment for our bodies.



Food is medicine that fuels our mind, body and spirit. Food comes from our land; eating food from our land reminds us who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. Our spirit is represented by the Eastern direction in the medicine wheel.



My Anishinaabe Calendar



Seasons

Ziigwan

Spring



Niibin

Summer



Dagwaagin

Fall



Biboon

Winter



Months

Onaabani Giizis

Snow Crust Moon

Iskigamizige Giizis

Making Sugar Moon

Zaagibaga Giizis

Leaf Budding Moon

Waabigoni Giizis

Blossom Moon

Ode' imini Giizis

Strawberry Moon

Miini Giizis

Blueberry Moon

Manoominike Giizis

Ricing Moon

Waatebagaa Giizis

Changing Leaves Moon

Binaakwii Giizis

Falling Leaves Moon

Gashkadino Giizis

Freezing Moon

Manidoo Giizisooahns

Little Spirit Moon

Gichi Manidoo Giizis

Great Spirit Moon

Makwa Giizis

Bear Moon

Days

Name Giizhigat

Sunday

Shkwaa Name Giizhigat

Monday

Niizho Giizhigat

Tuesday

Aabitoose Giizhigat

Wednesday

Niwo Giizhigat

Thursday

Naano Giizhigat

Friday

Ngodwaaswi Giizhigat

Saturday

Weather

Zaagaate

Sunny



Ningwaakod

Cloudy



Gimiwan

Rainy



Zookpo

Snowy





1ST MOON

ONAABANI GIIZIS SNOW CRUST MOON

THE GIFT OF MAPLE SYRUP

One day, Nanabozho went walking around. "I think I'll go see how my friends the Anishinaabe are doing," he said. So, he went to a village of Indian people. But, there was no one around. So, Nanabozho looked for the people. They were not fishing in the streams or the lake. They were not working in the fields hoeing their crops. They were not gathering berries. Finally, he found them. They were in the grove of maple trees near the village. They were just lying on their backs with their mouths open, letting maple syrup drip into their mouths. "This will NOT do!" Nanabozho said. "My people are all going to be unhealthy if they keep on living this way." So, Nanabozho went down to the river. He took with him a big basket he had made of birch bark. With this basket, he brought back many buckets of water. He went to the top of the maple trees and poured water in, so that it thinned out the syrup. Now, thick maple syrup no longer dripped out of the broken twigs. Now what came out was thin and watery and just barely sweet to the taste. "This is how it will be from now on," Nanabozho said. "No longer will syrup drip from the maple trees. Now there will only be this watery sap. When people want to make maple syrup they will have to gather many buckets full of the sap in a birch bark basket like mine. They will have to gather wood and make fires so they can heat stones to drop into the baskets. They will have to boil the water with the heated stones for a long time to make even a little maple syrup. Then my people will no longer grow unhealthy. Then they will appreciate this maple syrup Gitchee Manitou made available to them. Not only that, this sap will drip only from the trees at a certain time of the year. Then it will not keep people from hunting and fishing and gathering and hoeing in the fields. This is how it is going to be," Nanabozho said. And, that is how it is to this day.

What are some ways that you can show appreciation and respect for food with your child this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Onaabani Giizis	O-nah-buh-nih Gee-zis	Snow Crust Moon
Bezhig	Bay-zhig	One
Inawemaagan	Ih-nay-way-mah-gun	Relative
Zhiwaagamizigan	Zhee-wah-gu-mih-zih-gun	Maple Syrup
Biskitenaagan	Bih-skih-tay-naw-gun	Birch Bark Sap Buckets
Miinikaan	Mee-nih-kahn	Seed



"GATHERING THE SAP AT THE SUGAR BUSH AND GETTING THE FIRE HOT TO BOIL IT DOWN. THIS IS AN IMPORTANT PROCESS TO PASS DOWN TO OUR CHILDREN."

MAPLE GRANOLA

INGREDIENTS

- 1/4 cup oil of your choice
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 cups oats
- 1 cup nuts of your choice (crushed for smaller bits)
- 1/2 cups seeds of your choice
- 1/2 cup unsweetened shredded coconut (optional)
- 1 cup your choice of dried fruit (optional)



DIRECTIONS

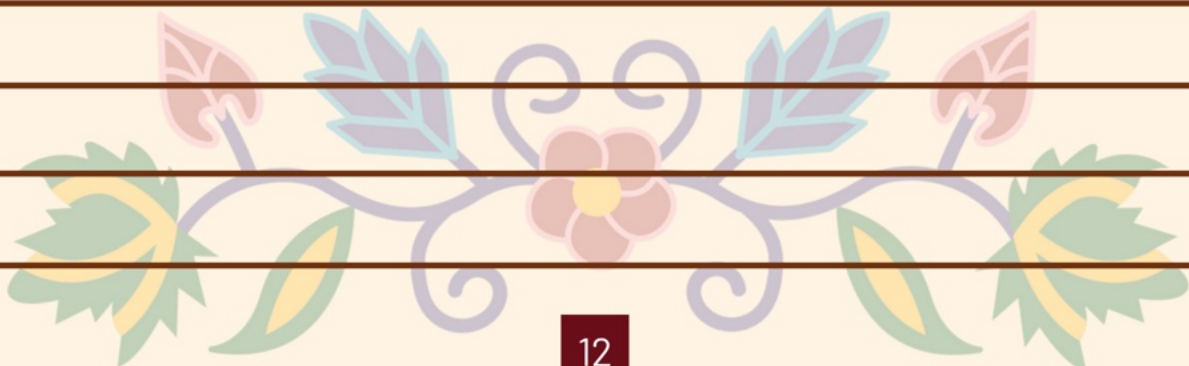
- Preheat oven to 300°F. For easy clean up, line a rimmed baking sheet or large iron skillet with parchment paper – this is optional.
- In a small bowl, add oil, maple syrup, vanilla extract, salt, and cinnamon and stir. Add oats, nuts, seeds, and shredded coconut (optional) to small bowl. Stir well to coat all pieces with liquid mixture.
- Pour mixture into baking sheet/skillet and press into an even layer.
- Bake for 20-30 minutes or until golden brown, stirring the mixture well every 10 minutes.
- Remove from oven. Press granola into baking sheet or skillet one more time.
- Allow granola to cool completely. Break into clumps, and add dried fruit pieces (optional).
- Store in an airtight container for up to a month at room temperature.

