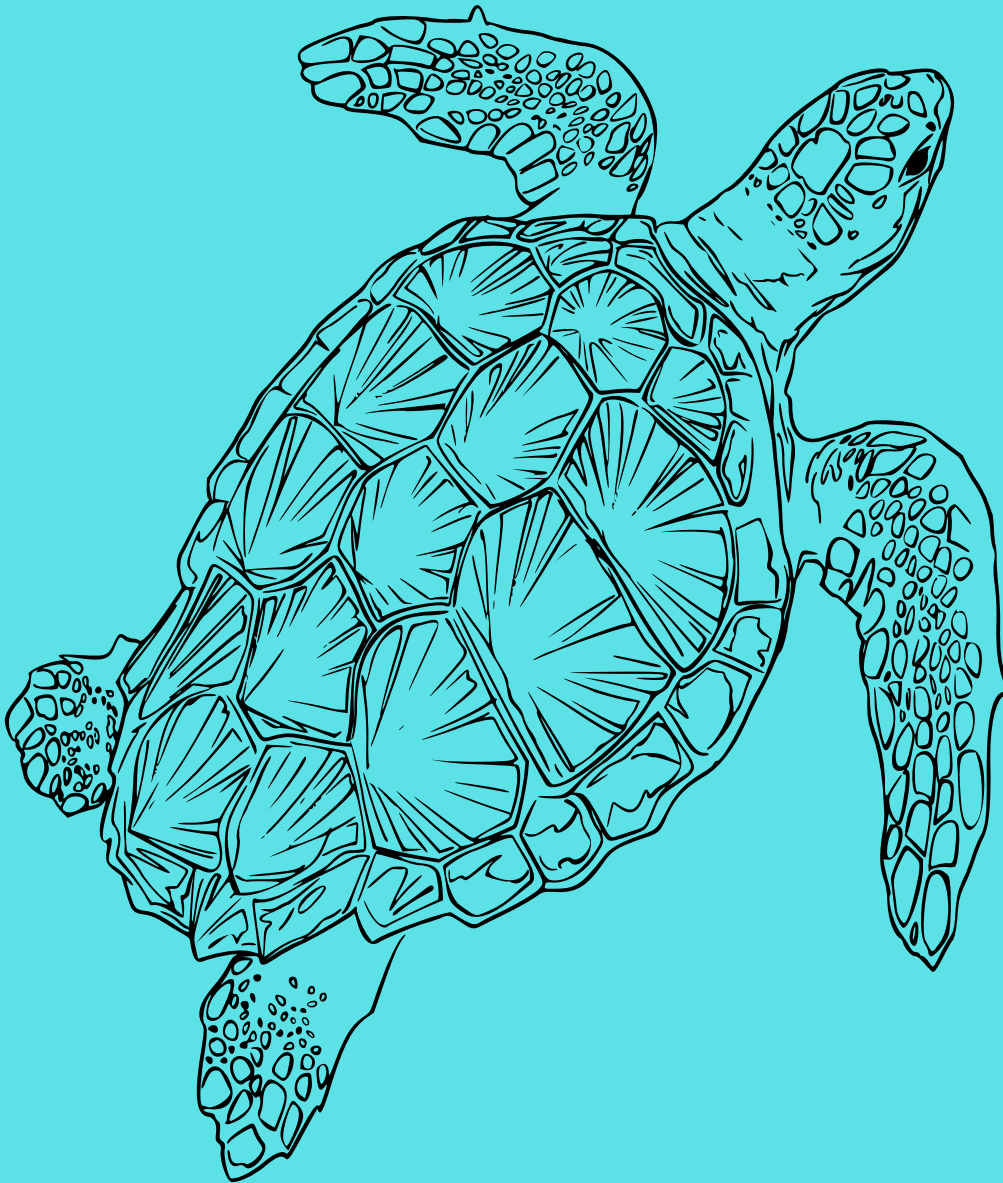


13 Moons of Anishinaabe Nutrition

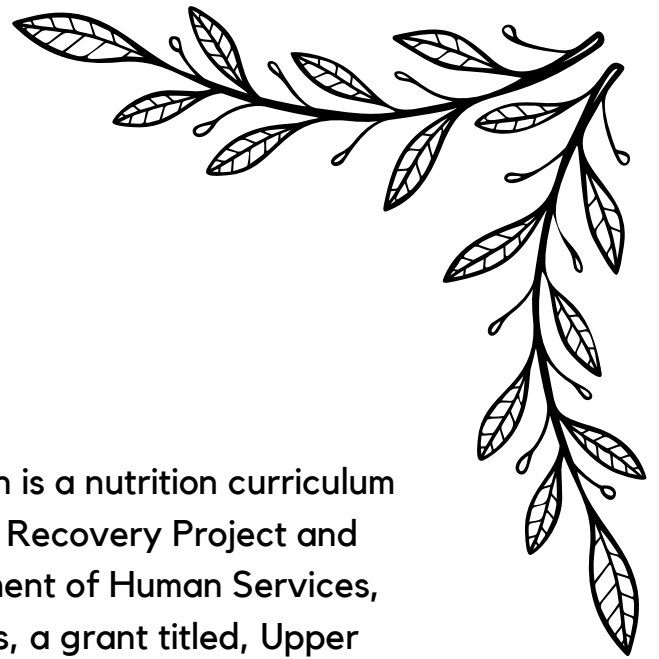
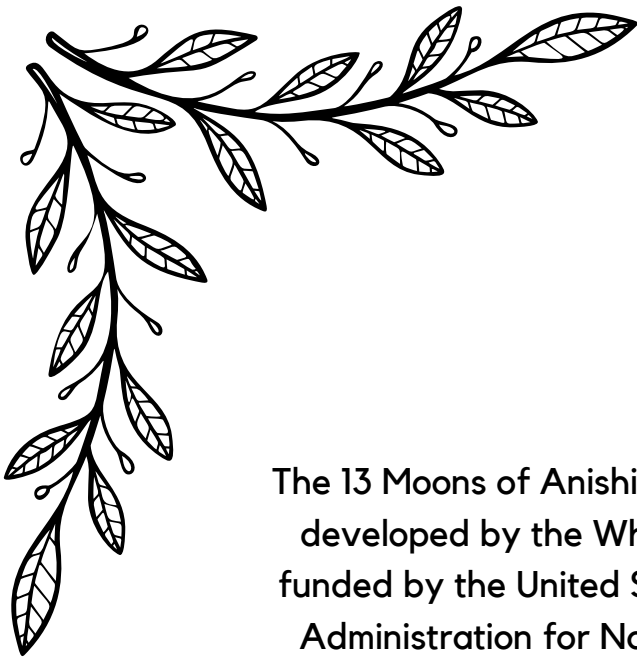


AMERICAN INDIAN

Health & Family Services

Connecting care with a culture of comprehensive wellness

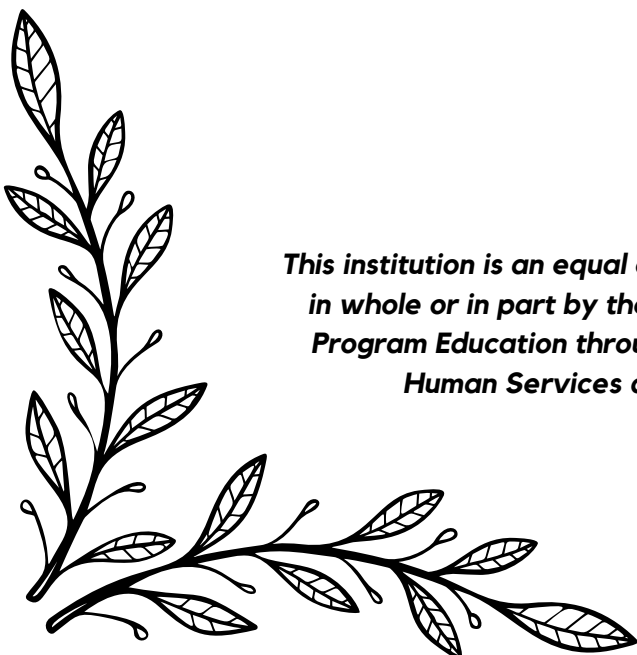
This institution is an equal opportunity provider. This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation.



The 13 Moons of Anishinaabe Nutrition is a nutrition curriculum developed by the White Earth Land Recovery Project and funded by the United States Department of Human Services, Administration for Native Americans, a grant titled, Upper Midwest Indigenous Seed Keepers Network.

Many indigenous cultures around the world recognize a 13 Moon calendar. Traditional 13 moon calendars often start on a new moon in March, rather than January.

All information and recipes presented in this book are from the 13 Moons of Anishinaabe Nutrition Curriculum.



This institution is an equal opportunity provider. This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation.

ONAABANI GIIZIS - SNOW CRUST MOON

1st MOON LESSON -MARCH



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

Maple Syrup is our Relative



Maple Syrup nutrition info:

One cup contains more calcium that the same amount milk; more potassium than a banana.

