



**ODAWA**

# **NIIBIN**

## **(SUMMER)**

**5**

**ODE'IMIN GIIZIS**

**Strawberry Moon**

**6**

**MIINI GIIZIS**

**Berry Moon**

**7**

**MANOOMINIKE GIIZIS**

**Ricing Moon**

5TH MOON

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."





# 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."**

7TH MOON

# 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."**