RECIPE NOTES:

TIPS:

- 1. Explore shapes and numbers of foods.**
 - a. Provide access to fruits or vegetables that can be stored at room temperature; this could be in a fruit or vegetable bowl.
 - b. With your child, count the fruit or vegetables in the bowl.
 - c. With your child, create different patterns with the fruits or vegetables.
- 2. Show your child the numbers on the recipe.**
 - 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 recipes.
- 3. Ask your child what foods they enjoy eating.**
- 4. Have them stir ingredients together with your help.**
 - a. Once they become older, your child can stir by themselves.
- 5. Including your child in the cooking process is worth the extra time and effort.**

NOTES:

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ISKIGAMIZGE GIIZIS MAKING SUGAR MOON

THE MAPLE TREE

The great maple tree gives us a special gift each year. In the spring, after all of the sap is collected and it is time to process it, we are reminded to have respect and be thankful. The time of the year we call Making Sugar Moon is a time to reflect on all of the gifts of nature and how we can be respectful and show our thanks. Our teachings remind us of the importance of treating things with respect and doing all things in a Good Way. We treat the maple tree with respect by offering our tobacco and thanking the tree for all that it has done to nourish us. We ask the maple tree to help keep our mind, body, and spirits healthy as we use its medicine. Collecting and processing maple sugar in a Good Way nourishes us too. We are thankful for the gift of the maple tree. Giving and sharing our food in a great thanksgiving is an important tradition to carry forward. By collecting, processing, and giving thanks in a Good Way, we are using our teaching of minaadendamowin, respect, and not taking things for granted.

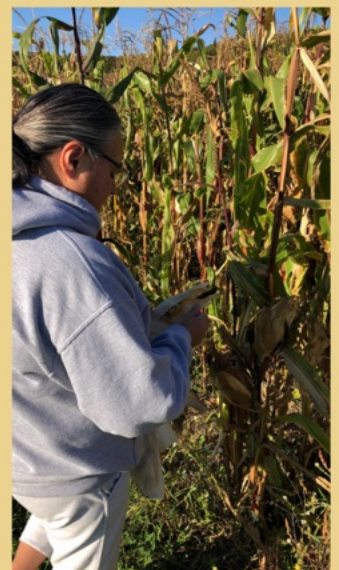
What are other gifts from Creation that we can give thanks for with our children this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Iskigamizige Giizis	Ih-skih-guh-mih-zih Gee-zis	Maple Sugaring Moon
Niizh	Neezh	Two
Minaadendamowin	Mih-nah-den-dah- moh-win	Respect
Aki	Uh-key	Mother Earth

"WE SPENT SO MUCH TIME IN THE GARDEN AND DISTRIBUTING TO THE COMMUNITY. THAT WAS A LOT OF FUN! IN THE MIDDLE, I AM DISTRIBUTING FOOD TO AN ELDER IN THE COMMUNITY."



MAPLE CARROTS

INGREDIENTS

- 6 to 8 medium-sized carrots
- 1 tablespoon diced ginger
- 1 tablespoon oil of your choice
- 1 tablespoon maple syrup
- Salt and pepper to taste



DIRECTIONS

- Preheat oven to 350°F.
 - For easy clean up, line a small baking or casserole dish with parchment paper - this is optional.
- Cut carrots into bite-sized pieces and place them in the dish.
- Skin the ginger with a spoon and thinly dice; add them to the carrots.
- Add the oil, maple syrup, salt and pepper to the carrots, and mix them until evenly coated.
- Bake for 25-30 minutes, and enjoy!
- Store in an airtight container in a refrigerator.

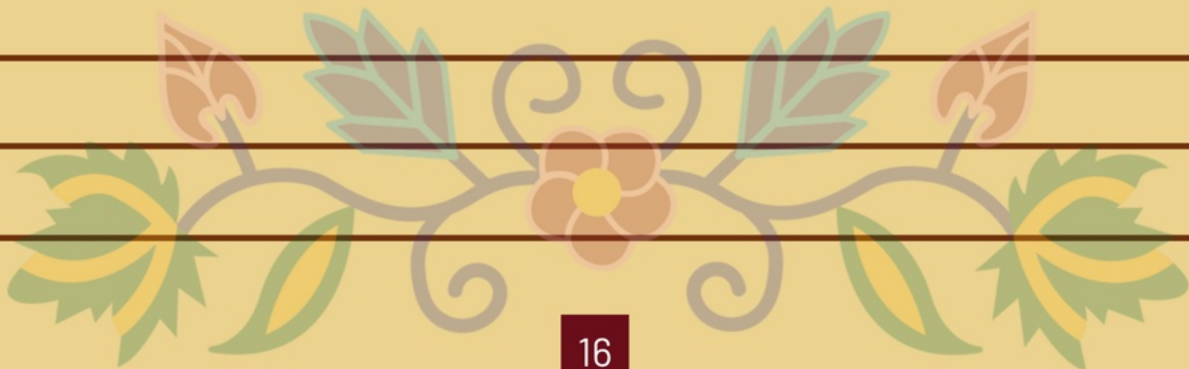
RECIPE NOTES:

TIPS:

- 1. Let your child pick one new food a week.**
 - a. At the store or market, encourage your child to pick a fruit, vegetable, or protein that they haven't tried before.
 - b. Consider what foods are available to gather depending on the time of year for the child to choose from and help harvest.
- 2. Let your child season food and taste as you go (not when baking with eggs, or cooking with raw meat).**
- 3. Talk to your child about whether foods are fresh, frozen, canned, dried, etc.**
- 4. Learn new Anishinaabemowin words along with your child.**

Anishinaabemowin is something you can learn together.

NOTES:

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ZAAGIBAGAA GIIZIS

LEAF BUDDING MOON

CREATION STORY

During leaf budding moon, we are reminded that life-giving energy is one of the most powerful healing medicines. The plants are given new life during this moon. With the coming of summer, they blossom and bear the seeds of the next generation. This life-giving energy is an important part of our creation story. The creation story says that our Creator sent his singers to Earth in the form of birds to carry the seeds of life to all four directions. In this way, life was spread across the Earth. On the Earth, Creator placed the swimming creatures in the water and gave life to all the plant and insect world. He placed the crawlers and the four-legged on the land. These parts of life lived in harmony with each other. Lastly, Creator placed Original Man on the Earth. He was given instructions by Creator to walk the Earth and name all the animals and plants of all the hills and the valleys of Creator's gitigan (garden). Leaf budding moon reminds us of the tradition of honoring life by naming new living creatures.

What are some new plant names you can learn with your child this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Zaagibagaa Giizis	Zah-gih-buh-gah Gee-zis	Leaf Budding Moon
Niswi	Nih-swih	Three
Miinikaan	Mee-nih-kon	Seed
Zaagigi	Zah-gih-gih	Sprout
Shkaakaamikwe	Shka-kah-me-kway	Mother Earth
Gitigaan	Gih-tih-gawn	Garden



"CARING FOR MOTHER EARTH - TEACH OUR CHILDREN THE IMPORTANCE OF CARING FOR SHKAAKAAMIKWE. WHEN WE CARE FOR HER, SHE TAKES CARE OF US WITH WHAT WE GROW. THE CARE THAT WE GIVE IS REFLECTED IN WHAT MOTHER EARTH GIVES BACK TO US."