Great source of magnesium, phosphorus, zinc and iron.

Has traces of B Vitamins (help maintain healthy skin and muscle tone, enhance immune system, and combat stress symptoms, depression, and cardiovascular disease).

May help regulate weight.

Maple Granola

COMBINE IN LARGE BOWL

- 4 cups old fashion rolled oats
- 1/2 cup unsweetened shredded coconut
- 1 cup sunflower seeds
- 3/4 teaspoon salt
- 1 Teaspoon ground cinnamon

COMBINE IN A SMALL PAN

- 1/3 cup vegetable oil
- 2/3 cup maple syrup
- 1/2 teaspoon vanilla

DIRECTIONS

Preheat oven to 325°F

Take the small pan with oil, maple syrup and vanilla and place on stove, over low heat until warm. DO NOT BOIL.

In a large bowl combine the rest of the ingredients. Mix well. Add warmed contents from the small pan. Mix well. Cover two large baking sheets with parchment paper or grease well. Spread ingredients evenly on the two baking sheets.

Bake 15-20 minutes or until golden brown. Be careful not to burn.

Remove from oven and ADD: 1 cup dried fruit i.e. cranberries, apples, raisins. (Do not bake dried fruit)

Store in tightly covered containers in the refrigerator.



ISKIGAMIZIGE GIIZIS - MAPLE SUGARING MOON

2nd MOON LESSON - MARCH

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Isikigamizige-giizis	Ih-skih-mih-zih-gay geezis	Maple Sugaring Moon
Niizh	Neezh	Two
Ziindaagan	Zee-daw-gun	Sunflower
Aki	Uh-key	Mother Earch

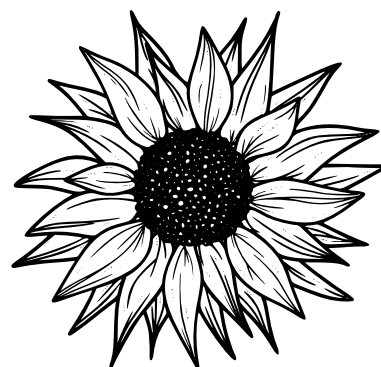
Sunflower is our Relative



Sunflower Nutrition info:

Seeds:

Rich source of Vitamin E
Antioxidant, anti-inflammatory
Expectorant properties
Reduces cholesterol
Improves overall heart health



Oil:

Helps maintain smooth skin and hair
Aides in treating skin ailments like bites and skin dryness

Leaves/Plant:

Can be used as an infusion to treat fevers, lung problems and diarrhea
Can help reduce symptoms of asthma, rheumatoid arthritis and helps lowering blood pressure
High contents of amino acid, tryptophan enhances serotonin production, which improves mood and alleviates depression.

Roasted Sunflower Seed and Sunflower Butter

Roasted Sunflower Seed

DIRECTIONS

Preheat oven to 300°F. Spread 2 cups of sunflower seeds evenly on a baking sheet or shallow pan. Bake for 20-30 minutes or until golden brown, stirring occasionally. The seeds will often develop a small crack down the center as they roast. Watch closely, roasting seeds can burn quickly.

Roasted Sunflower Seed Butter

DIRECTIONS

Put your 2 cups of roasted sunflower seeds into a food processor. Pulse the seeds and watch them go from looking like coarse sand, to clumps of rocks and eventually creamy, smooth sunflower seed butter that look just like creamy, smooth peanut butter.



ZAAGIBAGAA GIIZIS - LEAF BUDDING MOON

3rd MOON LESSON - APRIL

ANISHINABEMOWIN	PRONUNCIATION	ENGLISH
Zaagibagaa-giizis	Zah-gih-buh-gah-gee-zis	Leaf Budding Moon
Niswi	Nih-swih	Three
Miinikaan	Mee-nih-kawn	Seed
Zaagigi	Zah-gih-gih	Sprout

Seeds are our Relatives

Seed nutrition info:

Many seeds are edible and full of protein, fiber, vitamins, and minerals.

A seed is life. It is a living food.

The majority of calories we eat come from seeds, especially beans and nuts.

Seeds provide most of the cooking oils we use.



Top Ten Healthiest Seeds on Mother Earth

1. Apricot
2. Chia
3. Cumin
4. Flax
5. Grape
6. Hemp
7. Pomegranate
8. Squash
9. Sesame
10. Sunflower

Sweet Sprout Slaw

INGREDIENTS

- 1-2 cups bean sprouts
- 1-2 cups alfalfa sprouts
- 1/2 cup pineapple - chopped
- 1/2 cup green grapes - halved
- 1/2 cup yogurt
- 1/4 cup mayonnaise
- 1 tsp. mustard
- salt to taste

DIRECTIONS

Combine sprouts and fruit in large bowl.

