

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.