SPINACH EGG BAKE

INGREDIENTS

- 6 eggs lightly beaten
- 16 oz. cottage cheese
- 10 oz. frozen chopped spinach, thawed and drained (can substitute with 2 cups of steamed, chopped asparagus or broccoli)
- 2 cups finely shredded cheddar cheese
 - keep 1/2 cup aside
- 1/2 cups parmesan cheese
- 1/2 cup finely chopped onions
- 1/2 teaspoon thyme or basil (dried or fresh)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper



DIRECTIONS

- Preheat oven to 350°F.
- Mix together all ingredients.
- Spray a 13" x 9" baking dish with cooking oil, and pour mixture into dish.
- Sprinkle 1/2 cup of cheddar cheese over the top.
- Bake for 30 minutes.

OR

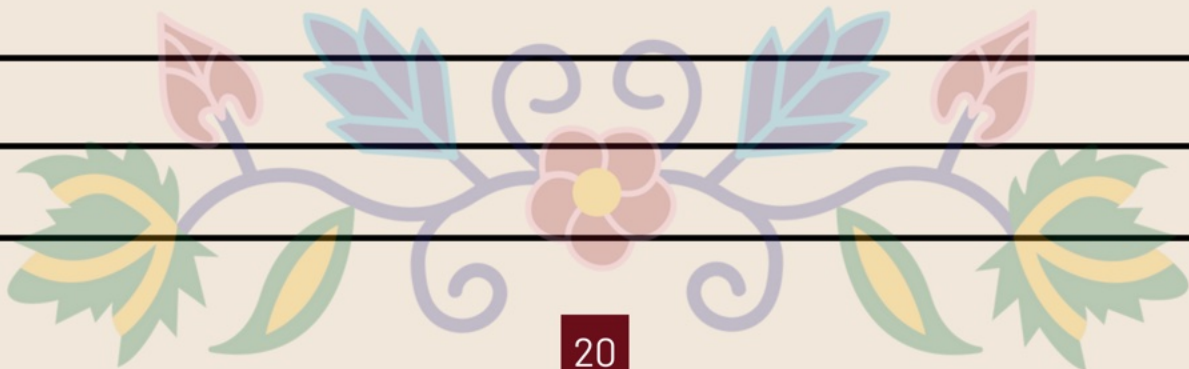
- Spray a 12-count muffin tin or bagel pan with cooking oil, and pour mixture evenly into each cup.
- Sprinkle cheddar cheese over the top of each cup.
- Bake for 23-25 minutes.

RECIPE NOTES:

TIPS:

- 1. Give your child one task at a time to focus on while you are cooking together.**
- 2. Shop on the outside/outskirts of the store.**
 - a. That's where the fresh food is. Try not to shop in between the aisles.
- 3. Show your child the letters on recipes.**
 - 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 in the recipes.
- 4. Sound out simple words in the recipe.**
 - a. Once your child is starting to sound out letters into words, have your child sound out simple words in the recipes.
- 5. If your child doesn't like a food, ask them to describe why.**

NOTES:

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4TH MOON

WAABIGONI GIIZIS BLOSSOM MOON

BAAPI (TO LAUGH)

Blossom moon is a time of the year where the plants around us are growing and maturing. We are reminded of this blooming when we participate in food processes with our family such as gardening, cooking, hunting, and fishing. When we are doing these things, we think about what's to come of the work we are doing: the fruits, vegetables, and meals that will blossom from our labor. We are forward thinking and have a growth mindset as we visit, laugh, and share stories with the ones we love. We have a relationship to each other and our land and our water. As we grow and blossom ourselves, we should always remember that laughter is the best medicine. Laughter connects and heals us throughout our life.

What opportunities can you make to laugh with your child this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Waabigoni Giizis	Wah-bih-gah-nee Gee-zis	Blossoming Moon
Niiwin	Neewin	Four
Gigoonh	Gee-goo	Fish
Mayajiigin	My-ah-gee-gin	Plant
Gitigaan	Gih-tih-gawn	Garden

"IT'S JUST NICE TO GATHER, AND IT'S FUN TO SEE THAT MY SON ENJOYS IT. EVEN BEING 10 YEARS OLD, HE JUST LOVES IT. HIS GRANDPA WAS MORE EXCITED THAT HE'S OUT THERE HUNTING. HE DOESN'T EVEN GO OUT AND HUNT THAT MUCH ANYMORE BECAUSE IT'S GETTING HARD FOR HIM TO GET OUT THERE, BUT HE STILL KEEPS THE FIRE GOING IN THE GARAGE SO THEY CAN WARM UP WHEN THEY COME IN."



HEALTHY SNACKS

APPLE PIE OATMEAL

Make one packet of microwave oatmeal with low-fat milk. Mix in $\frac{1}{4}$ cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.



PARFAIT

Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

BANANA SPLIT

Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.