Mix up the other ingredients and pour over the sprout + fruit mix.

Toss to blend



WAABIGONI GIIZIS - BLOSSOMING MOON

4th MOON LESSON - MAY

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Waabigoni Giizis	Wah-bih-gwuh-nih-gee-zis	Blossoming Moon
Niiwin	Nee-win	Four
Giigonh	Gee-goo	Fish
Akwa'waa	Uh-kwuh-wah	Spear Ice Fishing
Gitigaan	Gih-tih-gawn	Garden
Mayajiigin	My-ah-gee-gin	Plant

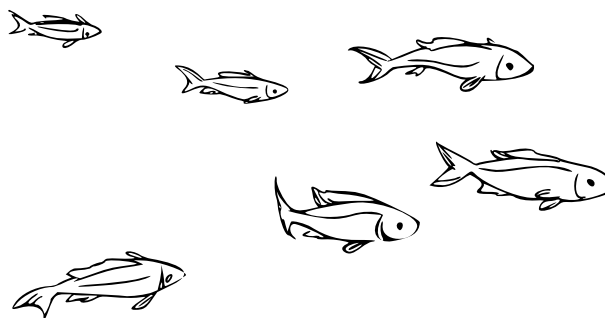
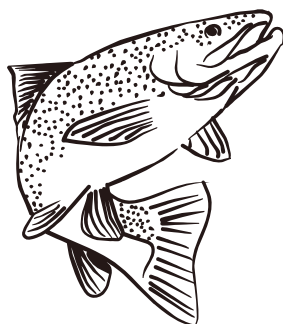
Fish are our Relatives

Fish Nutrition Info:

Low fat source of protein

Rich in Omega-3 fatty acids— important for development of eyes, brain and nervous system (during pregnancy and for infants)

The American Heart Association recommends people eat fish regularly



Cheesy Baked Walleye Fillets

INGREDIENTS

4 -6 Walleye fillets depending on the size

Cheese Sauce

- 6 oz. cheese, shredded
- 1 tablespoon butter
- 2 -3 tablespoons of milk depending on how thick of sauce you like
- 1 tablespoon of lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- salt & pepper to taste

DIRECTIONS

Heat oven at 350° F

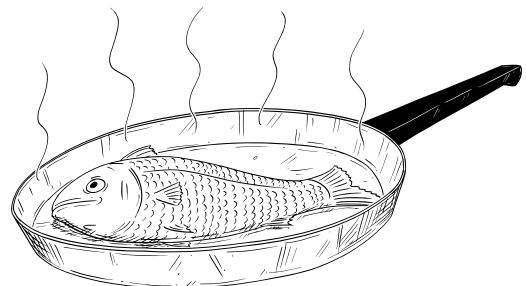
Combine all ingredients for cheese sauce in a saucepan and cook over medium heat on stovetop. Cook until cheese is melted and ingredients are well blended.

Place the fillets in coated baking dish and sprinkle with lemon pepper.

Pour cheese sauce over fillets and bake for 20-25 minutes.

Serve with rice side dish and vegetable.

For more flavor, add hot sauce to cheese sauce.

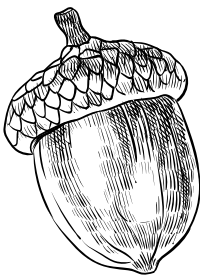


ODE'IMINI GIIZIS - STRAWBERRY MOON

5th MOON LESSON - JUNE

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Niibin	Nee-bin	Summer
Ode'imini Giizis	Oh-day-ih-mih-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

Trees are our Relatives



Nuts & Seeds are packed with:

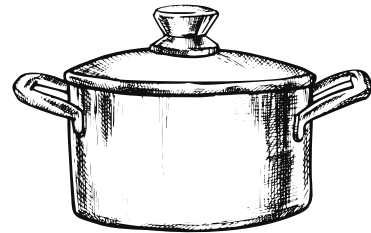
Energy
Protein
Antioxidants Vitamins
Minerals
Omega-3 fatty acids



Wild Rice with Hazelnuts and Blueberries

INGREDIENTS

- 1 cup wild rice
- 2 1/2 cups water
- 1/4 teaspoon salt
- 1/2 cup chopped onion (1 medium)
- 1/2 cup hazelnuts (filberts), toasted and chopped
- 1/2 cup dried blueberries



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 water to a boiling. Add salt to the water. Slowly add rice to water; stir in onion. Return to boiling; reduce heat. Simmer, covered, for 45 minutes, or until rice is tender and grains split. Remove from heat. If needed, drain excess water.

Spread hazelnuts in a single layer in a shallow baking pan. Bake in a 350°F preheated oven for 5 to 10 minutes or until light golden brown, watching carefully to avoid burning and stirring once or twice.

Stir in toasted, chopped hazelnuts and whole blueberries. Let stand, covered, for 8 minutes. Serve hot.



MIINI GIIZIS - BERRY MOON

6th MOON LESSON - JULY



ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Miini Giizis	Mee-nih-gee-zis	Berry Moon
Ingodwaaswi	Ing-go-dawh-swih	Six
Miinan	Mee-nun	Berry
Ode'min	O-day-ih-min	Strawberry
Miskomin	Miss-koe-min	Raspberry
Asasawemin	Uh-suh-suh-way-min	Chokecherry
Bagesaan	Bug-gay-sahn	Plum



Berry is our Relative

Berry nutrition info:



Strawberries have more Vitamin C, by weight than grapefruit and oranges

Fresh strawberries remove discoloration on teeth

Raspberry leaves can help relieve a bee sting, and can be used as a wash for wounds; can also treat lung congestion

Raspberry leaves are traditionally used in pregnancy/labor (strengthen the uterus)

Blueberry syrup can be used to relieve coughs (antioxidants, Vitamin C)

Blueberry leaves can help relieve inflammation in kidneys, bladder, and prostate;
lower blood sugar levels

Triple Berry Smoothie

INGREDIENTS

- 2 1/2 cups fat-free vanilla yogurt, fat-free milk or soy milk
- 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)
- Use any combination of berries

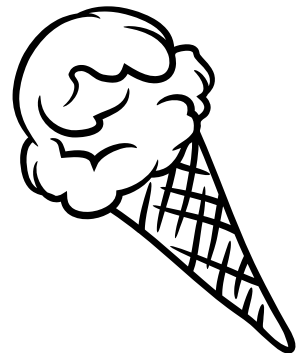
DIRECTIONS

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

Berry Ice Cream

INGREDIENTS

- Ice Cubes
- 1 cup vanilla yogurt
- 1/2 cup Kosher salt
- 1 pint-size zip lock bag
- 1 gallon-size zip lock bag
- 1/4 cup berry mix of strawberry, blueberry, raspberry or others



DIRECTIONS

Combine yogurt and fruit in the pint-size bag. Seal the bag tightly, so that none of the liquid will leak out.

Fill the gallon-size zip lock bag halfway with ice cubes. Sprinkle Kosher salt over the ice cubes. Insert the pint-size bag filled with ingredients into the bag of ice and salt.

Seal the gallon-size zip lock bag. If the bag begins to leak, don't hesitate to double bag to reduce the mess.

Shake the bag for 5-10 minutes until the ice cream mixture begins to harden. Feel the small bag to determine the consistency of your ice cream. Once satisfied with the consistency, remove the small bag from the bag of ice. Enjoy!

MANOOMINIKE GIIZIZ - RICING MOON

7th MOON LESSON - AUGUST

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Manoominike Giizis	Mah-new-mih-nih-kay-gee-zis	Ricing Moon
Niizhwaaswi	Nee-zhwah-swih	Seven
Manoomin	Muh-new-min	Wild Rice
Manoominike	Muh-new-mih-nih-kay	Go Ricing
Jiimaan	Jee-mawn	Canoe
Asiginan	Uh-sih-gih-nun	Gather Up
Gichi-ogin	Gih-chih-o-gin	Tomato
Editeg	Aye-dih-tag	Fruit



Tomato is our Relative

Tomato nutrition info:

Phytochemicals in tomatoes provide vitamins and antioxidants.

Antioxidants from fresh fruits and vegetables give us phytochemicals that balance oxygen levels in our bodies.

Tomato seeds are coated in a protective layer to prevent them from sprouting inside the wet tomato they are in.

Soaking tomato seeds in water, for a few days, removes the protective coating around the seeds. Removing the coating prepares the seeds to sprout when planted.