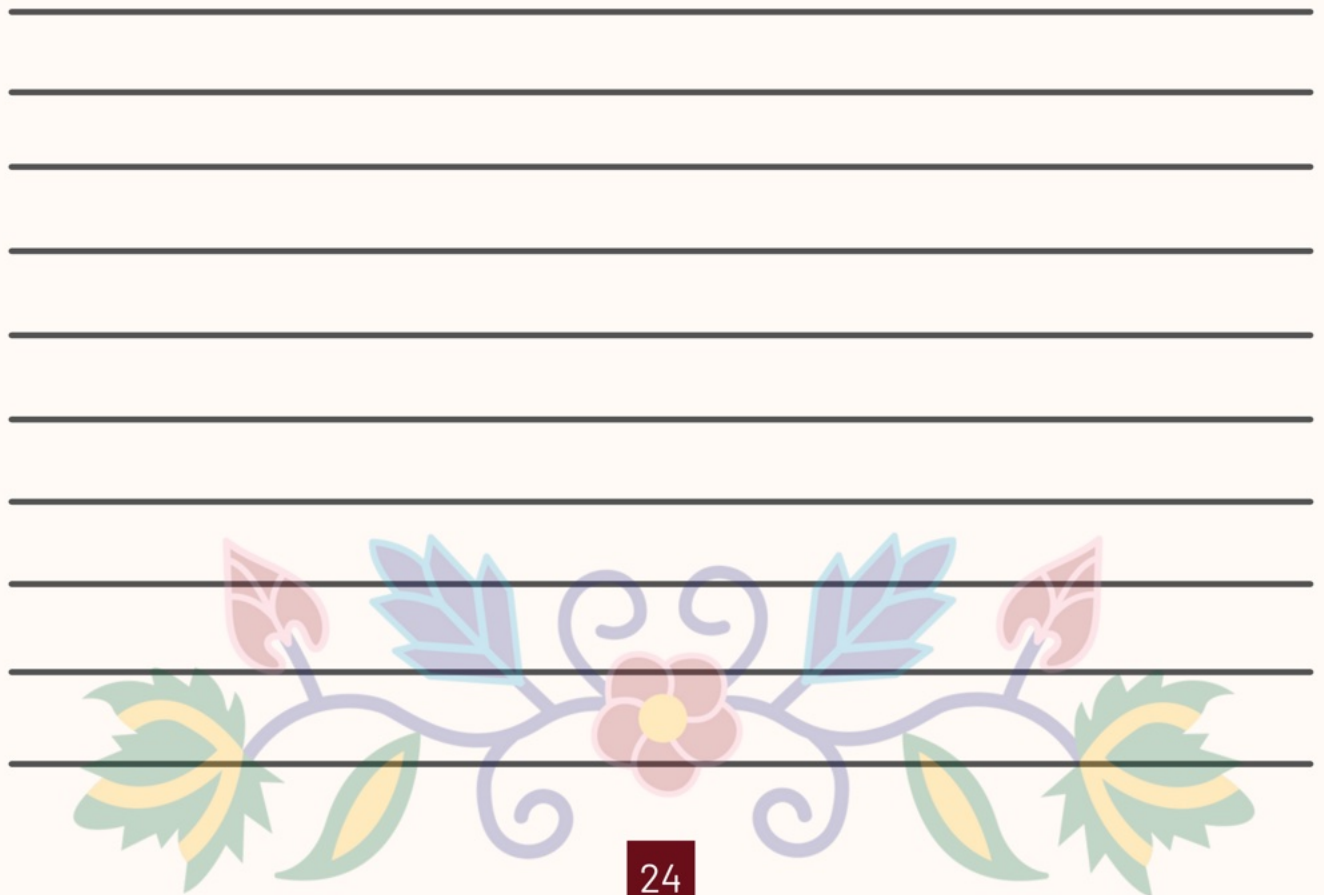


RECIPE NOTES:

TIPS:

1. **Anytime you do something new with your child, demonstrate it first.**
2. **Have your child choose a recipe they want to make that week, and gather the ingredients together.**
 - a. This helps your child take initiative and become responsible for and engaged with the family meal that week!
3. **It's great to make food when you're happy.**
 - a. Emotions and energy spread into the food.
4. **Don't be afraid of the mess.**
 - a. Your child will learn from these experiences and may want to eat new things!
5. **Make it fun!**

NOTES:



ODE'IMIN GIIZIS

STRAWBERRY MOON

THE HEART BERRY

The strawberry is the first berry to ripen and often emerges in early summer. Because of this, June is given the name strawberry moon. The strawberry is used to teach us about our heart and love. They were given the name ode'imín because of the heart shape; ode means heart and min 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. Zaagidiwin, 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?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Niibin	Nee-bin	Summer
Ode'imini Giizis	Oh-day-ih-min-nih Gee-zis	Strawberry Moon
Naanan	Nah-nun	Five
Mitig	Mih-tig	Tree
Wiigwaas	Wee-gwahs	Birch Bark
Bagaan	Buh-gahn	Nuts/Hazelnut
Bagesaanaatig	Bug-gay-saw-naw-tig	Plum Tree



"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

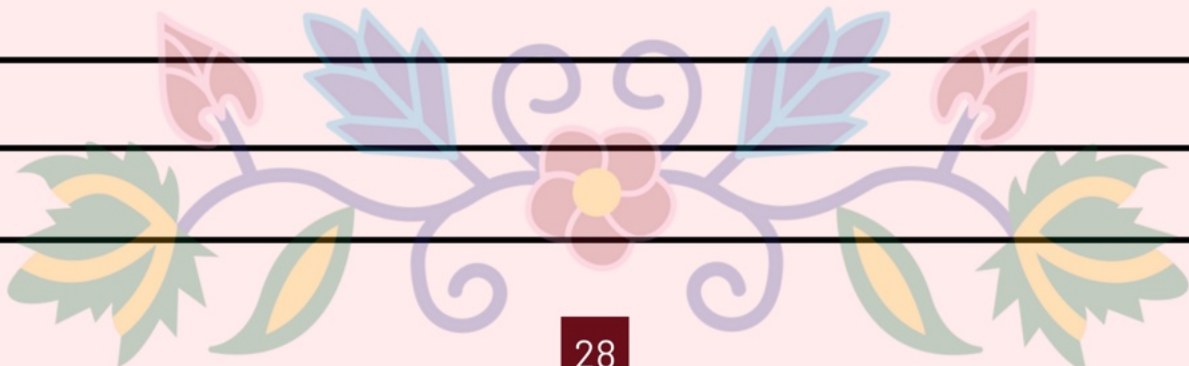
- Add all the ingredients to a blender.
- Mix on high speed until smooth, about one minute.
- Pour into your cup and serve immediately.

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 Anishinaabe 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:

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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

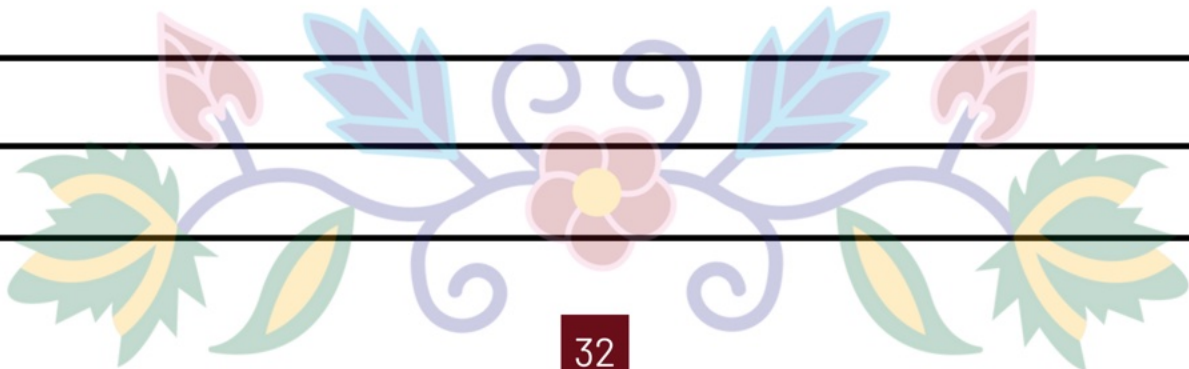
- Preheat oven to 400°F.
- Grease or spray muffin tins. This recipe makes about 24 regular sized muffins.
- In a medium bowl, mix together cornmeal, flour, sugar, baking powder, salt, and baking soda.
- In a small bowl, whisk together milk with vinegar or lemon juice, eggs, and oil.
- Make a well in 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:

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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MANOOMINIKE 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