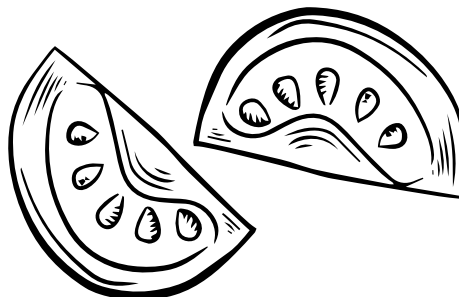
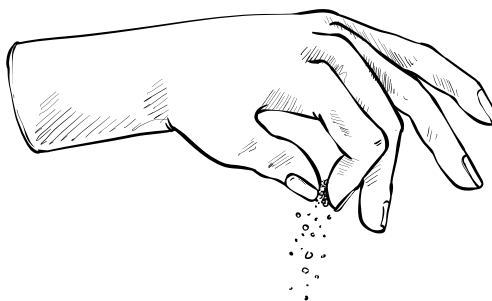
Fresh Picked Tomatoes with Mineral Salt

INGREDIENTS

- fresh sliced tomatoes
- mineral salt (Himalayan, Celtic, Kosher or what you have available in your area)

DIRECTIONS

Slice fresh tomatoes and sprinkle with mineral salt



WAATEBAGAA GIIZIS - CHANGING LEAVES MOON

8th MOON LESSON - SEPTEMBER

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Dagwaagin	Duh-gwah-gin	Autumn
Waatebagaa Giizis	Wah-tay-buh-gah-gee-zis	Changing Leaves Moon
Nishwaaswi	Nih-shwah-swih	Eight
Manoomin	Muh-new-min	Wild Rice
Manoominike	Muh-new-mih-nih-kay	Go Ricing
Jiimaan	Jee-mawn	Canoe
Gidasigan	Gih-duh-sih-gun	Parched Wild Rice



Wild Rice is our Relative

Wild Rice nutrition info:



Wild rice is an aquatic grain—it grows in water with the seed heads growing up and out of the water

Is gluten free, low in fat, and high in minerals like iron, phosphorus, and potassium

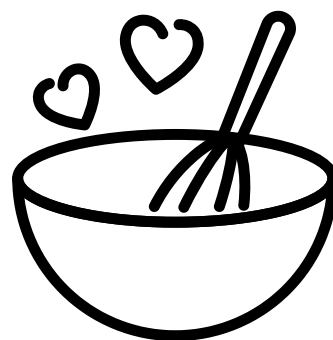
Has many B-vitamins including thiamine, riboflavin and niacin

Uncooked wild rice contains more than 12% protein, (more than white rice and many other grains)

Three Bean Wild Rice Hot Dish

INGREDIENTS

- 1 tablespoon salad oil
- 4 medium-size carrots
- 1 large onion
- 1 package mushrooms
- 3/4 teaspoon salt
- 1 can condensed cream of mushroom soup
- 1 1/2 cup wild rice
- 1 can red kidney beans
- 1 can Great Northern beans
- 1 package frozen baby lima beans
- 1/2 teaspoon coarsely ground black pepper



DIRECTIONS

In 12-inch skillet over medium-high heat, in hot salad oil, cook carrots, onion, mushrooms, and salt until vegetables are golden. Meanwhile, in 2-quart saucepan over medium-high heat, heat undiluted cream of mushroom soup and 3 1/4 cups water to boiling.

In a deep 2 1/2-quart casserole, stir carrot mixture, hot soup mixture, and wild rice. Cover and bake in 400°F oven 1 hour.

Rinse and drain kidney beans and Great Northern beans. Stir kidney beans, Great Northern beans, lima beans, and pepper into casserole; cover and bake 20 minutes longer or until hot. Stir before serving.

BINAAKWII GIIZIS - FALLING LEAVES MOON

9TH MOON LESSON - OCTOBER

ANISHINABEMOWIN	PRONUNCIATION	ENGLISH
Dagawaagin	Duh-gwah-gin	Autumn
Binaakwii Giizis	Bin-nah-kwee-gee-zis	Falling Leaves Moon
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

Squash is our Relative

Squash nutrition info:



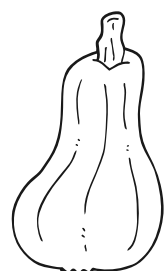
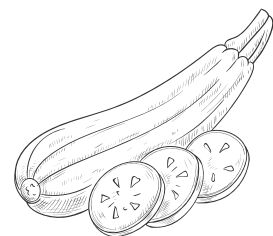
High amounts of Vitamin A (as Beta Carotene)

Antioxidant and anti-inflammatory

Protects lungs against lung cancer, emphysema

Heart protective— helps prevent cholesterol buildup, lowers risk of heart attack and stroke

Regulates blood sugar (may help manage diabetes)



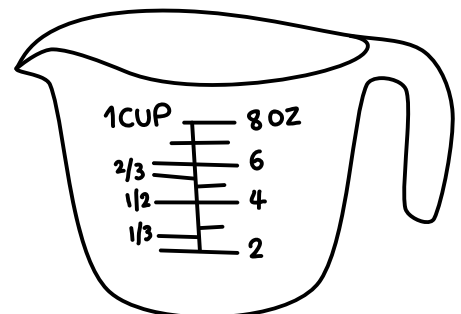
Pumpkin Cranberry Trail Mix

INGREDIENTS

- 1/2 cup dried cranberries
- 1/2 cup dehydrated shredded pumpkin
- 1/4 cup pumpkin seeds
- 1/4 cup raisins

Optional **DIRECTIONS**
1/4 cup toasted nuts

Combine cranberries, almonds, pumpkin seeds, walnuts, and raisins.