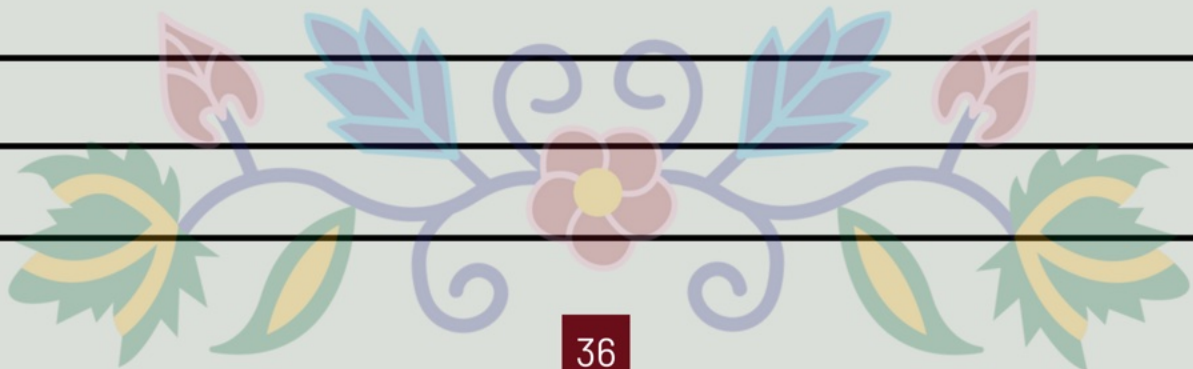
- Place rice in a wire-mesh sieve. Rinse under cold running tap water, lifting rice with your fingers to clean thoroughly; drain.
- In a medium saucepan, bring the 2 1/2 cups of water to a boil. Add salt to the water.
- Slowly add rice to water.
- Return to boiling; reduce heat. Add cinnamon. Simmer 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:

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.**
 - 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.
 - Once they are familiar with letters, have your child repeat a few of the letters on the food packages.
 - You can sound out simple words on food packages.
 - 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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WAATEBAGAA GIIZIS CHANGING LEAVES MOON

MINO BIMAADIZIWIN (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 mino bimaadiziwin! When we practice mino bimaadiziwin, 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?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Waatebagaa Giizis	Wah-tay-buh-gah Gee-zis	Changing Leaves Moon
Dagwaagin	Duh-gwah-gin	Autumn
Nishwaaswi	Nih-shwah-swih	Eight
Manoomin	Muh-noh-min	Wild Rice
Gidasigan	Gih-duh-sih-gun	Parched Wild Rice
Mino Bimaadiziwin	Mih-no Bih-mah-dih-zih-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

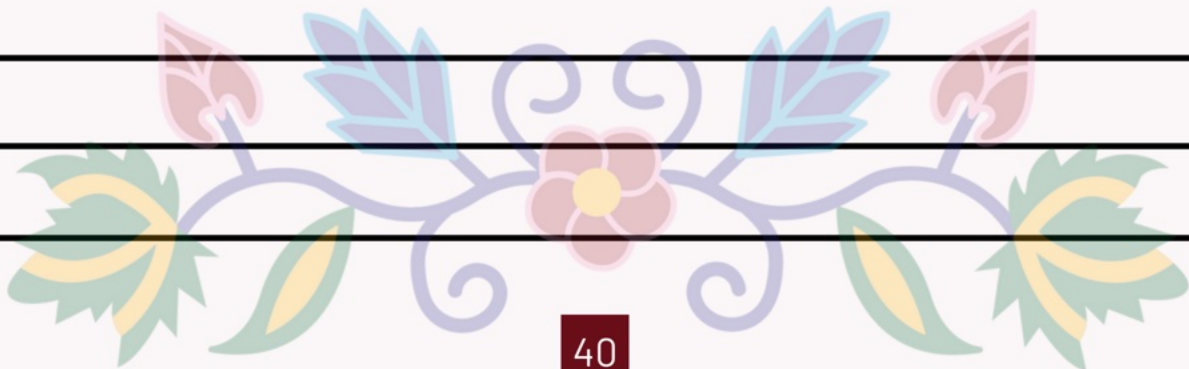
- Preheat oven to 350°F.
- Hollow out the apples by using a paring knife to carefully slice around the top core, but do not go all the way through to the bottom of the apple. Pull out the cut part, then use a spoon to scoop out the rest of the seeds. Remove all the seeds but make sure to leave a little 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 recipes, 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:

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9TH MOON

BINAAKWII GIIZIS

FALLING LEAVES MOON

PREPARING FOR BIBOON (WINTER)

During falling leaves 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?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Binaakwii Giizis	Bih-nah-kwee Gee-zis	Falling Leaves Moon
Dagwaagin	Duh-gwah-gin	Autumn
Zhaangaswi	Zhahng-gus-wih	Nine
Indinawemaagan	In-dih-nah-way-mah-gun	My Relative
Ozaawikosimaan	O-zah-wih-koe-sih-mawn	Pumpkin
Miinikaan	Mee-nih-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

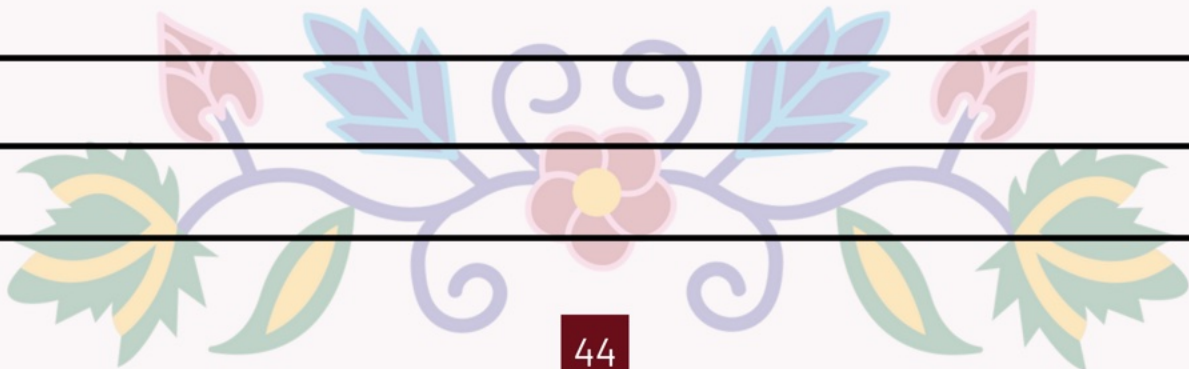
- Preheat oven at 400°F.
- In a large pot, add chicken broth and rice, and stir. Put a lid on the pot. Bring it to a boil, turn the heat down to low, and let it simmer for 40-45 minutes. Drain excess liquid.
- As the rice is cooking, take a baking pan and add cubed butternut squash and sliced garlic. 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 Anishinaabemowin 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:

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GASHKADINO GIIZIS

FREEZING MOON

GHOST SUPPER

During freezing moon, we are reminded of our ancestors that have walked on. It is said that this is the time of year when they come to visit us. A ghost supper is a feasting ceremony that families and communities hold to honor their ancestors. Around this time of year, we hold ghost suppers where we feast our ancestors that have walked on to the spirit world. Feasting our ancestors means that we are honoring and remembering those loved ones who have passed on. We prepare their favorite foods, gather in remembrance, and feed their spirits with a spirit plate.