GASHKADINO GIIZIS - FREEZING MOON

10th MOON LESSON- NOVEMBER

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Dagawaagin	Duh-gwah-gin	Autumn
Gashkadino Giizis	Gush-ka-dih-no-gee-zis	Freezing Moon
Midaaswi	Mih-dahs-wih	Ten
Indinawemaagan	In-dih-nah-way-mah-gun	My Relative
Ziindaagan	Zeen-daw-gun	Sunchoke

Sunchoke is our Relative

Sunchoke nutrition information



Sunchokes are in the same plant family as the sunflower;
are also known as a Jerusalem Artichoke

High in Potassium – needed for healthy muscles

Vitamin C – supports a healthy immune system

High in fiber – helps with digestion and can help lower
Cholesterol

Fructose from the inulin in sunchokes has sugar that is
better tolerated by people with type 2 diabetes; can
be an alternative to potatoes



Fresh Sunchokes

INGREDIENTS

fresh sliced sunchokes

DIRECTIONS

Slice fresh sunchokes for tasting

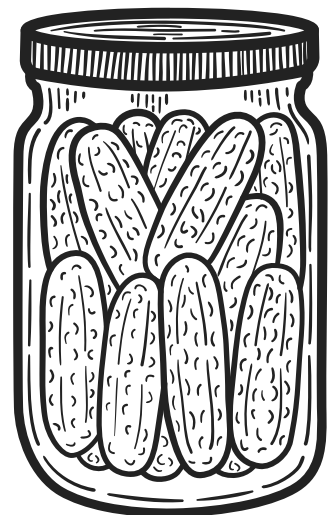
Pickles and Sauerkraut

INGREDIENTS

Small servings of each for tasting

DIRECTIONS

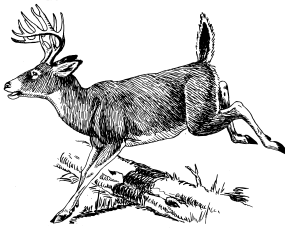
Canned pickles and sauerkraut



MANIDOO GIIZISOONS - LITTLE SPIRIT MOON

11th MOON LESSON - DECEMBER

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Biboon	Bih-boon	Winter
Manidoo Giizisoons	Mah-nih-dew-gee-zih-soons	Little Spirit Moon
Ashi Bezhig	Uh-shih-bay-zhig	Eleven
Waawaashkeshi	Wah-wah-shkay-shee	Deer
Waawaasheshi Wiiyaas	Was-wah-shkay-shih-wee-yas	Venison



Deer is our Relative

Venison nutrition info:

Wild harvested Venison – no additives or hormones

High in iron – more than any other domestic red meat

High in Vitamins B12, B6, and riboflavin (B2)- help break down proteins, fats, and carbohydrates; aid in energy production and healthy cell growth

High in Niacin (Vitamin B3) – helps lower risk of developing osteoarthritis

Low in calories – 4 ounces of venison is approximately 120 calories. (pork or beef contain around 300 calories)

Venison Stew

INGREDIENTS

Venison Roast

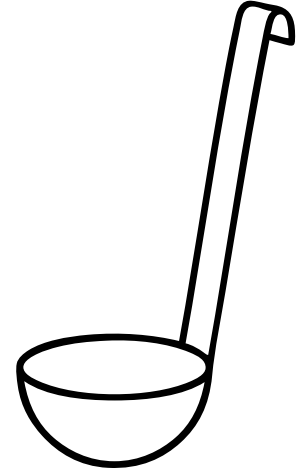
Add as many of the ingredients below according to taste

Onion

Carrots

Garlic

Pepper and Salt to taste



Optional Cooking Methods

Cook in Crockpot for about 6 hours or until meat is falling off the bone

Cook in Oven at 375°F for about 2-3 hours or until meat is falling off the bone

DIRECTIONS

How I make my deer roast is I slow cook it throughout the day in a slow cooker. I add garlic, onion, carrots, pepper, season salt and about an inch of water. I cook it for about 6 hours in the slow cooker or in the oven, at 375°F. Check and flip the roast over often. Pour the juices over the roast each time you check or flip the roast over.

In the oven, the roast will cook faster so keep an eye on it. Make sure it is covered in the oven. Add more water if the water is going away too fast. It is ready to serve, when the meat is falling of the bone.

Recipe provided by Neegonee Diaz



MANIDOO GIIZIS - SPIRIT MOON

12th MOON LESSON - JANUARY

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Manidoo Giizis	Mah-nih-dew-gee-zis	Spirit Moon
Ashi Niizh	Uh-shih-neezh	Twelve
Mashkiki	Mush-kih-kih	Medicine
Mandaamin	Mun-dah-min	Corn
Miinikaan	Mee-nih-kahn	Seed

Corn is our Relative

Corn nutrition info:

High in antioxidants, folate, phosphorus

High in fiber—plays an important role in a healthy digestive system and lowering cholesterol

Contains Vitamins C, K, B1, B5

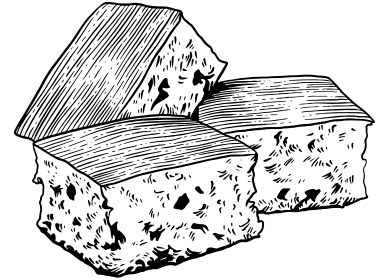
Traditional processing of nixtamalization and grinding corn makes digesting corn easier, and increases the body's ability to absorb its nutrients



Cornbread

INGREDIENTS

- 1 cup cornmeal
- 1 cup flour
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 1 cup buttermilk, yogurt or whole milk
- 3 tablespoons sugar, honey or maple sugar
- 3 tablespoons butter



DIRECTIONS

Preheat oven to 350°F. Grease an 8 inch pan or 9 inch cast iron skillet

Combine the following in a bowl (wet ingredients): Egg, buttermilk (or yogurt or milk), sugar (or honey or maple sugar) and melted butter

Combine in a separate bowl (dry ingredients): Cornmeal, flour baking powder, baking soda and salt

Stir the wet ingredients into the dry ingredients, mixing just enough to combine all ingredients together. Spread into the greased pan.

Bake for 20 minutes or until the center is firm to the touch. Serve warm or at room temperature.

MAKWA GIIZIS - BEAR MOON

13th MOON LESSON - FEBRUARY

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

Bean is our Relative

Bean nutrition info:

Tiny nutrient powerhouses

High in fiber

Cardiovascular-boosting potassium

B vitamins

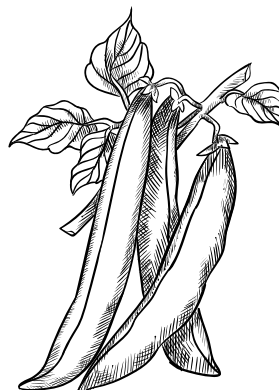
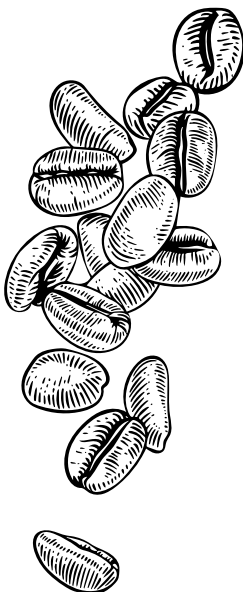
Folic Acid

Low-fat source of protein

Cholesterol free

Provides a complete protein when paired with corn

An affordable form of protein and fiber



Chili



INGREDIENTS

- 1.5 cups ground beef or venison
- 1/2 cup ground pork
- 1 cup chopped onion
- 2 15-ounce cans red kidney beans, drained
- 1 28-ounce can stewed tomatoes
- 1 6-ounce can tomato paste
- 1 cup chopped green pepper
- 1 cup thinly sliced celery
- 2 cloves garlic, minced
- 2 teaspoon salt
- 2 teaspoon chili powder



DIRECTIONS

In stew pot, cook the beef or venison, sausage and onion until meats are brown. Drain off excess fat. Stir in the beans, undrained stewed tomatoes, green pepper, celery, tomato paste, garlic, salt and chili powder. Cover; simmer 1 to 1.5 hours, stirring occasionally. Makes 10-12 servings.





Our mission is to empower and enhance the physical, spiritual, emotional, and mental wellbeing of American Indian/Alaska Native individuals, families and other underserved populations in SE MI through culturally grounded health and family services.