What are some ways you can teach your child to take care of their ancestors this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Gashkadino Giizis	Gah-shkah-dih-no Gee-zis	Freezing Moon
Midaaswi	Mih-dah-swih	Ten
Ndinawemaagan	N-dih-nah-way-mah- gun	My Relative
Jiibiye Giizhigat	Jee-bi-yah Gee-zhih-gut	All Souls Day

“STACKING WOOD,
SPLITTING WOOD, GROWING
POTATOES, MAKING FIRE,
BEING TOGETHER OUTSIDE; I
LOVE COOKING OUTSIDE.
EVEN IF IT’S NOT FANCY IT
CAN FEEL LIKE A SPECIAL
THING WE DO TOGETHER. I
FEEL SO LUCKY AND
GRATEFUL TO BE CLOSE TO
LAND IN MAKING A SIMPLE
MEAL AS A FAMILY.”



BISON STEW

INGREDIENTS

- 1 package bison stew meat
- 1 sweet onion, diced
- 4 large potatoes, rinsed, peeled, and cubed
- 1 package mixed vegetables of your choice
- 1 packet of French onion soup mix
- 3 cups of water
- 3 tablespoons oil of your choice
- Salt and pepper to taste



DIRECTIONS

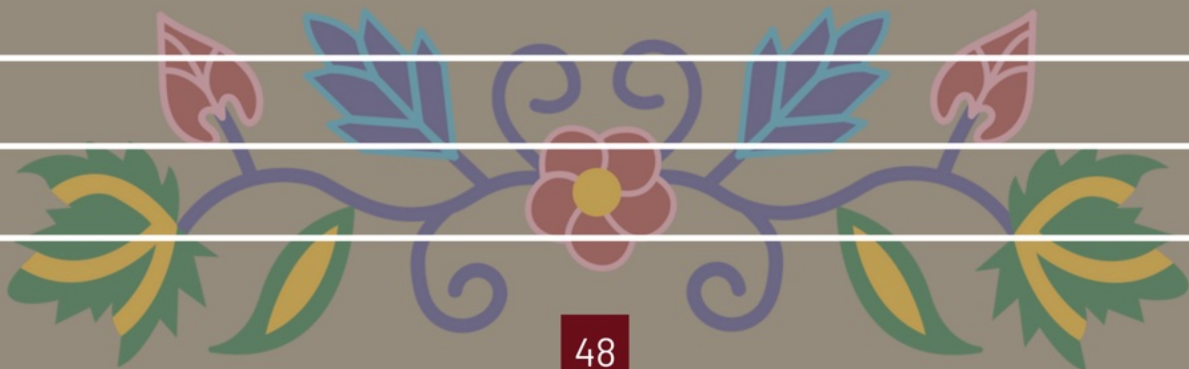
- Take a pot, add the oil, and warm it on the stove at medium-high heat.
- Add the onions, and cook for about 2 minutes.
- Add bison meat to the pot. Allow it to brown and absorb the onion flavor. Cook it for about 5 minutes on medium-high heat.
- While the meat is cooking, mix one cup of water with the French onion soup mix packet in a small bowl. Once the mix is fully dissolved, add to the pot, and add two more cups of water.
- Add the mixed vegetables and potatoes.
- Cover with a lid, and simmer for about 30 minutes.
- Make sure to stir often so that everything cooks evenly.

RECIPE NOTES:

TIPS:

- 1. Make special food during a specific time of year, every year on a special occasion - a tradition.**
 - a. For example, on Halloween, you could make spider bread.
 - b. For a ghost supper, make favorite dishes of your loved ones who have walked on.
- 2. At mealtime, start a conversation with your child about anything that interests them.**
 - a. You could do this when you're eating on the go as well.
- 3. Prepare foods in different ways (fresh, baked, roasted, steamed, dried, etc.).**
 - a. Have your child taste the differently prepared foods, and have them describe their preferences.
- 4. Allow your child to have easy access to their favorite healthy foods when possible.**

NOTES:

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MANIDOO GIIZISOOHNS

LITTLE SPIRIT MOON

KEWADIN (NORTH)

Little Spirit Moon is a time of healing. The cold winds of kewadin (north) bring the purifying snows that cleanse Mother Earth. Its purpose is to purify us and to heal all of creation. During this time, some plants die and return their bodies to their mother. Other plants fall into a deep sleep and awake only when Grandfather sun and the warm winds of the south announce the coming of spring. This time of year is also a story telling time. There are many stories about how plant medicines and foods were given to our people to help us. When we can connect with these stories we can understand how and why foods and medicines were given to us.

What are some opportunities you have this month to hear winter stories in your community?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Biboon	Bih-boon	Winter
Manidoo Giizisooohns	Mah-ni-due Gee-zih-soons	Little Spirit Moon
Mdaaswi Shi Bezbig	Mih-daw-sway Shih Bay-zig	Eleven
Waawaashkeshii	Wah-wah-shkay-she	Deer



"CLEANING UP AFTER OURSELVES AND REMEMBERING TO LEAVE A SPACE IN BETTER CONDITION THAN HOW WE FOUND IT. WE LEARN FROM OUR CHILDREN JUST AS MUCH AS CHILDREN LEARN FROM US. THIS YOUNG CHILD UNDERSTANDS HER RESPONSIBILITIES TO CARE FOR MOTHER EARTH, AND HER PARENTS JOINED HER IN CLEANING THE ROADSIDE. HER PARENTS FOLLOWED HER LEAD."

WILD RICE, MUSHROOM, & CRANBERRY DRESSING

INGREDIENTS

- 3 cups water
- 1 teaspoon salt, divided into 1/2 teaspoons
- 1 cup wild rice, washed and drained
- 1 tablespoon olive oil or oil of your choice
- 1 cup chopped mushroom of your choice (shiitake, button, morels, etc.)
- 1 small red onion, finely chopped
 - yellow or white onion will also work well
- 1 stalk celery, finely chopped (optional)
- 1/2 cup dried cranberries
- 1/2 cup chopped toasted pecans (optional)
- 1/2 teaspoon minced fresh sage or 1/8 teaspoon dried sage
- 1/8 teaspoon black pepper



DIRECTIONS

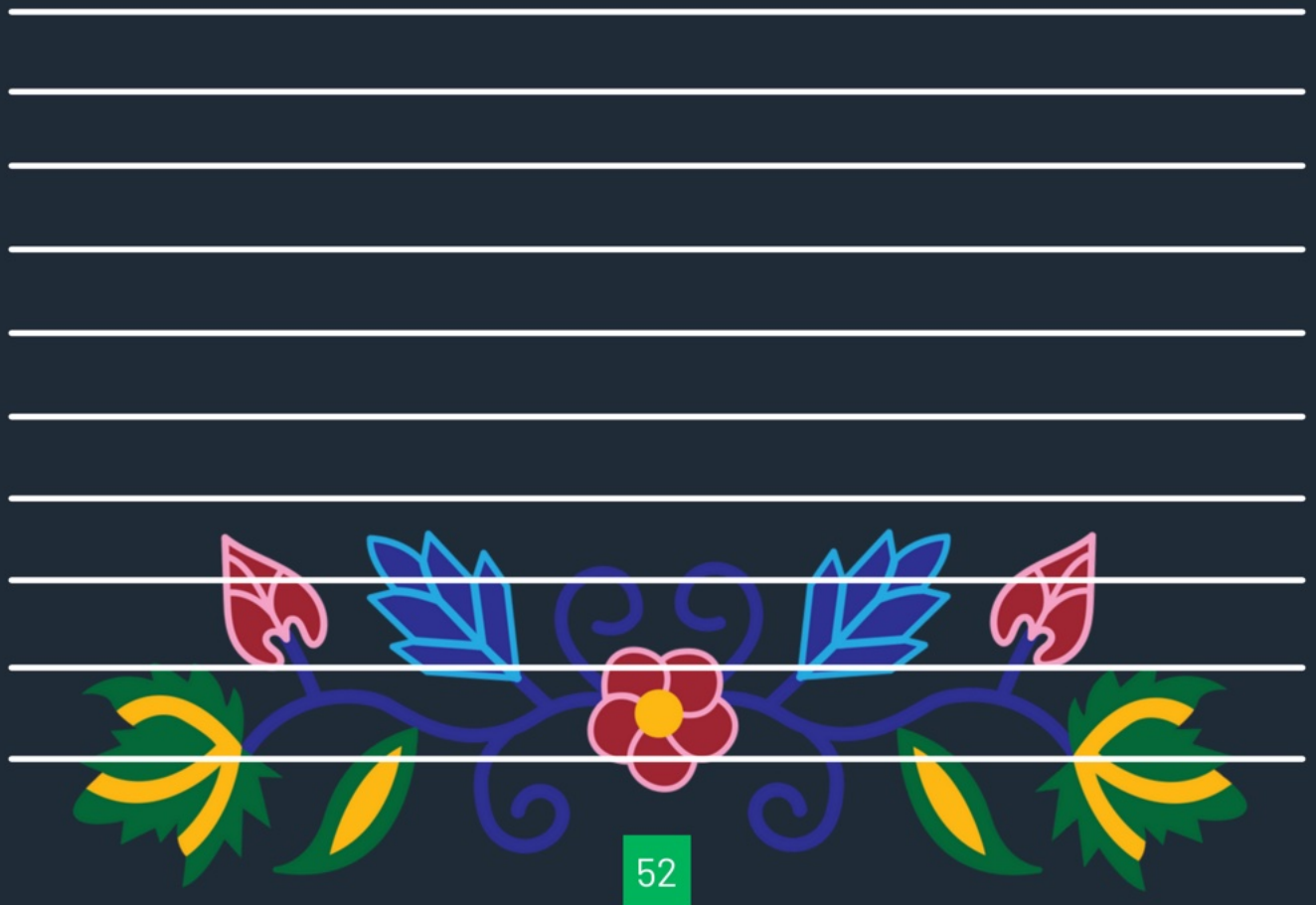
- Bring water and 1/2 teaspoon salt to a boil in medium saucepan. Stir in rice. Reduce heat to low; cover and cook 45 minutes or until rice is tender. Drain.
- Preheat oven to 325°F.
- Spray 2-quart baking dish with nonstick cooking spray.
- Heat oil in large nonstick skillet over medium heat. Add mushrooms, onion, and celery; cook and stir 7 to 10 minutes or until vegetables are tender.
- Stir in rice, cranberries, pecans, if desired, remaining 1/2 teaspoon salt, sage and pepper. Spoon/pour into prepared casserole dish.
- Bake 20 minutes or until heated through.

RECIPE NOTES:

TIPS:

1. **Let your child play with measuring spoons or other child safe kitchen utensils while you cook.**
 - a. Have your baby or young toddler sit in a highchair next to you in the kitchen
 - b. Have your older toddler or preschooler stand on a toddler stool next to you in the kitchen.
2. **Talk with your family about what you'll eat throughout the week.**
3. **Talk to your child while you shop.**
 - a. You can describe the grocery store sections, point out and name colors, shapes, and symbols.
 - b. Talk about what the child sees and smells.
4. **Have your child feel foods on their plate, and ask them to describe how they feel.**
 - a. You can provide an example of how those foods feel to you.

NOTES:





GICHI MANIDO GIIZIS

GREAT SPIRIT MOON

MANIDO MIIJIM (SPIRIT FOOD)

The moon around January is known as Great Spirit Moon because it is a time to honor the silence and realize our place in all of creation. We are only a part of creation; we are humble. Food helps us find the bond and connection between the spirit world and the physical world. The food that we eat comes from the contributions of land, water, animals, plants and many other living beings. In that way, our food has a spirit. Bringing food into our bodies gives us physical and spiritual sustenance and connects us with all of creation. By recognizing this, we use one of our seven grandfather teachings, *dabaadendiziwin*, humility.

What are other ways you can talk with your child about humility this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Manidoo Giizis	Mah-nih-dew Gee-zis	Great Spirit Moon
Ashi niizh	Uh-shih-neezh	Twelve
Mashkiki	Mush-kih-kih	Medicine
Mandaamin	Mun-dah-min	Corn
Miinikaan	Mee-nih-kahn	Seed
Dabaadendiziwin	Duh-baa-den-dih-zih-win	Humility

“ONE MORNING, I HAD A FRIED EGG OVER QUINOA, BROCCOLI AND TOMATOES. THIS ONE WITH MY DAUGHTER RIGHT THERE...IT MADE ME HAPPY BECAUSE SHE WAS EXCITED TO GET IN THERE WITH ME, SO THAT WAS A PART OF MY WELL-BEING. THIS PICTURE IS A BIG ONE FOR ME... IT’S INCORPORATING THE LITTLE ONES INTO EATING GOOD FOODS IN A STRESS-FREE ENVIRONMENT.”



BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1 onion, peeled and chopped
- 1 carrot, washed and chopped
- 1 celery stalk, washed and chopped
- 2 tablespoons melted butter or olive oil
- 3 cups butternut squash, peeled and cut into 1/2 inch cubes
- 2 medium potatoes, peeled and cut into small cubes
- 1-quart chicken or vegetable broth
- 1 1/2 teaspoons dried thyme or sage or 1 tablespoon fresh of either, chopped
- Black pepper and salt to taste
- Croutons, toasted pepitas, or sunflower seeds for garnishing



DIRECTIONS

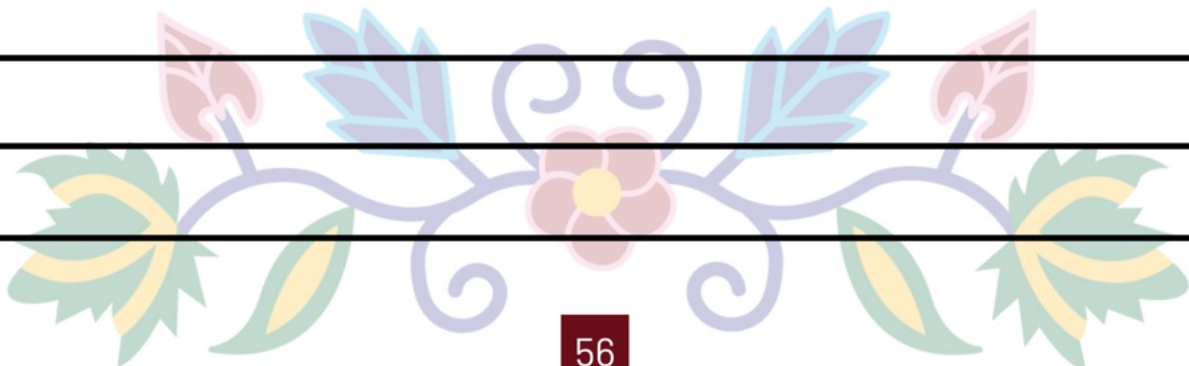
- Add chopped onion, carrot, and celery to melted butter or oil in 4 qt. saucepan. Sauté until soft, but not brown.
- Add squash and potato cubes and broth. Bring to a boil, cover, reduce heat and cook for 30-40 minutes or until squash is very tender. Stir in thyme or sage.
- Carefully puree the hot soup in a blender or food processor in small batches, or use a hand-held blender, or mash with a potato masher or spoon and thin with additional chicken broth or water if needed.
- Season with salt and pepper to taste. Reheat and serve. Good with croutons or toasted pepitas (pumpkin seeds) or sunflower seeds sprinkled on top.

RECIPE NOTES:

TIPS:

- 1. Ask your child to pull apart leafy vegetables, corn, herbs, or any other foods that can be pulled apart, such as celery stalks.**
 - a. You can demonstrate and explain how to do this before having them do it.
- 2. Store anything with a stem, such as herbs or celery, in a glass of water so they last longer.**
- 3. Show your child symbols on food packages, such as the logo on the broth container.**
 - a. Talk to them about what the symbols represents.
- 4. Use words from the Anishinaabemowin Words table in everyday conversation with your child.**
 - a. Consistent conversation helps language development the most!

NOTES:

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13TH MOON

MAKWA GIIZIS

BEAR MOON

MAKWA (BEAR)

Bear cubs are born around February, which is why we call this time of the year bear moon. During the time of new life, we are reminded to reconnect with who we are and pass our traditional knowledge on to the next generation. We can reconnect with our Anishinaabe culture through food. By using labels and following a recipe in the language, we can learn new words everyday. We can reconnect with our culture by learning to garden and forage for food the way our ancestors did. We can make and use traditional food utensils such as a bootagan. We can go to special family spots for hunting, fishing and gathering. When we use the language, make and use food utensils, garden, hunt and fish the way our ancestors did, we connect with them and preserve the ways for our descendants.

What are new Anishinaabemowin words you can learn with your child this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Makwa Giizis	Muh-kwah Gee-zis	Bear Moon
Ashi niswi	Uh-shih-niss-way	Thirteen
Mashkodesimin	Mush-koe-day-sih- min	Bean
Zaagigi	Zah-gih-gih	Sprout

"THE LANGUAGE WILL NOT BE ALIVE IF WE PREVENT OUR CHILDREN FROM SPEAKING THE LANGUAGE. LANGUAGE CAN BE DEVELOPED IN SO MANY WAYS, ESPECIALLY INTO MANY ASPECTS OF PLAY AND EATING. USING A LABEL MAKER OR PRINTING OUT DOCUMENTS WITH ANISHINAABEMOWIN AND PLACING THEM ON DOORS, SHELVES, PLACE MATS, COLORED BLOCKS, TOY ANIMALS, AND MORE, SO THAT WAY, WE'RE MAKING IT ACCESSIBLE AND EASIER TO USE THE LANGUAGE IN EVERYDAY LIFE."



BREAKFAST COOKIES

INGREDIENTS

- 1 1/4 cups old-fashioned rolled oats
- 1 1/2 cups oat flour or pastry flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 5 tablespoons virgin coconut oil or butter melted and cooled
- 5 tablespoons maple syrup or honey
- 1/2 cup applesauce at room temperature or mashed bananas
- 2 eggs
- **Optional** add-ins (add as many as you'd like):
 - 1/3 cup chocolate chips
 - 1/2 cup raisins, dried cranberries, or dried cherries
 - 1/4 to 1/2 cup chopped walnuts or pecans
 - 2 tablespoons ground flaxseed

DIRECTIONS

- Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper and set aside.
- In a large bowl, place the oats, flour, baking soda, and salt. Mix to combine well.
- In a medium bowl, beat the eggs. Then add the oil/butter, maple syrup/honey, and applesauce/mashed bananas. Mix to combine well.
- Add your preferred add-ins, and mix to combine well.
- With a large spoon, scoop out the batter, form into a ball, and place on the lined baking pan.
- With wet fingers or the underside of an ice cream scoop, pat down each piece of dough to spread into a disk.
- Chill the shaped dough for about 10 minutes until firm. This keeps the cookies from spreading too much during baking.
- Place the baking sheet in the center of the preheated oven and bake until lightly golden brown around the edges. They should be set in the center (about 16 minutes).
- Allow the cookies to cool for at least 10 minutes on the baking sheet, or until they're firm. Transfer them to a wire rack to cool completely.
- Serve immediately, or place them back on a baking sheet and freeze completely. Place in a sealed freezer-safe container until ready to serve.
- Defrost the cookies one at a time at room temperature or in a low-power microwave before enjoying.

RECIPE NOTES:

TIPS:

1. **Help your child sound out the name of a utensil they are using.**
2. **Talk with your child about what you are doing when you prepare foods.**
 - a. Share stories about where the food came from, how it grew, and any cultural knowledge about the food.
3. **When cooking, have a cupboard that kids can play in.**
 - a. This helps keep your child entertained while still being present during the cooking process.
4. **If you want to learn the Anishinaabemowin word for a food, plant, or anything else, there are different resources that can be accessed.**
 - a. For example, the Ojibwe People's Dictionary (<https://ojibwe.lib.umn.edu/>) is a free tool that can be accessed online.

NOTES:



