

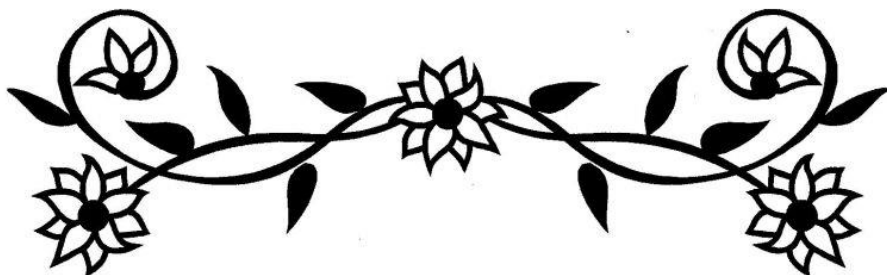


KIDSNACKS!

Traditional Foods for a Healthy Future



**A Traditional Snack Guide
Based on Ojibwe Foods**





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Introduction

This curriculum is designed as a way for youth to become engaged with their traditions, culture, and health through food. It is designed as a way to rebuild the connection between the earth and our bodies, using the cycle of the seasons and the rich regional foods as our guide. Our goal is to empower young people to make thoughtful decisions regarding their food choices and activities and to take pride in the rich food history of the traditional people of this region. Specifically, we believe that by rebuilding a connection to traditional foods, the rates of Type II diabetes and childhood obesity, a dangerous precursor to diabetes, will be lowered in our communities.



8 Snacking Tips!

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables, offer them in bite-size portions.
2. Offer low-fat dips to accompany healthy food choices. Children eat more fruits and vegetables when they are served with yogurt dips and low-fat salad dressings. Read labels though-- "low-fat" does not always mean healthy.
3. Select only juices that are 100 percent juice. Many products that advertise themselves as "fruit juices" contain no more than 10 percent juice. Avoid soft drinks whenever possible.
4. Limit cookies, doughnuts, brownies and other baked goods and limit chips and other salty, high-fat snacks. Instead serve baked pretzels, air-popped popcorn, granola or low-fat cheese, whole grain crackers, bagels, rice cakes or tortillas with peanut butter, jam or low-fat cream cheese.
5. Plan ahead when going on outings. Instead of buying snacks at fast-food restaurants or concession stands, pack individual snack bags, filled with pretzels, nuts and dried fruit to take along with you.
6. Avoid classifying foods as "good" or "bad." There are only bad diets—when foods high in sugar, salt and fat are eaten in excess. All snack foods can be enjoyed in moderation.
7. Don't be swayed by advertising. Many prepared foods that are marketed as kid-friendly are poor in nutrition. For example, popular packaged lunches that come with a treat and a drink get two-thirds of their calories from fat and sugar.
8. Slow down and enjoy your snacks!

How to Use This Guide

With the seasons as a guide, we begin our curriculum with spring. Each season has five to eight traditional foods that are available for that time of year. Each food is divided into several sections:

Goals and objectives: This section will simply highlight the basic understanding that the children should walk away with. It is the heartbeat of each lesson.

Talking Points: These are bulleted “highlights” of the lesson for easy reference when working with the children. They are guides for you as the educator and are intended for the educator to share with the kids.

Food as Tradition: This section is designed to provide the educator with a background and history of the food and how it was used traditionally. We will explore what the food is like in the wild versus how it is used to day (e.g. crab apples vs. the apples that are eaten today). This section will also include any stories or traditional crafts that may have been used with the food.

Food as Medicine: This section will highlight how important a diet rich in traditional foods is. Many of the foods that were eaten by traditional people were highly nutritious, low in fat and sugar, and essential to the health of the people. Because of the transition to the modern diet, many of these nutritional elements have been lost. This section focuses on a holistic approach to nutrition and a basic understanding of how food affects our health.

Recipes and Activities: Each food will have five easy recipes and five fun physical activities. Five options are provided so that you as the facilitator can choose just one recipe that sounds the best from each section or you can choose to do all five— Monday through Friday. The recipes are designed to be as easy as possible to work with. Many of these foods will be foreign to the young participants, but the purpose is to reintroduce the foods back into our diet and the only way to accomplish this is to try new things. The traditional foods have been “made over” to fit into a kid-friendly snack! The physical activities are included as a way to make exercise fun. Most of the activities correspond with the snacks, although a few activities are just fun! The message of all of the recipes and activities is to explore your world, try new things, and have fun while doing it!





Elders: A Sacred Resource

Traditionally, Elders have been looked to for advice and guidance. Elders are a good source of information and an invaluable resource. Finding those in your community who can share information of gathering, harvest, storing, preparation, and uses for the traditional foods is an important part of this curriculum. Invite those with the knowledge to put it into use. Have them teach classes or mentor on a one-to-one basis with the children. It can not be overemphasized how important the incorporation of Elder's are to this curriculum. Establishing a relationship with Elder's to help teach lessons of tradition will greatly enrich this curriculum, both for the educator and for the young people.

A great place to begin developing this relationship is to begin this lesson with an interview. A guide for the interview is offered in this curriculum. Have the kids pick a food from the curriculum and an elder in their community. This person can be a grandparent, an auntie or uncle, or even a family friend. If the kids do not know of an Elder to speak with, invite the youth to "adopt" an Elder from the community by inviting an Elder's Center or other group to participate.

It is important to invite elders to share their information in the proper way. In honoring their knowledge and asking for their help, an offering of tobacco is used—in Ojibwe, this gift is called *assema*.



The Power of Storytelling


Stories are an important part of enriching our relationship with food. We encourage educators and adults to familiarize themselves with these stories before sharing with children. When we become familiar with a story, the words leap off the page and into our imaginations.

“Tell children a story and they listen with their whole beings. Lead children to touch, smell and understand a flower, to listen to the wind sighing in a pine grove, to see the waving blades of seaweed along the shore or to taste a sweet wild edible berry and you begin to establish connections between children and the plants in their surroundings... help children appreciate their stewardship role and how all things are intertwined.”


(Bruchac, Joseph and Caduto, Michael J., Keepers of Life: Discovering Plants Through Native American Stories and Earth Activities for Children. Fulcrum Publishing, Golden, CO, 1994 pg. XVII)

Many of these foods have are deeply intertwined with the stories that surround them. The story of how the Ojibwe people got Manomin, or Wild Rice, is as much of a part of the experience as eating the rice. There are many versions of these stories, and many have been left out. Ask community members for their versions, or ask the children to make up stories for those foods without traditional ones.

**NATIVE FOOD CIRCLE:
CHOICES FOR A HEALTHY LIFESTYLE**



Fruit
(Vitamins, Minerals &
Phytochemicals)



**Fish, Birds, Meat, Nuts,
Seeds, Dried Beans, and
Peas**
(Protein)



Vegetables
(Vitamins, Minerals, &
Phytochemicals)

**Grains, Breads and
Cereals**
(Carbohydrates)

Dairy products were not a traditional food.
See the back for additional information on
calcium sources.

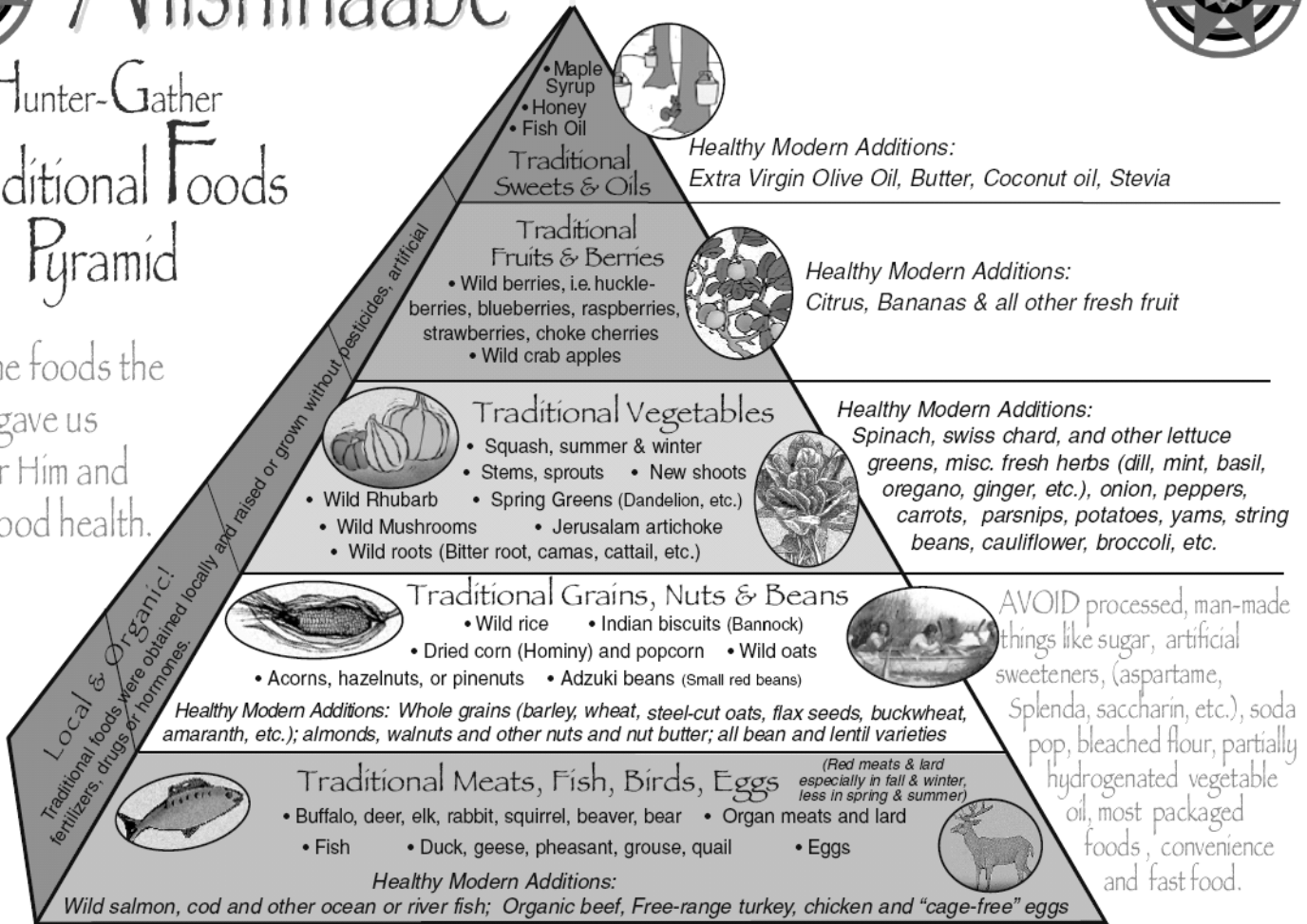


Anishinaabe Creator



Hunter-Gather Traditional Foods Pyramid

Eating the foods the
Creator gave us
will honor Him and
give us good health.



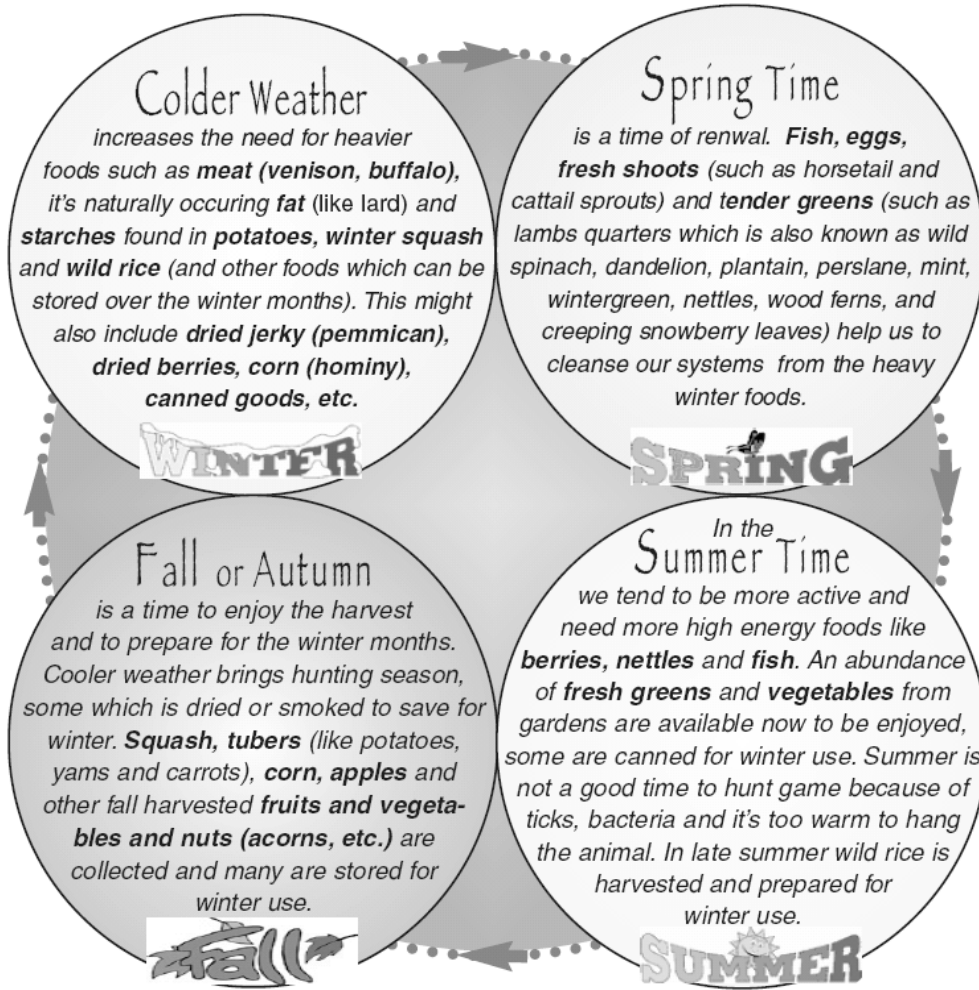
A NOTE on DAIRY: Dairy, while included in "American" food pyramids, is **not** a traditional food for Anishinaabe Hunter-gathers.

Traditional Calcium and Mineral Sources Included:


- Breast milk for babies and children under two years
- Bone soup or broth
- Fish head soup
- Canned fish with the bones
- Vegetables and greens

Processed homogenized dairy products have been found to increase risk of Type 2 diabetes, while only **raw milk from healthy cows** is a healthy and beneficial addition to a traditional diet. Cultured dairy (yogurt, kefir, buttermilk, etc.) from raw milk is digestible for those who are otherwise lactose intolerant.


Eat According to the Seasons & the Land



FOCUS on LOCAL



Eating the foods that are grown in the soil and climate that you live in is very important. These STAPLE foods provide the specific nutrients your body needs. The Creator has given us everything we need literally within walking distance from where you live (wild rice, fish, deer, corn, various greens, and the other traditional foods mentioned above.) How else could people have survived without modern transportation? ... and they did so for thousands of years.



*While citrus and other tropical fruits may be a healthy treat for us, their nutrition is better geared for those who live in the regions they are grown in. If the Creator would have thought we needed bananas or pineapple or coconut he would have had them grow here, but they cannot. This does not mean we cannot ever enjoy them, they simply **should not be the STAPLES** of our diet.*

2006 Created for the DEFEAT DIABETES PROGRAM, Anishinaabe Center, Detroit Lakes, MN www.anishinaabe.org 218-846-9463

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ACTIVITY: What Was Our Food Like?

Goals and objectives:

- Children will interview Elders in their community about a particular food item from this curriculum.
- They will learn more about the connection between the people and the land.
- They will interact with Elders to gain a historical appreciation of their traditional foods and gain cultural knowledge
- They will understand the foods that were eaten prior to today, the foods of their grandparents and beyond.
- Children will create a final project around their food of choice.

Talking Points:

- A lot of history around foods is found in stories, and stories can only be told when there is snow on the ground. It is important to schedule this activity in late winter or early spring when there is still snow on the ground.
- Elders in our community hold great knowledge about history and culture.
- Building relationships with food and elders connect people to traditions.

Materials:

- Notebooks for each participating child
- Writing utensils
- Tape Recorders and blank tapes (optional)
- Art supplies for the final project. (Examples: construction paper, glue, scissors, old magazines, leather scraps, beads, etc.)

ACTIVITY:

What Was Our Food Like?

Activity:

1. Have the participating children pick out a food from the 25 traditional foods in this curriculum. If there is a traditional food that they are particularly attached to that is not in this guide, such as fish, they may choose that food.
2. Have the children identify an elder in their community that they would like to work with. This can be a grandparent, aunt or uncle, friend, etc.
3. Have the children research the Good Way to approach the Elder that they have chosen to work with. Help them prepare a gift, or *asema*, to ask in the proper way. **IMPORTANT:** Sometimes you must help the student make an appointment with his or her elder. Stress that courtesy and respect are important things to remember during interviews.
4. If you have access to tape recorders, hand them out and make sure the children know how to use them. Otherwise, the children will have to write down notes or have an adult help.
5. Questions for the students to ask during the interview might include:
 - What was food like when you were young?
 - What stories about food do you remember hearing when you were young?
 - Where did you find your favorite foods?
 - What do you remember about this food that I have chosen?
6. Have the children create a project based on the interview. The project can be anything they like. Project examples include but are not limited to: a collage made out of magazine pictures, an illustrated story, a cookbook, a skit, a poem, a song, a meal made for the group, etc.
7. Have a show and tell presentation day, when each participant can explain their project and tell each other about their food and the Elder that they spoke with.

Section One



Spring

Ziigwan

March: Onaabani-giizis
(hard crust on the snow moon)

April: Iskigamizige-giizis
(maple sugar moon)

May: Waabigwanii-giizis
(flower moon)

Maple Syrup

Goals and objectives:

- Children will understand how the Ojibwe obtained and used maple syrup.
- The group will know the story of Winneboozho and Maple Syrup.
- The nutritional aspects of maple syrup versus corn syrup or sugar will be understood.

Talking Points:

- The Ojibwe have harvested maple syrup for centuries.
- Sap was boiled down to syrup and sugar which are stored and used throughout the year.
- Winneboozho gave us maple sap so that we would have to work to get the syrup.
- Maple syrup is rich in nutrients—especially calcium and potassium.

Food as Tradition:

For centuries, Maple Trees have been tapped for their sweet sap by the native woodland peoples. Maple syruping is such an important time of year for the Ojibwe that they call the month of April the maple sap boiling moon, or *Iskigamizige-giizis*. Small bands of Ojibwe would break into smaller groups of families around early springtime, when temperatures were right—freezing at night with warm days—for the sap to run. These families comprised temporary mapleing camps called sugarbushes which would become home for a few weeks to a few months while the sap was collected, processed and stored as either maple syrup or maple sugar. The sugar was then used for trading and for adding to the diet of wild rice, fish, venison, bear, and other foods. Maple syrup was the main seasoning ingredient for the Ojibwe people. Another way that maple sugar was prepared was to boil the sap until it is crystallized sugar. The thick layer of crystallized sugar was cut into cakes (called sugar cakes) and would be given to children as treats or brought along on journeys as a source of energy. Sugar cakes are still a popular treat!

Maple Syrup is still an important part of the Ojibwe culture today. With the increase in consumption of high-fructose corn syrup and white refined sugars, diabetes and obesity have also increased. Maple Syrup in small quantities provides an all natural sweetener, although it does still raise glucose levels for those who are living with Diabetes.

Food as Medicine:

Maple syrup has been called “one of the world’s healthiest foods” (*The World's Healthiest Foods, Essential Guide to the Healthiest Way of Eating* by George Mateljan). Despite its high sugar content, pure maple syrup is a much healthier sweetener than processed white sugar, which is stripped of its nutrients in manufacturing. In fact, a ¼ cup serving of maple syrup contains more calcium than the same amount of milk and more potassium than a banana. It's also a good source of magnesium, phosphorus, zinc and iron. Imitation syrups, on the other hand, consist of little more than high fructose corn syrup, preservatives, and artificial flavoring. It also contains traces of B vitamins, which work together to deliver a number of health benefits like maintaining healthy skin and muscle tone, enhancing the immune system, and combating the symptoms of stress, depression, and cardiovascular disease and can help regulate weight!



Story:

How the Ojibwe Got Maple Syrup

One day Winneboozhoo was standing under a maple tree. Suddenly it began to rain maple syrup (not sap) right on top of him. Winneboozhoo got a birch bark tray and held it out to catch the syrup. He said to himself:

"This is too easy for the People to have the syrup just rain down like this." So he threw the syrup away and decided that before they could have the syrup, the People would have to give a feast, offer tobacco, speak to the manido, and put out some birch bark trays.

Nokomis, the grandmother of Winneboozhoo, showed him how to insert a small piece of wood into each maple tree so the sap could run down into the vessels beneath. When Winneboozhoo tested it, it was thick and sweet. He told his grandmother it would never do to give the People the syrup without making them work for it. He climbed to the top of one of the maples, scattered rain over all the trees, dissolving the sugar as it flowed into the birch bark vessels. Now we have to cut wood, make vessels, collect the sap and boil it for a long time. If we want the maple syrup, we have to work hard for it."

(Adapted from Robert E. Ritzenthaler and Pat Ritzenthaler, 1983, *The Woodland Indians of the Western Great Lakes*, Prospect Heights IL: Waveland Press.)

Maple Syrup Granola

Makes 16 handfuls!

INGREDIENTS:

- 6 cups quick-cooking (thin) oats
- ½ cup sliced almonds or walnuts (optional)
- ¼ cup sunflower seeds (optional)
- ½ cup unsweetened coconut (optional)
- ½ cup wheat germ (optional)
- 1 ½ tsp. cinnamon
- ½ tsp. vanilla extract
- 1/3 cup canola oil
- 2/3 cup maple syrup
- 2 Tbs. apple juice concentrate

Directions:

Preheat oven to 350 degrees. Pour all ingredients (except last four) into a rectangular shaped metal cake pan. Stir with a wooden spoon. In a glass bowl, mix oil, maple syrup, and apple juice. Add vanilla and heat until hot (not bubbly). Pour liquid over oats and spread evenly with spoon. Bake for 20 minutes. Remove from oven and stir well. Bake 10 more minutes until mixture is toasty brown. Let cool. It will get crunchy as it cools. Store in air tight container and keep on the countertop for a quick snack.

Physical Activity #1

Maple Leaf Forest

- Materials: Paper plates with a maple leaf cut out, pasted, or drawn on
- Divide the group into teams of 4 or more. They will have 2 fewer plates than the number of teammates. The object of this game is to get all team members across a space (forest) by stepping on the plates (maple leaves) only. The number of people on the team will determine length of space. Since they are using 9" plates, a bit of leniency should be practiced as far as stepping only on the plates. At least half of the players' foot must be on the plate. Each team must come up with a strategy for passing the plates back and forth in order to get all teammates across the span. The first team to get all members across wins. After the teams try this, and think they have it figured out, have them try again with these variations:
- No shouting out instructions; in fact, NO words at all. They can use stomps, grunts, snaps or whatever else they can come up with, but no talking. Every 30-45 seconds, (moderator controlled), one plate is taken from the team, (moderator's choice). Whoever is on that plate must go back to the beginning, and the team has to come up with a strategy to get that person back with the team.

Edible Maple Play-dough

Makes 6 servings



INGREDIENTS:

- ¾ cup peanut butter
 - ½ cup maple syrup
 - 1 ½ cups nonfat dry milk powder
 - 2 Tbs. wheat germ
 - 2 Tbs. chopped peanuts
- Decoration ideas:
- Raisins
 - Sunflower seeds
 - Coconut flakes
 - Chocolate chips

Directions:

Mix the peanut butter, milk powder, wheat germ, and maple syrup until well blended. Separate into 6 pieces. Hand a piece to each child. Let them play with the “play-dough”, letting creativity run wild! Let them decorate with whatever is on hand.

Variation: Maple Squares. Combine all ingredients for the edible maple play-dough. Spread the mixture into a loaf pan and pat down to make an even layer. Sprinkle the peanuts over the mixture and press gently. Chill for one hour. Cut into squares and keep chilled until you serve it.

Physical Activity #2

Maple Tree Balance

- Ask everyone to stand on one leg, pretending that their one leg is the trunk of a maple tree. This is an excellent assessment of ankle strength, balance, and psychological centeredness. Ask who can be the last one tree standing? Swap legs and try again. Have them reach their hands out like branches. Have a hopping competition and see who can hop on one leg the longest.

Cut Fruit with Yogurt Maple Syrup

makes dip for 10!



INGREDIENTS:

- 2 cups vanilla yogurt
- ¼ cup maple syrup
- 1 Tbs. cinnamon
- Toothpicks or wooden skewers

- 4 cups mixed, seasonal fruit
such as: - Strawberries
- Bananas
- Blueberries
- Melon
- Apples
- Kiwi

Directions:

Slice fruit, and have the kids arrange on skewers or toothpicks. You can put the toothpicks into the fruit to create people and animals. Combine yogurt and cinnamon and a little maple syrup to make a dip. Dip the fruit creations into the yogurt.

Physical Activity #3



Dripping Sap

- o This game is for 4 or more players and should be played in an open area. To play, pick someone to be "it." That player runs around and tries to tag the other players. When someone is tagged, she starts to melt, like dripping sap. (It works best if you count to ten slowly while you melt.) Someone who's not "it" has to tap her again before she melts all the way down to the ground. When she's tapped, the player who was melting can run around again. The first person to melt all the way to the ground is "it" during the next round.



***Pears with Maple Syrup,
Walnuts, and Cranberries***

Makes 8 servings!



INGREDIENTS:

- 4 ripe pears, cored and halved
- ½ cup dried cranberries
- 3 Tbs. maple syrup
- ¼ cup walnuts, broken roughly

Directions:

Place the pears into a microwaveable or oven safe dish. Place them cut side down. Scatter the dried cranberries over the pears. Pour 2 Tbs. of the maple syrup over the pears. Microwave on high for about 3 minutes, stirring half way through or bake for 35 minutes in the oven at 350 F degrees. Uncover and let cool for a few minutes. Stir in walnuts, and drizzle the remaining maple syrup over the pears. Slice and serve.



Physical Activity #4



Stuck in the Syrup

- o This game is for 4 or more players and should be played in an open area. To play, pick someone to be "it." When "it" tags someone, she is stuck in the syrup and can't move. To get unstuck, someone else has to crawl through her legs. To make it harder, you can add this twist. If a player touches the stuck player's legs when crawling through them, then they are stuck too. If everybody gets tagged, the game is over. The last person to be tagged is "it" in the next round.

Maple Apple Dip

Makes 5 servings!

INGREDIENTS:

- 1 cup silken tofu
- ½ tsp. cinnamon
- ½ tsp. vanilla extract
- ¼ cup maple syrup
- 3 medium apples
- Blender

Directions:

In a blender or food processor, blend together the tofu, cinnamon, vanilla, and maple syrup until smooth. Spoon into a small bowl and use as a dip for the slices of apple. Feel free to try dipping other fruit as well.

Physical Activity #5

Sticky-Syrup Buddy Tag

- This game is for 6 or more players (the more players, the more fun it is to play!) and should be played in an open area. In this game, you have to stick to a buddy to avoid being tagged! To play, one person is "it" and one person is the runner. Everyone else finds a partner and links arms. The pairs of buddies scatter around the playing field. The person who is "it" tries to tag the runner. To avoid being caught, the runner has to link up with a pair of buddies before "it" can tag him. When the runner finds a buddy, he links arms and is safe. . . but now the buddy on the other side of the pair becomes the runner! If the runner is tagged before she can link up with a pair of buddies, she's now "it," and "it" becomes the runner. The game can go on forever, so stop playing when you're out of breath!

Wild Greens

Goals and objectives:

- Children will understand when wild greens were eaten and how they were prepared
- Children will be able to identify many different types of greens that are eaten today
- The nutritional aspects of eating greens will be understood

Talking Points:

- Greens were traditionally eaten as fresh shoots and new leaves in the springtime, before they became bitter and tough in the summer.
- Wild onions, wild leeks, and ostrich fern (fiddleheads) were eaten in salads and soups in large feasts.
- Today, we eat many greens like spinach and kale. Those greens are an important source of calcium and other vitamins and minerals.

Food as Tradition:

In the early spring, after the snow melts and the ground thaws, tender shoots begin to appear. Traditionally, these new shoots and leaves were eaten very much like we eat salad today, although there were many variations. Since salt not used, salads were flavored by herbs, oil pressed from seeds, and especially with a type of vinegar made from fermented, evaporated uncooked maple sap. In addition to salads, the new shoots were eaten in soups and cooked with meats. After the long winters of the north, these springtime greens were a beloved reminder of new life, thus this meal was always surrounded by celebration. Customarily, there would be huge salad eating-feasts, enjoying the new leaves and shoots before they became tough, bitter and inedible later in the season. Wild greens that were traditionally eaten by the Ojibwe include: wild onions, wild leeks, ostrich fern (fiddleheads), and many more.

Today, the greens in our diet can be eaten all year round (thanks to the refrigerator!). Even with modern day conveniences, it seems that our bodies begin to crave greens in the spring. Our greens have moved away from the wild ones of our ancestors. Now it is much more common to see spinach, lettuce, kale, and chard in the salad bowl.

Food as Medicine:

Dark greens are great sources of calcium. Calcium is the mineral that makes our bones and teeth strong. It is also needed so that our muscles will contract and helps blood from a cut or wound heal and clot. Spinach and other greens, such as kale or chard can contain at least 10 percent of our daily value requirements for calcium. Spinach is also a great source of iron, which our bodies use to form hemoglobin and myoglobin, proteins that carry oxygen throughout our bodies. Greens are also very high in beta carotene (vitamin A from plants) and vitamin C. Because of the high content of calcium, spring greens are great for nursing mothers.

Salad Rainbow

Makes 10 bags of salad



INGREDIENTS :

- 10 resealable plastic freezer bags
- Several kinds of salad dressing
- 5 cups of salad Greens
- A variety of fruits and vegetables representing the colors of the rainbow:

RED

- radishes
 - Red bell peppers
 - Apple slices
 - Tomatoes
- ### ORANGE
- Orange bell peppers
 - Carrots
- ### YELLOW
- Yellow wax beans
 - Yellow bell peppers
 - Summer squash
 - Yellow tomatoes

GREEN

- Fresh Green beans
 - Green bell peppers
 - Cucumbers
 - Snow peas
- ### BLUE/PURPLE
- Purple cabbage
 - Blueberries
 - Raisins
 - Beets

Directions :

Have the vegetables pre-cut. Hand out the plastic bags to each child. Have everyone take a handful of the washed and bite-sized lettuce and put it in their bags. Go around in a circle and have each child try and come up with a fruit or a vegetable that is red. After this, pass around the red bell pepper and add it to the bag. Repeat this for each color (even blue!). Then have them add the sunflower seeds and raisins. Finally, add a little dressing to the bag. Seal the bags shut and then have them shake the bags. You can incorporate a lot of physical activities during this part. Label the bags with the kid's names and have a bag toss. Or put some music on and shake the bags to the beat.

Physical Activity #1



Salad Toss

- o Materials: One Volleyball or other lightweight ball, blankets or sheets for each team
- o Set up teams so that each team has at least four people on it—there will be one person holding each corner of the blanket. Have one team serve the volleyball by placing the volleyball in the middle of the blanket. They are to lower the blanket and then raise it quickly as a team, to allow the ball to become airborne. The opposing team must catch the volleyball in their blanket and toss it back again.

Lasagna Rolls with Spinach

Makes 15 rolls

INGREDIENTS:

- One box of whole grain lasagna Pasta (about 15 pieces)
- 1 can of tomato sauce
- 1 cup of shredded mozzarella
- 16 oz. low-fat ricotta cheese
- 2 cups spinach, washed, broken into leaves and sliced thin length-wise

Directions:

Preheat oven to 350 degrees. Boil pasta until done (about 8 minutes). Lay the pasta out onto baking sheets. Have the kids spoon tomato sauce onto the noodles. Mix the ricotta and mozzarella cheeses together. Put two to three spoonfuls of the cheese mixture onto the noodles and spread with a fork. Add the spinach and roll up tight. You can use a toothpick to secure the wraps if needed. Bake on the baking sheet for about 15 minutes or until the cheese is melted.

Physical Activity #2

Lasagna Roll Relay

- This game is for 6 or more people and should be played outside or in an open area on a soft surface. To play, form 2 teams of 3. The first person gets down on the ground on her side and rolls, "lasagna style," (like a log) to the end of the playing field and back. Then the next team member goes. The first team to finish wins.

Bacon, Lettuce, and Tomato Wraps

Makes 8 wraps

INGREDIENTS:

- 8 Large Red Leaf or Romaine lettuce leaves, washed
- 4 Tbs. reduced-fat mayonnaise
- 8 slices deli turkey
- 1 cup grated cheese
- 1 cup tomatoes, chopped
- 4 slices bacon, cooked and crumbled

Directions:

Give each child a lettuce leaf. Have them spread a little mayo (about ½ teaspoon) evenly down the center of the leaf. Spread about a spoonful of cheese and the turkey over the lettuce leaf. Have the kids sprinkle the tomatoes and a little of the bacon on top. Show them how to fold in the sides of the lettuce leaf and then roll up tight like a burrito. Fasten with a toothpick, or just enjoy.

Physical Activity #3

Steal the Bacon

- o Materials: One ball and a handkerchief for each player
- o This is a game for 7 kids, 6 players and a referee. Both teams line up in 2 rows of 3, and each player hangs a handkerchief out of his back pocket. A ball is placed in between the teams. The object of the game is to steal the ball without getting your hanky pulled out of your pocket. Everybody in the game gets a number: 1, 2, or 3. The referee calls out a number. If she calls 2 and your number is 2, try to grab the ball and run back to your team. If the other player gets the ball before you do, try to grab the hanky from their pocket. If you get back to your team with the ball, your team gets a point. If your handkerchief gets grabbed, the other team gets a point. Play to five points or more. Let's steal some bacon!



Spinach Dip with Veggies and Whole Wheat Pitas

Makes 16 pitas

INGREDIENTS:

- 2 cups low-fat plain yogurt
- 1 cup reduced-fat mayonnaise
- 1 (10 oz) package frozen spinach
- 1 (2 1/3 oz) package of ranch mix or French onion soup mix
- 4 green onions, chopped
- 3 bell peppers, assorted colors, sliced length-wise for dipping
- 4 carrots, cut into sticks
- 8 whole wheat pita bread, cut into triangles

Directions:

Thaw spinach and drain water by either squeezing it or using a paper towel. Combine yogurt, mayonnaise, frozen spinach, ranch or soup mix, and chopped onions. Let the kids dip veggies and the pita bread into the mix.

Physical Activity #4

Refrigerator Tag

- o This game is for 5 or more players and should be played outside or in an open area. To play, pick four objects to be bases and give each base a name: "Don't like it," "Love it," "It's OK," "Never tried it." You can make signs for each base if you like. Pick someone to be "IT." "IT" stands in the middle and the players stand on any base they want. "IT" calls out the name of a food. Players then have to run to the base that describes how they feel about that food. "IT" tries to tag a player before he or she reaches the base. The player who is tagged then becomes "IT!"

Bunny Salad

Makes 8 bunnies

INGREDIENTS:

- 4 pears, halved and de-seeded (if fresh pears are unavailable, substitute canned pears)
- Cottage cheese
- Raisins
- Lettuce (use Red Leaf or Romaine, NOT Iceberg), washed and broken into leaves
- Whole almonds
- Baby carrots

Directions :

Give each child a lettuce leaf. Put half of a pear on top of the lettuce. You can use fresh pears if you have them on hand. Each child can choose how they would like to decorate the rabbit, but this is our suggestion: add two raisins for the eyes and one for the nose. Next, put two almonds for the ears. Put a spoonful of cottage cheese behind the pear for a tail. Put a baby carrot by the bunny's mouth—and there is the bunny salad!

Physical Activity #5

Bunny Tail Fun

- o Materials: Two blindfolds, two large bowls filled with cotton balls, two medium bowls, and two large spoons
- o This game is for three or more players. To start, two players are blindfolded and sit on the floor with bowls filled with bunny tails (cotton balls) on their laps, empty bowls on their heads, and spoons in their hands. One player is the referee and says, "Go!" Players then have 30 seconds to spoon the bunny tails from the large bowls in their laps to the medium bowls on their heads. The player who scoops the most bunny tails wins!

Mushrooms

Goals and objectives:

- Children will understand that mushrooms were and still are one of the most sought after wild foods.
- Children will learn about the significance of mushrooms, especially of morels, in Ojibwe culture

Talking Points:

- Morel mushrooms were gathered in the spring by the Ojibwe and are still one of the most sought after mushrooms.
- Eating the wrong kind of mushroom can lead to sickness or even death. It is incredibly important to know what kind of mushrooms you are gathering before you eat them.
- Mushrooms are a very healthy food choice and have a lot of medicinal properties as well.

Food as Tradition:

In the spring, Ojibwe people would gather morel mushrooms, or wazhaskwedoonsag. Morels fruit in early to mid May. They are one of the most sought after edible mushrooms in the Great Lakes region. In the Ojibwe culture, mushrooms are usually associated with the night. Special leather gathering bags were worn to collect and protect the fragile fungus.

Today, people search for wild mushrooms throughout the season, collecting delicacies of all colors, sizes and shapes. It is very important, however, to know exactly what you are harvesting before you eat anything harvested in the wild. Although only 10 percent of all mushrooms are poisonous, eating the wrong kind can result in sickness and even death. No matter what, always be 100 percent sure before you eat it.

Food as Medicine:

Mushrooms have been known to be highly medicinal in many cultures all over the world. For example, in China it is traditional to eat *Cordyceps sinensis*, a mushroom believed to build physical stamina and mental energy. In Eastern Europe, *Inonotus obliquus*, or chaga, has been shown to fight tumors for a number of cancers.

In addition to being highly medicinal, mushrooms are a highly nutritious addition to any diet. Mushrooms have zero fat and more protein than any vegetable except soybeans — they are also an especially good source for vitamin D. They have no cholesterol, and are a significant source of vitamin B2, niacin and folates, phosphorus, potassium and zinc.

Cooking mushrooms is highly recommended. Mushrooms should not be eaten raw — not even white button mushrooms. Allergic reactions are more pronounced when eating raw mushrooms, and people who have compromised immune systems can get serious infections. The cell walls of raw mushrooms are not easily digestible unless they are cooked. And once cooked, the medicinal and immune system-enhancing properties are increased!



Mushroom, Spinach and Cranberry Salad

Makes 8 salads

INGREDIENTS:

For Dressing:

- ¼ cup orange juice
- 2 Tbs. lime or lemon juice
- 1 ½ cup honey or maple syrup
- ½ cup olive oil
- ½ teaspoon chopped fresh herbs, like sage, rosemary, tarragon, or basil
- ¼ tsp. each: salt and pepper

For Salad

- 4 cups pre-washed baby spinach
- ½ lb. sliced white mushrooms
- 1 can mandarin oranges, drained
- ½ cup thinly sliced red onions
- ¼ cup dried cranberries
- ¼ cup walnuts

Directions:

Combine orange juice, lemon juice and honey in a jar with a lid. Add olive oil, herbs and salt and pepper and tighten lid. Have kids take turns shaking to mix the dressing. Place each ingredient in a separate bowl on a table. Hand out bags or bowls to the kids and have them create their own salad, encouraging them to try a little of everything. Add dressing, and enjoy!

Physical Activity #1

Mushroom, Tree, Bridge

o This game is for 6 or more players and should be played outside. To play, get into teams of 3. Line up with your teammates. The first person in line is the mushroom. She ducks down on her knees with her head tucked in. The second person in line jumps over the mushroom and stands up and becomes the tree. The third person in line jumps over the mushroom, goes around the tree twice, and makes a tent with his body and becomes the bridge. The person who was the mushroom then goes around the tree 2 times, goes under the bridge, and becomes a mushroom again. They keep repeating this pattern until their team reaches the finish line. The first team to finish wins.

Mushroom Melt Faces

Makes 1 Melt!



INGREDIENTS:

- Whole wheat English muffins (one for each child)
- 10 button mushrooms, thinly sliced
- 2 avocados, thinly sliced
- Spinach leaves
- Cherry tomatoes, sliced in half
- Black olives
- Slice red, yellow, or green bell peppers
- 2 cups shredded Colby or Monterey jack cheese
- 1 Tbs. butter
- Salt, pepper, and garlic powder (optional) to taste

Directions:

Slice the English muffin in half, put into toaster oven to toast. Melt butter in small skillet; add mushrooms, salt, pepper, and garlic powder to taste and sauté until browned. Remove muffins from oven and let cool slightly. Hand a muffin half to each child and butter lightly. Sprinkle cheese over the muffins and let the kids use the vegetables as decorations. Again, let creativity run wild, faces are fun but they aren't the limit. Olives and mushroom slices make great eyeballs. Red bell peppers make good lips. Anything goes! This is a great time to chat about vegetables and encourage them to use at least three different vegetables. Ask the kids if they have any ideas for toppings and see what they come up with. Place the muffins on a broiler pan, pizza tray, or baking sheet. Bake until cheese melts, about 5 minutes.

Physical Activity #2



Pizza Shop

- o *Materials: tape or chalk to mark boundaries if played outside*
- o Set up a space (works best outside or in a gym) with two lines a good distance apart. Two people (pizza makers) stand in the middle of the area and the rest of the players stand behind a line at one end of the area. The coordinator goes down the line informing the kids at to what topping they are by saying tomato, mushroom, or cheese. The pizza makers are to call out one topping and those toppings are to run across the area past the safe line on the opposite end. If they're tagged they must stop where there at and sit down. They try to tag anyone that passes them during the game. Do this until there are only two people remain in the game. They are the new pizza makers.

Mushroom and Spinach Quesadillas

Makes 8 Quesadillas

INGREDIENTS:

- 8 whole wheat tortillas
- 4 Tbs. butter
- 4 cups mozzarella or cheddar cheese
- 2 cups spinach
- 2 cups mushrooms
- ½ cup salsa
- ½ cup low fat sour cream or plain yogurt



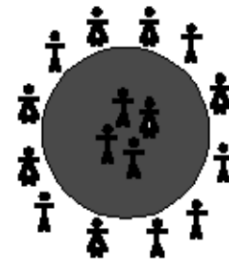
Directions:

Melt butter at medium temperature. Place a tortilla in the pan. Put ingredients into the shell and cover with another tortilla. Let cook for about 4 minutes on each side, long enough to melt cheese, but not over cooking and burning the tortilla. Serve with a spoonful of salsa and sour cream.

Physical Activity # 3



Galaxy Ball



o Materials: 3-5 soft rubber or foam balls

o Players form a large circle or square. Place 1 to 5 players in the center who try to avoid being hit by thrown balls. Players on the perimeter throw balls trying to hit the inner circle players at the waist or below. The player who hits someone, gets to take his or her place in the center.

Zucchini and Cheese Stuffed Mushrooms

Makes 12 Mushrooms

INGREDIENTS:

- 12 fresh mushrooms, at least 2-inches (about ¾ pound)
- 3 cups zucchini, coarsely shredded
- ¼ cup low-fat parmesan cheese
- 1 Tbs. reduced-fat mayonnaise
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 2 tsp. low-fat parmesan cheese
- ¼ tsp. Worcestershire sauce

Directions:

Remove stems from mushrooms and discard; set caps aside. Arrange zucchini in a vegetable steamer over boiling water. Cover and steam 5 minutes. Place zucchini on several layers of paper towels; cover with additional paper towels. Let stand 15 minutes, pressing down occasionally to remove moisture. Combine zucchini and next 6 ingredients; stir well. Spoon mixture evenly into mushroom caps. Carefully arrange mushrooms on a baking sheet in the oven. Bake for about 10 minutes at 350 degrees. Remove mushrooms from the oven and sprinkle with Parmesan cheese. Serve immediately.

Physical Activity # 4

Mushroom Race

- o Materials: 3-5 soft rubber or foam balls
- o Players form a large circle or square. Place 1 to 5 players in the center who try to avoid being hit by thrown balls. Players on the perimeter throw balls trying to hit the inner circle players at the waist or below. The player who hits someone, gets to take his or her place in the center.

Mushroom Omelets in a Bag

Makes 8 servings!



INGREDIENTS:

- 8 quart size (heavy duty freezer bags)
- 8 eggs per
- 1 cup mushrooms, sliced
- 1 cup tomatoes, chunked
- 1 cup onions, sliced
- 1 cup bell peppers, chunked
- 1 cup cheese, shredded
- 1 cup turkey, chunked

Directions:

Start a large pot of water boiling. This pot must be large enough to accommodate all of the bags with the omelet mixture. Chop the vegetables and cook the onions, mushrooms, and peppers if you like before they go into the bag. This step can be done ahead of time to save time. Place each vegetable in a separate bowl with a spoon or fork. Hand out bags and have each child label the bag with their name (permanent marker works best). One by one, have the children crack an egg into a bowl and beat it with a fork. It is important to do this step one by one because each child should receive instruction on how to crack and beat an egg. Explain that they can also use this skill to make scrambled eggs. Pour the egg into the bag. Have the kids add vegetables, meat and cheese to the egg mixture. Seal the bags well and drop them one by one into the boiling water. Boil for about 5 minutes, or until the egg is cooked solid. Spoon out the bags and serve on plates.

Physical Activity #5



Egg Roll

- Materials: One egg for each player, cones or poles to set up an obstacle course
- Set up an obstacle course with a start and finish line. If outdoors, players can do this barefoot if weather permitting. The course could go through mud puddles and/or water (sprinkler) if available. Divide into teams and each person is to go through obstacle course pushing an egg with their foot.

Tubers

Goals and objectives:

- Children will understand what part of a plant a tuber is.
- Children will become familiar with the many different types of tubers eaten by the Ojibwe and with the harvesting and preparation methods of the arrowhead.

Talking Points:

- Tubers are the roots of the plant and were gathered throughout the spring and summer and fall.
- Today's diet includes potatoes and yams as commonly consumed tubers.
- Tubers were and are an important medicine and source of carbohydrates and protein, fiber, vitamins, and minerals.

Food as Tradition:

Tubers are the parts of a plant that grow underground—the root of the plant. Beginning in the spring and ending in the late fall, families would gather a wide range of roots and tubers. Tubers that were gathered in spring by the Ojibwe include Arrowhead roots (waabiziipin ojiibikan), yellow water lily roots (oga'damun ojiibikan), wild leeks and wild onions (bagwaji zhigaagawinzhiig), cattail roots (apakweshkaway ojiibikan), bulrush roots (anaakanashk ojiibikan), dandelion roots (doodooshaaboojiibikan ojiibikan), and wild ginger roots (namepin ojiibikan). Ground nuts, also known as hopniss, were gathered as well. These tubers and roots would be roasted, sautéed, steamed, and boiled. The arrowhead, a starchy, egg-sized tuber, was boiled, roasted, or cooked into gruel. It was also dried, powdered and mixed with flour for bread. The Ojibwe would gather the arrowhead tubers in shallow water from the canoe or by wading into ponds and marshes and loosening the tubers with their toes. Because they are buoyant, the tubers would float to the top of the water where they were gathered and placed into baskets. The tubers would then be roasted or dried for storage during the long winters. The Ojibwe would dry thinly sliced tubers like apples and cook it with meat. A common meal was to dry the tubers and mix them with maple syrup—a meal that tastes just like sweet potatoes.

Today's diet no longer regularly includes wild tubers, however one of the most popular items in the produce aisle is a close cousin of many wild tubers. Today, we eat potatoes instead of arrowhead and ground nuts.

Food as Medicine:

The traditional plants that were eaten as tubers were also used for many medicinal properties. The Ojibwe used arrowhead tuber as a remedy for indigestion. The arrowhead was also used to aid in healing tuberculosis and rheumatism. A powder was made from the arrowhead and was used for wounds and sores, to stop lactation, and to wash babies with fevers. In addition to these medicinal properties, tubers were an important source of carbohydrates and protein. The starches and sugars found in many of the tubers were a considerable source of energy. Fiber was also sourced from these tubers, helping the digestive organs maintain function.

Today, potatoes and sweet potatoes are popularly consumed tubers. They are excellent sources of carbohydrates—the body's primary fuel source. Potatoes with the skin on are an excellent source of fiber. Potatoes are a great source of iron and have more potassium than a banana— about 620 mg of potassium.

Homemade Potato Chips

Makes 12 handfols!

INGREDIENTS:

- 4 medium potatoes
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. pepper
- 1 tsp. curry (optional)
- 1 tsp. brown sugar (optional)
- 1 tsp. cinnamon (optional)

Directions:

Peel skins of the potatoes **ONLY** if the potatoes are old. Otherwise, scrub the potato with the skins on, as that is where most of the nutrients are. Slice the potatoes thin (about 1/16"). Sprinkle the potatoes with spices or leave them plain. Lay slices flat on a microwaveable tray—a bacon tray is preferable, otherwise rub the inside of the dish with olive oil. Do **NOT** stack the chips. You do not need to turn chips. Microwave on high for 7-8 minutes. Repeat the steps until the potatoes are gone. To bake in the oven, preheat oven to 450 degrees. Lightly oil a cookie tray with olive oil, sprinkle the potato slices on the tray, combine spices and stir to coat evenly. Bake for 20-30 minutes, stirring often to prevent them from sticking.

Physical Activity #1

S.P.U.D

- Materials: Soft foam or rubber ball
- Players begin this game by huddling around one person who is *it*. The person who is *it* throws the ball into the air and shouts out someone in the group's name. The person whose name is called is to get the ball and shout, "Freeze!" before the other players run away. The person with the ball is to gently try to hit any player. If a person is hit they are assigned a letter starting with S from the word Spud. If the person throwing the ball misses then they are assigned a letter. The targeted player will be the one to throw the ball. Once a player has been given all the letters to spell SPUD, they are out of the game.

Baked Potato Bar



INGREDIENTS:

- 8 potato for each child
- ½ cup reduced fat sour cream
- ½ cup salsa
- ½ cup grated cheddar cheese
- 1.2 cup bacon Bits
- 1 cup cooked broccoli, chopped finely

Directions:

Microwave the potatoes until cooked (about 5-7 minutes on high). Make sure to poke the potato with a fork a few times to release steam. The potatoes can also be prepared ahead of time in the stove, cooking for about 35 minutes at 400 degrees. Let the potatoes cool before handing them out to the kids. Have each ingredient in a separate bowl. Slice the potato in half and place in a bowl. Let the kids top their own potatoes.

Physical Activity #2

Potato Pass

- Materials: One large potato for each team
- Divide into groups depending on participants and supplies. The object is to pass the potato from one teammate to the next from under the chin without using your hands. If groups are small, make them go around twice.

Home Fries and Dips

Makes 12 Handfuls!

INGREDIENTS:

For Fries:

- 2 regular potatoes (Yukon, or russet)
- 4 baby red potatoes
- 4 heirloom varieties (blue, purple, fingerling, etc.)
- 4 sweet potatoes
- ¼ cup olive oil
- 1 tsp. salt

For Curry in a Hurry Dip:

- 1 cup plain yogurt
- 1/4 c. light mayonnaise
- 1/4 c. peach or apricot jam (no sugar added)
- 1/2 tsp. curry powder
- 1 pinch cayenne

For Ranch Dip:

- 3 Tbs. packaged ranch dressing mix
- 1 c. plain yogurt
- 1/4 c. light mayonnaise

Directions:

Ahead of time, slice potatoes length wise into the shape of French Fries. Lightly coat in olive oil and sprinkle with salt. Bake for 25-30 minutes at 400 degrees. Before serving, reheat for 5-10 minutes at 300 degrees, being sure to not burn the potatoes.

Physical Activity #3

Potato Picker

- o Materials: Raw potatoes, chairs and buckets
- o Divide your group up into teams. Each team will need one chair placed in front of them, a bag of potatoes and a bucket on the other side of the playing area. When signaled, the first players on each team will pull out one potato from the potato bag and place it on the chair in front of them. The potato should be placed close to the edge so that they can sit down on the chair. The object is to try to sit down and then stand up with the potato between their legs. They cannot use their hands. Once they are able to stand with the potato they will carefully wobble (walking backwards) over to the bucket and drop the potato into the bucket without using their hands. They will race back to their team, tag the next player and that player will do the same. The first team through the rotation will be the winner. You might have to scrub a few potatoes if the players are not dressed to possibly get dirt on them.

Maple Baked Sweet Potatoes

Makes 8 Servings

INGREDIENTS:

- 4 medium sweet potatoes, sliced 1 ¼ inch thick
- ½ tsp. salt
- ¾ tsp. fresh ground pepper
- 3 Tbs. unsalted butter, cut into ½ inch pieces
- 1/3 cup pure maple syrup
- 1/3 cup water

Directions:

Ahead of time: cover the sweet potato slices with water and bring to a boil. Reduce heat to moderate and cook until just tender, about 5 minutes. Drain well. Preheat oven to 400 degrees. Have the kids arrange sweet potato slice in a large casserole dish. Season with salt and pepper and then dot with butter pieces. Drizzle potatoes with maple syrup, sprinkle with water and bake for 25 minutes or until tender and lightly browned. If necessary, you can broil the casserole for a minute or two before serving.

Physical Activity #4

Roots and Shoots

- o Materials: tape or chalk to mark boundary lines; one coin
- o Have the players divide into two teams. Label one team ROOTS and the other SHOOTs. Lay out two center lines that are parallel to each other and three feet apart. Then set up two boundary lines about 20 feet from the center lines for each team to cross for their safe zone. Use hoses or rope if outdoors and tape if indoors. To start, make teams stand with their backs toward each other at the centerlines. Toss the coin into the air. Once the coin has landed on the ground call out if its heads (ROOTS) or tails (SHOOTs). If it was tails, the SHOOTs team must run to their safe zone. The ROOTS team will turn around and try to tag the SHOOTs team before they reach their safe zone. After each toss and chase, players are to return to the centerline, except tagged players-they are out of the game. You play until one team has captured everyone on the opposite team and that team is the winner.

Potato Salad

Makes 12 servings!



INGREDIENTS:

- 5 red potatoes, cubed
- 4 hard boiled eggs, chopped
- 1 cup of celery, chopped- ½ cup dill pickles, chopped (or to taste)
- 1 tsp. salt
- 1 tsp. pepper
- ¼ cup reduced-fat sour cream
- 1 cup plain yogurt

Directions:

Cook the potatoes by boiling until tender (about 15 minutes) or microwave for about 7 minutes. Cool potatoes in a large bowl full of ice. Drain ice and water. In a large mixing bowl, combine cooled potatoes and eggs, celery, dill pickles, and sour cream, yogurt, salt and pepper. Stir well and serve.

Physical Activity #5



Potato Relay

- o Materials: One apple for each team and something like empty bottles or cones to mark the end of the course.
- o This game is for 4 or more players and should be played in an open area. First, place your markers at the end of your course, about 40 feet away from the starting line. Split into two even teams. On the word "go," a team member places an apple on the back of the first player. The first player races to the end of the course and back without letting the apple fall off her back. If the apple falls off, that player has to stop where she is and put it back on. Once the apple is back in place, she keeps going from where it fell off. When the player gets back to her team, she puts the apple on the back of the next person in line. The first team to finish wins.

Wild Peas

Goals and objectives:

- Children will understand where the wild beach pea grows and the different stages of growth.
- Children will understand how beach peas were eaten and prepared.
- Children will associate the common garden pea with the beach pea.
- The nutritive properties of peas, both wild and cultivated, will be understood.

Talking Points:

- Wild beach peas grow on the shore of Lake Superior and can be harvested from late spring to early summer.
- Beach peas taste like their cousin, the garden pea, and were used in similar ways.
- The garden pea is commonly eaten today.
- Peas are highly nutritious and a great source of protein, Vitamin A and C, and iron.

Food as Tradition:

Wild beach peas, called *anajiminan* in Ojibwe, grow along the sandy shores of Lake Superior, blooming in late spring and early summer. Later in the summer, the pods begin to be seen and in August the pods are ripe. Immature seeds were eaten raw or cooked like common peas of today and have a tender and sweet flavor. Mature seeds were cooked or used in salads. The young plant can be eaten raw or cooked. The beach pea plant is a trailing green plant with purple flowers or one- to two-inch pods, and looks like a smaller version of common garden peas. Although the peas are somewhat undersized, and it takes some time to shuck enough from their pods to use for a meal, they taste much like garden peas and were used in similar ways.

The wild beach pea is not commonly eaten today, however its cousin, the garden pea, is widely popular. From munching on the raw pod of a sweet pea to adding the frozen peas to a winter soup—the pea is one of the most consumed vegetables (although it is really a fruit). In late spring, this cold-loving plant is one of the sweetest treats to first ripen in the garden.

Food as Medicine:

Peas are highly nutritious and have some medicinal properties as well. The Ojibwe used a tea from the leaves as a remedy to relieve convulsions. The beach pea has also been said to help alleviate skin inflammation and deep abscesses. Nutritionally, it contains high amounts of B Vitamins, beta carotene, and protein.

The common garden pea that we eat today is not so common nutritionally. They are loaded with vitamin A, vitamin C, Folic acid, B Vitamins, iron and phosphorus. They are incredibly rich in protein and fiber and are low in fat. Sugar snap peas (the kind that you can eat whole, pod and all) contain less protein but are a higher source of iron and vitamin C—two things needed to keep the immune system working properly.

Fresh Snap Peas and Meg's Citrus Dressing

Makes 8 cups!

INGREDIENTS:

- 1 lb. fresh snap peas

For Dressing:

- 1/3 cup cider vinegar

- 2 Tbs. honey

- Juice and zest of 1 orange

- 1/2 tsp. red pepper flakes

- 1/2 tsp. black pepper

- 1 Tbs. peeled fresh ginger (grated)

- 1/2 cup canola oil

Directions:

To make the dressing, have the kids grate the orange peel and ginger, combine all ingredients (except for the peas) together in a jar and shake well. Dip the peas into the dressing or cup peas up and pour dressing over the cut peas. Enjoy!

Physical Activity #1

Inchworm and the Pea

- Materials: Cup filled with peas for each team or player
- This can be played as teams or individually. Mark off a starting point and finish line. Players are to lie belly down, with a cup filled with peas on their back, crawl like an inchworm to finish line. If cup falls off and spills they are to start over. The first team done is the winner.

Minted Sugar Snap Peas

Makes 6 cups



INGREDIENTS:

- 1 lb. of fresh sugar snap peas, unshelled
- ½ cup chopped fresh mint

Directions:

Wash and chop the tips off of the sugar snap peas. Put 1 inch of water in a saucepan. Put the peas in the water and bring to a boil, boiling on the highest heat for one minute. Drain water and add the mint to the peas, tossing well. Serve and enjoy!

Physical Activity #2



Peas in a Pod

- o This game is like Hide and Seek with a twist. You pick one person to hide and the rest of the players look for the hider. As the seekers find the hider, they are to squeeze into hiding place with hider—like peas in a pod! This is done until the last seeker finds the hiding place. The last person is the new hider.

Tuna Salad with Peas

Makes salad for 8!

INGREDIENTS:

- 2 cans of tuna fish
- ½ cup chopped celery
- 1 (10 oz) package of frozen peas, thawed (or one can of peas, drained)
- ¼ cup of sweet pickle relish
- 1 carrot, grated
- ¼ cup of reduced-fat mayonnaise
- 1 package of cherry tomatoes, sliced
- Whole grain crackers, like Wheat Thins or Triscuits

Directions:

Combine all ingredients except for tomatoes and crackers in a bowl. The kids can measure ingredients, open cans, and grate the carrots. Stir well. Spoon a little tuna salad on a cracker and have the kids top it with a tomato.

Physical Activity #3

Tuna Fish Switch

- o Materials: Two bowls filled with paper fish, two empty bowls, straws for each player, chalk or tape to mark starting line.
- o This is a game for 6 or more players and should be played outside or in an open area. The object of the game is to transfer each fish from your team's full bowl to your team's empty bowl. Players split into 2 teams of 3. Each team has a bowl of paper fish. Players take turns running down the field and transferring their fish to an empty bowl using their straw. Remember, no running with straws in your mouth! The first team to move all of their fish from one bowl to the other and then run back to the starting line wins.

Peas and Peanuts Salad

Makes 8 servings!

INGREDIENTS:

- 2 (10 oz.) packages of frozen peas, thawed
- ½ cup celery, chopped
- ½ cup ranch salad dressing
- 1/3 cup light or low-fat sour cream
- 1 tsp. Worcestershire sauce
- ½ tsp. pepper
- 1 cup honey-roasted peanuts

Directions:

Combine all the ingredients, except the peanuts, in a large bowl. Stir well. Right before serving, add peanuts. *Make sure to check for peanut allergies in the group!*

Physical Activity #4

The Vegetable Game

- You need at least 10 kids playing including a caller. All the players must first line up in front of the caller, and the caller whispers a vegetable or fruit name to each player that they will be in the game. Once all the names are given out, the caller gives them ten seconds to run around. Afterwards, the caller starts calling vegetables. When the caller calls a vegetable, that person has to run from everyone and all the other players have to tag that person to get him or her out, but the caller doesn't have to wait until the person is out to call the next vegetable. The caller can call another vegetable before or after the person is tagged, it's up to the caller. This goes on until there are only two players left. The remaining players must go to a designated area with boundaries to do a sudden elimination. They do the same thing, but this time they are not allowed to step out of the boundaries. If they step or are tagged, they are out and the last one standing is the winner. The winner will be the caller in the next game.

Sesame Snow Peas

Makes 6 cups!



INGREDIENTS:

- 1 lb. Snow (or snap) peas
- 2 carrots, sliced length-wise into small sticks
- 2 Tbs. toasted sesame seeds
- ½ tsp. sesame oil
- 1 orange (grated rind and juice)

Directions:

Steam the snow peas and carrots in the orange juice until tender (about 7 minutes). Transfer to a bowl and add sesame seeds, oil and orange rind. Stir and serve!

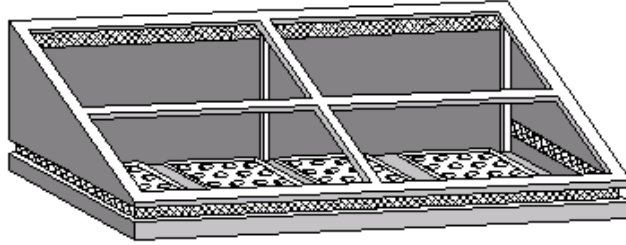
Physical Activity #5



Shell the Pea

- This game is for 5 or more players, and should be played in an open area. To play, take off your shoes. Pull your socks down so that they are flopping and hanging off your toes. Then, crawling on your hands and knees, try to steal the other players' socks, shelling the peas out of the pod! When both of your socks have been taken, you're out. Last one left with a sock is the winner.

ACTIVITY: Make your own Solar Food Dryer



This lesson is taken from, "Seeds of Change"

Goals and objectives:

- Children will learn about the traditional preservation method of drying their own food.
- Children will construct solar food dryers to experiment with drying fruits and vegetables.

Talking Points:

- Before the invention of refrigeration, drying food was an essential method of preserving food. Drying removes moisture so that foods (meat, vegetables, and fruit) are less likely to rot.
- Drying food also helps retain vitamins in the food and dried food uses less storage space.
- Ojibwe people would dry meat, fish, vegetables, and berries to use for the winter.
- Today, we are familiar with raisins, prunes, and other dried fruits. We can make our own with this solar oven.

Materials:

- Cartons with lids
- Black construction paper and glue or black poster paint and a paint brush
- Masking tape
- Scissors
- Pencil or pen
- Nylon fly screen (cut to the same dimensions as the lid of the box)
- Heavy-duty stapler
- Plastic wrap
- Assortment of food to dry. Try:
 - Apples, grapes, plums, cranberries, tomatoes, etc.



ACTIVITY:
**Make your own
Solar Food Dryer**

Activity:

Decide ahead of time which steps adults should do and which steps kids can do according to the skill sets of the age group that is doing this project

1. Make the base of the dryer from the lid of the box. Cut out a rectangle from each of the four sides of the lid, leaving a 2" border at each corner and a 1" border at the top. Cut out a rectangle from the center of the lid, leaving a 2" border all the way around. Place the fly screen over the hole in the lid and secure it with masking tape.
2. Make the top of the dryer from the bottom of the box. Turn the box over so the opening is at the bottom. Cut a 45 degree angle section from the sides, leaving 4" of cardboard on the front of the box. Paint the inside of the box with black paint or cover it with black construction paper (to absorb heat). With a sharpened pencil, poke holes in the sides of the box. Cover the angled opening of the box with plastic wrap and secure the plastic wrap with tape.
3. Prepare fruit for the dryer. Rinse and thoroughly dry small fruit (berries, grapes). For larger fruit like plums or apples, peel, core, or pit and slice into uniform rounds. Place fruit in a single layer on the screened opening. Make sure pieces do not overlap or touch so that air will be able to circulate around them. Carefully position the top of the dryer onto the base.
4. Place the dryer outside, facing the direction in which it will receive the most hours of sunlight. Bring the dryer indoors at night or if rain is forecast. Drying will take from one to several days, depending on weather conditions and the size of the fruit.
5. To test the fruit for dryness, squeeze a slice. A well-dried fruit will not emit moisture when it is squeezed and will have a pliable, leathery texture.
6. Let kids taste the dried fruit and compare its taste and texture to that of fresh fruit. Is dried or fresh fruit sweeter? Why? (Dried, because the natural sugar becomes concentrated when the water is removed).
7. Store leftover fruit in plastic bags or glass jars in the refrigerator.

Section Two



Summer

Niibin

June: Ode'iminigiizis
(Time for picking strawberry moon)

July: Aabita-niibino-giizis
(Half way through the summer moon)

August: Manoominike-giizis
(Ricing moon)

Strawberries

Goals and objectives:

- The importance of strawberries in Ojibwe culture will be understood.
- Children will hear the story of The Strawberry Teaching.
- The many medicinal aspects of the strawberry plant will be explored.

Talking Points:

- Berries are one of the four sacred foods in Ojibwe culture.
- The month of June is called *Odeiminigiizis*, the strawberry gathering moon.
- The spirit of the strawberry plant is unique—it is called the heart berry because of its heart shape and is said to preserve marital harmony and teach love and forgiveness
- Strawberries are extremely high in Vitamin C—they have more than any other fruit, even oranges!

Food as Tradition:

Nothing says summertime like the first bite of a fresh strawberry, picked from the vine and warmed by the sun. Berries are an important food for many animals and people, especially in Ojibwe tradition. Berries are not simply something to sprinkle on cereal—they are one of the four sacred foods in Ojibwe culture.

The strawberry is the first berry to appear, usually in the late spring and early summer. The strawberry is so important, that it gives its name to the month of June—*Odeiminigiizis* is the strawberry gathering moon. Because of the heart shape of the berry, they were given the name *ode'iminan*. In the Ojibwe culture, each plant was given a soul-spirit, and some believe that the soul spirit of the strawberry plant was unique, unlike any other. The story of Ode'im in embodies this belief. It is told that the soul-spirit of this fruit was that of a being, not admitted into the Land of Souls, and who was returned to earth to complete its term of being in the form of this heart-shaped berry. Other Anishinabeg teachings portray the strawberries as “preserving marital harmony, their heart-shaped form being a reminder to those who may have forgotten, why we live with a loved one” (from Basil Johnson, Ojibwe heritage, taken from “Jiibaakweda Gimijiminaan, Let’s Cook Our Food” a collection of recipes by Native Harvest, Copyright 2003, Morris Press Cookbooks.)

Food as Medicine:

Strawberries are used for many different reasons. The Ojibwe steeped the roots for children with cholera and to relieve stomach aches. Sometimes the leaves were dried by a fire until brown, then crumbled into a powder in a buckskin bag. The powder was put on the navel of a newborn baby for several days to heal it and keep it from becoming infected. It was also dusted into a baby's mouth when it was sore. This powder was put on any open sore as a disinfectant, too. The sore was washed, the powder was applied and deer fat was smeared on over it. The fresh fruit removes discoloration on teeth. Let the juice stay on the teeth for five minutes. Then brush with warm water and bicarbonate of soda. A cut strawberry rubbed over face immediately after washing your face will whiten the skin and remove slight sunburns. Wild strawberry leaves and berries can be used alone or in combination with other medicines to cleanse the woman's body during her moon time and following childbirth.

Nutritionally, strawberries contain more vitamin C than many other fruits—1/2 cup of strawberries contains 42 mg of vitamin C or 70% of the daily value (DV) for this vitamin. Strawberries have 60% more vitamin C by weight than grapefruit and 8% more than oranges.



Story:

The Strawberry Teaching

An Ojibwe story about the strawberry, The Strawberry Teaching, teaches forgiveness and peace. This story is adapted from the website:

<http://www.fourdirectionsteachings.com/transcripts/ojibwe.html>

“Once, long ago, there were two brothers who lived in the woods. The boys were tall and strong, and loved to play fight and wrestle. When they were in their teens, their mother said to them, “It’s time for you to give up your childish ways.” And they agreed. But the boys would still wrestle in secret, deep in the woods far away from their mother. One fateful day the time came when the boys were wrestling and the older brother knocked his younger brother to the ground, where he hit his head on a rock and died instantly. The oldest brother was beside himself. He begged his brother to wake, but the only answer was silence. Finally after a couple of hours, a voice told him: “Bury your brother.” And so he dug into the ground and put his brother there. He covered him up and ran home.

Out of breath, he ran to his parents explaining that his brother was lost in the woods. And so the parents went out with him and they looked. They couldn’t find him anywhere. They searched for ten days, and ten nights, and then they went into mourning after they couldn’t find their son.

Every day the brother would go to his little brother’s grave. He would beg for forgiveness and cry as he walked away. And years went by. He carried this sadness into his manhood because only he knew where his brother’s body lay. After many years and visits to his grave, the elder brother saw a tiny plant. He watched it grow into a little strawberry vine on top of his brother’s grave. Each day he watched the leaves grow and the berries come into fruition. White heart-shaped berries appeared first. Then, over days, they transformed into big red delicious berries, luscious and sweet. As he contemplated them, a voice from inside him said, “Take a berry and eat it.” So he picked a berry and he put it in his mouth.

As he ate it, he became aware, for the first time in his life, that he could taste the sweetness of life again. No more did he blame himself for his brother’s death, and no more did he blame his brother for not answering him. And most of all, he no more blamed the Creator for taking his brother’s life. He was free. After all of these long years, he was finally free.”

Strawberries Poached in Honey Syrup over Oatmeal

Makes 6 servings

INGREDIENTS:

For Poached Strawberries:

- 1 qt. fresh strawberries
- 2 Tbs. sugar
- ¼ cup honey
- 2/3 cup water

For Oatmeal:

- 2 2/3 cup water
- 1 1/3 cup regular rolled oats

Taken from "Jiibaakweda Gimijiminaan, Let's Cook Our Food" a collection of recipes by Native Harvest, Copyright 2003, Morris Press Cookbooks.

Directions:

Bring water to a boil in a saucepan. Add oats. Reduce heat and simmer uncovered until oatmeal is thick, about 10-15 minutes. Set aside. Place the honey, sugar, and water in a saucepan, and boil rapidly for 5 minutes. Reduce heat, drop in the whole berries, and simmer for 5 minutes. Turn off the heat and let the berries cool to room temperature in the syrup. Serve warm or cold by pouring syrup over oatmeal.

Physical Activity #1

Berry Bucket

- o Materials: Buckets and strawberries
- o For each team, have one bucket and ten strawberries. The object is to have players one at a time, run barefoot down the course to where bucket and ten berries are on the ground. They are to sit on the ground and using only their feet, pick up the berries and put them into the bucket. Once they have all the berries into the bucket, they are to dump them out, run back to the team and have the next person do the same. The first team with everyone completing the task is the winner.
- o It is a good idea to have extra strawberries on hand in case they get smashed during the relay.



Strawberry and Banana Shake

Makes 6 servings



INGREDIENTS:

- 1 pint strawberries, washed and stemmed
- 2 bananas, peeled and chunked
- ½ cup plain yogurt or strawberry yogurt
- 2 tablespoons honey
- 3 cups ice cubes, divides
- Blender

Directions:

Place all ingredients except 1 ½ cups ice cubes in the blender. Blend on high speed until smooth, scraping down the side occasionally. Add remaining ice and blend until smooth.

Physical Activity #2



● ● ● | Splashberry!

- Materials: Red balloons, water, and an outdoor playing area
- This is a game for 4 or more players. Split up into two teams of two. This is an outdoor only game. First you have to fill your balloons (berries) with water. Face your teammate, about 3 feet away. Toss the water berry to her. If she catches it, you will both take a step back. Then she throws the water berry to you. Keep repeating this process and see how far apart you can get. The team that throws their balloon the farthest without breaking it wins. Let's splash!



Strawberry and Graham Cracker Sandwich

Makes 20 sandwiches!



INGREDIENTS:

- 1 box of Graham Crackers
- 1 pkg. (8 oz.)Light Cream Cheese
- 1 pint strawberries, sliced
- 1 tsp. cinnamon

Directions:

Spread cream cheese onto graham crackers. Sprinkle a little cinnamon onto cream cheese, add strawberries. Add another graham cracker to make a sandwich, or eat open-faced.

Physical Activity #3



Strawberry Head

- o Materials: Red balloons (one for every team)
- o Organize players so that they're into pairs and each team receives a partially inflated red balloon (the strawberry). When the game starts, teams must race to a finish line carrying a strawberry balloon between their heads, remembering not to use their hands. On hot days try it with water balloons or through a sprinkler. It is especially fun and challenging when played with an obstacle course.

Strawberry and Walnut Pita Pocket

Makes 12 pockets!



INGREDIENTS:

- 2 cups low-fat cottage cheese
- 1 cup strawberries, sliced
- 1/4 cup walnuts, chopped
- 1/8 cup wheat germ
- 6 whole wheat pitas, cut in half (one half for each child)

Directions:

Have the kids mix together the cottage cheese, strawberries, walnuts and wheat germ. Pass around one half of the pita bread to each child, letting them spoon in filling into the pocket.

Physical Activity #4



Silent Berry Blast

- o *Materials: foam or soft rubber balls*
- o Choose one person out of the group to be the “Caller”. The caller will give a special command to the group. Starting out with a simple toss and catch is an easy way to begin. The rest of the people who are spread out around the room then toss and catch the ball to one and another, silently (hence the name, *Silent Berry Blast*). If a person talks during the game that person has to go in the middle. The caller can change the command at any time. Examples of commands are: “Catch the berry with your elbows” (other examples could be: catch with thumbs, throw with your opposite hand, spin around 3 times before throwing, etc). When a person playing cannot complete the task and drops the ball that person stands or sits in the middle. The people in the middle can try to swat down or catch the ball. If a person successfully catches the ball they can get back into the game. The game is over when there is only one person left in the game.

Strawberry Soup

Makes 8 servings!



INGREDIENTS:

- 2 cups plain yogurt
- 2 cups sliced strawberries
- 4 Tbs. orange juice (or apple juice)
- 2 Tbs. honey
- Food processor

Directions:

Have the kids measure ingredients into the food processor. Blend in the food processor and serve chilled.

Physical Activity #4



Raid the Strawberry Patch

- o Materials: 2 flags, tape to mark off strawberry patch, two colors of ribbon or tape to identify teams
- o A twist on capture the flag! Divide into two teams in an open area. Divide the play area into two parts so that one team (A) has the top part the other team (B) has the bottom part. At each end of the area is a 10' x 10' "strawberry patch". Each team will receive a flag to put in their strawberry patch ; they will also have a jail for anyone that they catch in their strawberry patch. You should have a jailer for the inmates of the jail. Each team wants to try and steal the other team's "strawberries" (their flag). When a player from team A enters into team B's territory, a player from team B tries to tag them and send them to jail. You can only get out of jail if one of your team members touches you again without them getting caught. Use colored ribbon tied to the arm of one team to distinguish who's on what team. The first team to find raid the other teams strawberries by capturing their flag is the winner. For a variation you can use water balloons and if they find the water balloon they have to get it safely back to their territory without it breaking, this could be very challenging.

Raspberries

Goals and objectives:

- Children will understand the importance of raspberries in Ojibwe culture and the relationship to the canoe builders.
- The preparation of the berries will be understood.
- The medicinal properties of raspberries will be discussed.

Talking Points:

- The name for raspberries means blood berry.
- In some bands of Ojibwe, the month of July is known as the raspberry gathering moon.
- When raspberries were ripe, birch bark would be harvested to build canoes.
- Every part of the raspberry is edible.
- There are many medicinal uses for raspberries, including treating upset stomachs. It is usually used by pregnant woman to help during childbirth.

Food as Tradition:

Raspberries are known as blood berries, or *miskiwiminan* because of the red juice that they are bursting with. In some bands of Ojibwe, the moon in July is known as *Miskomini-giizis*, or raspberry gathering moon. Raspberries blossom in late spring and early summer, forming on thorny brambles. When the raspberries began to ripen in mid-summer, it signaled to the canoe builders that it was time to harvest the birch-bark to build the canoes. If the birch bark was harvested before or after the ripening of the raspberries, they ran the risk of the bark drying and cracking— not a good thing for canoe building.

The raspberries were often made into a paste and dried to use as flavoring or to eat for a quick boost of energy on long hunting trips. Every part of the raspberry plant is edible: roots, leaves, stems, stalks, and berry!

Food as Medicine:

Raspberries are traditionally considered a “female herb”, often used by pregnant women. Raspberry tea, made by steeping the leaves in hot water, was taken to speed up the labor process during childbirth. The tea also strengthens the uterus, prevents miscarriage, and relieves morning sickness. In many cultures midwives would use raspberry leaf tea during labor.

There are several other medicinal uses for raspberries. Beestings can be relieved by rubbing a leaf on the sting. The roots can be used to treat stomach problems—especially upset stomachs. It can be used to treat lung congestion caused by colds or the flu. Infusions of the leaves can be used as a wash for wounds and as a mouthwash for sore throats. Raspberry root can help with pink eye and the tea can be used as an eyewash.

Whipped Raspberries and Honey

Makes 3 cups



INGREDIENTS:

- 1 qt. fresh raspberries
- ½ cup honey

*Taken from “Jübaakweda Gimiijiminaan, Let’s Cook Our Food”
a collection of recipes by Native Harvest, Copyright 2003, Morris
Press Cookbooks.*

Directions:

Puree berries with honey until smooth. Chill for 2 hours and serve.

Physical Activity #1



Raspberry Thorn Jump!

- o Materials: 5-foot-long piece of rope
- o This game is for 4 or more players and should be played outside or in an open area. The object of the game is to not get stuck by the thorns of the raspberry (the rope)! Pick one person to spin the rope. Everyone else gets in a circle around that player. The rope spinner needs to spin the rope low to the ground. Everyone else tries to jump over the rope—so that they don’t get pricked by the raspberry thorns. The rope should spin fast enough so that it doesn’t hit the ground, but slow enough so that it’s not going too fast for people to jump over. If a person gets tagged by the rope, then they are out. The last person not tagged by the rope is the winner.

Frozen Yogurt and Wild Berry Popsicles

Makes 12 popsicles



INGREDIENTS:

- 1 pint of berry or vanilla yogurt
- 1 cup raspberries, fresh or frozen
- 1 cup other mixed berries, such as blueberries, blackberries, and strawberries
- 12 small paper cups
- 12 wooden Popsicle sticks (available from craft stores)
- Plastic Wrap

Directions:

Pour yogurt and berries into paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put cups in the freezer overnight. Peel the plastic off before eating.

Physical Activity #2

● ● ● | Wild Berry Balloons

- Materials: 10 blue balloons, 10 red balloons, 10 purple or black balloons, 10 pink balloons (different color for each team—total balloons: 40); roped off area; blindfolds
- Players are divided into 4 teams with about 6 members each. 4 different colored balloons are used where one color is assigned per team. The blue team is the “blueberries”; the red team is the “strawberries”; the purple or black team is the “blackberries” and the pink team is the “raspberries”. About 10 balloons for each team are blown up and all balloons (40) are placed in center area mixed about. One player from each team is blindfolded and sent into the center near the balloons from his side of a squared off wider area. On go, the blindfolded members are instructed by their seeing members to collect a berry (balloon). They must choose one balloon of their teams berry color and return to their line. Another member is blindfolded and sent in to retrieve a berry. A referee can rearrange the balloon berries once a member is blindfolded so that the player isn't using a visual memory and must rely on directions of teammates. The first team to retrieve all of their berries wins.

Raspberry Salsa

Makes 1 $\frac{1}{2}$ cups

INGREDIENTS:

- 1/2 cup fresh raspberries washed
- 1/2 cup chopped red bell pepper
- 1 MILD pepper minced fine (optional)
- 1/4 cup chopped red onion
- 1/2 cup chopped tomato seeded
- 2 teaspoons fresh chopped cilantro or parsley
- 1 pinch salt
- Tortilla chips, whole wheat pita pockets, or veggie sticks

Directions:

Gently combine all the salsa ingredients, carefully leaving the raspberries whole. Allow to chill for at least 1 hour. Serve with tortilla chips, whole wheat pita triangles or veggie sticks.

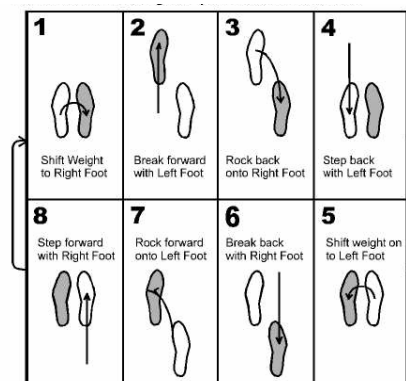
Physical Activity #3

Salsa Dancing

- o Materials: Music Player, Salsa music (try Tito Puente, Oscar De Leon, or Celia Cruz)
- o Salsa is an easy dance to learn and kids love the music! Try teaching these basic steps, and then let the kids make up their own steps to the music. **The numbers below represents the beat of the music. Your weight should be on the foot mentioned by the time the beat occurs in the music. Break" means stepping forward quickly and rocking back in essences Breaking your momentum. Remember to Dance light on your toes and have FUN!**

Start with both of you feet together.

- 1.) Shift your weight on to your Right Foot
- 2.) Step forward with your Left Foot
- 3.) Rock back onto your Right Foot
- 4.) Step back with your Left Foot
- 5.) Shift your weight on to your Left Foot
- 6.) Step back with the Right Foot
- 7.) Rock forward onto your Left Foot
- 8.) Step forward with your Right Foot



Raspberry Oat Bars

Makes 12 Bars

INGREDIENTS:

- ¾ cups butter, softened
- 1 tsp. salt
- 1 cup light brown sugar
- ½ tsp. baking powder
- ½ pint fresh raspberries
- 1 ½ c. all purpose flour
- 3 Tbs. sugar

Directions:

Preheat oven at 400 degrees and have kids grease a 9x13 inch pan. In a large bowl, have the kids take turns with creaming together the butter and brown sugar until smooth. Combine the oats, flour, salt and baking powder; again have kids stir in creamed mixture. Designate several kids to press half of the mixture into the bottom of the prepared pan. Crush the raspberries and mix with sugar; spread over the crust. Have some kids crumble the remaining crust mixture over the raspberry layer. Bake for 20-25 minutes in the preheated oven, or until light brown. Cool completely before cutting into bars. (Can be made with 10 oz. raspberry preserves instead of raspberries and sugar mixture)

Physical Activity #4

Bouncing Berry

- o Materials: chalk or tape to mark off play area, rubber ball
- o This game is played just like four-square. Mark off a play area six-foot square with chalk, and then evenly divide that square into four squares. Have a child stand in each square with one child holding the ball (berry). The one with the ball will bounce the ball once in his square then tap it into another player's square. The player in that square must tap the ball into another player's square, after it bounced once into his square. If the ball bounces more than once into someone's square, they are out of the game and either the square is left empty or you rotate a new player. If your volley goes out of the play area before bouncing in the grid, you're out. If your volley goes into a square where there is no player, you're also out.

Fresh Peach Raspberry Medley

Makes 12 bowls



INGREDIENTS:

- 6 cups peeled and sliced fresh peaches
- 1 cup orange juice
- ¼ cup maple syrup
- ½ tsp. cinnamon
- 2 cups fresh raspberries

Directions:

In a large bowl, lightly mix peaches, orange juice, maple syrup and cinnamon. Allow to sit for at least 15 minutes to blend flavors. Gently fold in raspberries. Place in small bowls.

Physical Activity #5



Red Raspberry

- This game is a lot like “Red Rover”. Divide players into two teams. One team will all hold hands in a line, side by side at one end of the play area. The other team will do the same at the other end facing the other team. Each team should think of themselves as a giant, thorny raspberry bush. One team will call someone over from the other team by saying, “Red Raspberry, Red Raspberry, send _____ through the thorns.” The _____ is for that person’s name. That person will come over to the other team and try to break thru two hands that are connected. They cannot use their hands or lay across the connection to break it. If they cannot break the connection they join that team but if they break the connection, they take one of the players involved back to their team. To make it fair you can limit how many times someone can be called, limit how often they can go through certain individuals or everyone gets a turn and no repeats on calling over the same person.

Blueberries

Goals and objectives:

- Children will understand how blueberries were gathered and prepared.
- They will hear the story, “Minan, the Blueberry Boy”.
- Children will understand the medicinal properties of the blueberry, both traditional and modern.

Talking Points:

- The word for blueberry in Ojibwe—*minan*—means berries.
- Blueberries were gathered in large groups of women and children, just before the wild rice was harvested. The berries would be traded among tribes and preserved for the winter.
- Blueberries have many nutritional aspects—notably to regulate blood sugar in diabetics.

Food as Tradition:

The word for blueberries is *minan*, meaning simply “berries.” Blueberries are one of the most important fruits of the Ojibwe. The berries were gathered by the women and children in large groups. The berries grew extensively in large, thick clusters. Huge quantities could be gathered in just a few hours. They were harvested from late July to mid-August, just before the wild rice gathering was to begin. Ojibwe in the north would often trade blueberries for other foods, such as corn, beans, and squash with other bands from the south. The berries were dried and would be eaten throughout the long winters, added to soups and rubbed onto meat to preserve it.

Blueberries are such a wonderful part of the traditional food diet. People of all ages love these berries. One child’s love for blueberries is expressed in the story called “Minan, the Blueberry Boy”. This version is adapted from the Lois Bearslee’s book *Lies to Live By* (Michigan State University Press, published 2003), an excerpt published online

(http://www.glenarborsun.com/archives/2004/07/preserving_nati.html):

“Minan 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, Minan wandered off from his sister and his mother. Like most small children, he 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”.

Food as Medicine:

Blueberries are ripe with medicinal properties. Their roots were brewed into tea to help women relax during childbirth. Blueberry syrup was made and was used as a cure for coughs. Blueberries have long been associated with good eyesight. One of the most promising aspects of blueberry medicine is just being discovered: blueberry leaves are beneficial for diabetics! The leaves help rid the body of excessive sugar in the blood. It is a good astringent and helps relieve inflammation of the kidney, bladder and prostate. Blueberry leaf has been shown to prolong the effects of insulin and can reduce the amount of insulin needed. Traditionally, it is said that the Ojibwe would dry the blueberries and place them on hot stones. The fumes were then inhaled, and those fumes would help with psychological issues. They also used the leaves as a medicinal tea and blood purifier.

Blueberries are a delicious and nutritious, low-calorie, high-fiber treat loaded with disease-fighting compounds. One half cup of blueberries contains 15% of the DV for Vitamin C. Anthocyanins, the pigment that gives blueberries their color, along with other substances called flavonoids, act as antioxidants and may play an important role in preventing disease.

Blueberry, Yogurt, and Granola Parfait

Makes 8 servings!



INGREDIENTS:

- 2 cups blueberries, fresh or frozen
- 4 bananas, sliced 1/4" inch thick
- 1 pint vanilla or blueberry yogurt
- 2 cups granola
- 1 Tbs. cinnamon (optional)
- 8 clear plastic cups

Directions:

In each cup, place a layer of bananas and then sprinkle blueberries over the bananas. Spoon in a layer of yogurt, sprinkling cinnamon and granola on top. Repeat the steps until the cup is full.

Physical Activity #



Blueberry Relay

- Materials: Spoon for each player, two bowls for each team, and 20 blueberries for each team
- Each team has equal amount of blueberries in one dish and one empty dish. You will need enough spoons for everyone that is playing. The object is for each team to have one person at a time, move blueberries from one bowl to the other. This is done with hands behind their back, spoon in their mouth and one berry at a time. The first team to have all members complete this task is the winner.

Blueberry Applesauce Muffins

Makes 12 muffins



INGREDIENTS:

- 1 ¼ cups unsweetened applesauce
- 1 egg
- 2 Tbs. canola or vegetable oil
- ¼ c. honey
- 2 c. whole-wheat flour
- 2 tsp. baking powder
- ¾ tsp. baking soda
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ⅓ c. raisins or frozen blueberries
- Muffin tins

Directions:

In a large bowl, have the kids beat together the applesauce, egg, oil and honey. Kids seem to especially love cracking eggs and using a whisk. Next, sift in the dry ingredients, stirring just to moisten. Stir in the blueberries and divide the batter among muffin cups coated with nonstick cooking spray or oil. Bake at 375 degrees for 20 minutes or until done.

Physical Activity #2



Blueberry Pick-Up

- o Materials: One bowl of blueberries in water, a pair of chopsticks for each player
- o Players have 30 seconds to see how many blueberries they can pick up with their chopsticks and transfer to their empty bowl. To hold chopsticks, put one of the chopsticks in your hand and hold it just like you hold a pencil. Now put the other chopstick between your thumb and index finger. Move your thumb and index finger back and forth so the pointy ends of the chopsticks touch. Players race to see who can pick up the most blueberries in 30 seconds!

Blue Maple Shake

Makes 6 shakes!

INGREDIENTS:

- 1 cup blueberries, fresh or frozen (if frozen, let thaw slightly)
- 3/4 cup plain, nonfat yogurt
- 1/4 cup blackberry jam or jelly
- 3/4 cup milk
- 1 Tbs. maple syrup
- 1/2 tsp. ground cinnamon
- Blender

Directions:

Place all ingredients in the blender and blend until smooth.
Add more cinnamon or maple syrup if needed.

Physical Activity #3

••• | Three-legged Race

- Materials: Scarves or cloth to tie legs together
- Have each team break off into pairs. If you have adults playing, match each adult with a child. Take one scarf and tie together the inside ankles of the pairs while they stand hip to hip. Mark off a starting line and finish line for the players to race through. The first team to cross the finish line is the winner. You could even plot out a marathon or obstacle course for them to run through.

Blueberry Melon Fruit Salad

Makes 8 servings!

INGREDIENTS:

- 1 Tbs. fresh lemon juice (1 lemon)
- 2 Tbs. honey
- 1 pinch ground cinnamon
- 1 cup fresh blueberries
- 1 cantaloupe, spooned into balls

Directions:

Have the kids scrape out balls of cantaloupe into a bowl. In a separate bowl, squeeze blend honey, lemon juice and cinnamon. Add the blueberries to the cantaloupe, and gently toss the lemon honey mixture over fruit until coated.

Physical Activity #4

Fruit Salad

- Materials: A pair of different colored rolled-up socks for each player and a really large sheet
- This game is for 4 or more players and should be played in an open area. First, have the kids decide what fruit they are and put their socks into the middle of the sheet—the socks are the fruit (example: the red socks can be watermelon, blue socks can be blueberries, etc.). Now, grab the edge of the sheet and pull it tight so the sheet lifts up off the ground. Then shake the sheet and try to knock everyone else's socks off. Keep shaking the sheet, even if your socks get knocked off. The last player with her socks on the sheet is the winner.

Blueberry Corn Bread

Makes 12 servings

INGREDIENTS:

- 1 cup yellow cornmeal
- 1 cup sifted flour
- 1/4 cup sugar
- 4 teaspoons baking powder
- 1 egg
- 1 cup milk
- 1/4 cup butter
- 1/2 teaspoon salt
- 1 cup fresh blueberries, rinsed and drained

Directions:

Preheat oven to 425 degrees. In large bowl, have the kids sift cornmeal, flour, sugar, baking powder and salt. Add egg, milk and butter. Stir or mix with an electric mixer until smooth. In a small bowl, mix 1 tablespoon flour and 1 tablespoon sugar. Gently toss blueberries with flour and sugar mixture until berries are evenly coated. Fold blueberries into batter. Pour batter into well greased 8 x 8 x 2 inch baking pan. Bake for 20 minutes or until golden brown.

Physical Activity #5

● ● ● | Toothbrush Blueberry

- Materials: Old toothbrushes (one for each player,) a blue or purple balloon, and something to use as a net (a volleyball net works well)
- This game is for 4 or more players and should be played outside or in an open area. Form two even teams and give each player a toothbrush. This game is played like volleyball, but instead of using your hands to hit the volleyball over the net, you use a toothbrush to hit a balloon (blueberry). You can hit the blueberry as many times as you want to get it over the net. But, if you hit the blueberry and it falls on the ground before going over the net, or it goes out-of-bounds, the other team gets a point. The first team to get three points wins.

Cherries

Goals and objectives:

- **The gathering and preservation process of wild cherries, pin cherries and choke cherries will be understood.**
- **Children will understand the traditional healing benefits of cherries.**
- **The nutritional components of commonly eaten sweet and tart cherries will be understood.**

Talking Points:

- **Wild cherries are the most widely distributed trees in North America.**
- **Cherries were easily gathered and dried for winter use.**
- **Wild cherries were important medicines and all parts were used: the roots for respiratory ailments and the bark for stomach illness and skin problems.**
- **Today, cherries are commonly enjoyed fresh and in pies, and are also used in medicines. Research has shown that cherries help with pain relief and in fighting cancer and heart disease.**

Food as Tradition:

In the Northwoods, one of the most commonly seed wild fruits are the pin cherries and choke cherries—in fact, pin cherries and choke cherries are the most widely distributed trees in North America. The branches of these trees are made up of clusters of small cherries growing on twigs. The cherries are easily gathered by running your fingers through the twigs. The cherries are very small, sour fruits and are either a bright, fire-engine red (pin cherries) or a dark, deep blood red (choke cherries). These cherries were important for the Ojibwe, not just as food, but as medicine and ornamentation as well. The cherries would be mashed into a paste and then dried or powdered for winter use. The dried cherries were then added to mix into cakes or added to soups. The women were usually the ones to gather the cherries and would work on mats with the branches of cherries set out beside them. They would strip the branches of the cherries with one hand into *muk-muk* baskets. They would then lay out the cherries on birch bark to dry in the sun.

Today, choke cherries and pin cherries are often used to make jams, jellies, syrups, juices and wine. Today, it is much more common to eat sweet cherries or tart, sour cherries than pin or choke cherries. The sour cherries are usually made in to pies, and sweet cherries are a summer-time treat, eaten plain off the stem or put into salads.

Food as Medicine:

Wild cherries like pin and choke cherries have many medicinal uses. In fact, cherries are one of the most commonly used in wild medicines. The Ojibwe would use the crushed root for stomach pain. A tea of the bark was drunk for coughs and colds, and the bark was also used to cure stomach illness. The tea can also be gargled for sore throats. The inner bark would be boiled, bruised or chewed as an application to skin irritations and could be used as a disinfectant. Yet another use is to steep the bark of the choke cherry in water and use it a wash to strengthen hair and make it grow. Modern research has shown cherries to have numerous health benefits. According to the research, tart or sour cherries are rich in cancer and heart disease fighting antioxidants. Research is also showing that sour cherries have pain relieving properties and can help relieve the pain of arthritis.

In addition, a cholesterol-lowering compound called beta-sitosterol is also found in cherries. Melatonin, which is also found cherries, especially tart cherries, was found to affect sleep patterns and has been promoted as an anti-aging supplement.

Chokecherry Pudding *asasawemin waashkobang*

Makes 6 servings!



INGREDIENTS:

- 2 cups chokecherries, fresh, frozen, or dried
- 2-4 cups water
- Honey to taste
- ¼ cup flour or 2 Tbs. cornstarch or arrowroot

Taken from "Jiibaakweda Gimijiminaan, Let's Cook Our Food" a collection of recipes by Native Harvest, Copyright 2003, Morris Press Cookbooks.

Directions:

In saucepan, combine chokecherries, and water to cover. Cook, stirring, over medium heat until cherries soften and render their juice. Sweeten with honey to taste. In a small bowl, combine flour and enough water to make a thin creamy mixture. Gradually stir flour into fruit mixture and simmer until thickened. Strain out seeds, if desired.

Physical Activity #1



Cherry Toss

- o Materials: Paper cups, cherries
- o You can play this game with two players per team or a whole team in a rotation. For two players per team divide up into teams and have the players stand about six feet apart. The players should be standing face to face with one player as the shooter and the other player as the receiver. If you have a large group, have them stand in a line to monitor the six-foot separation point. All the shooters will be given one cup of cherries and a plastic spoon. When signaled the shooter will try to shoot one cherry from the plastic spoon into the empty cup of the other player from the six-foot distance point. They must shoot the cherry past the marking point in the air to be caught. The receiver cannot step ahead of the marking point to catch a cherry. Once a receiver catches all of the cherries, the shooter will now be the receiver. The first team done is the winner. For larger teams simply rotate a new shooter in and rotate the first shooter to be the receiver. The first team to finish the rotation wins.

Sour Cherry Granola

Makes 10 Handfuls

INGREDIENTS:

- 2 cups old-fashioned oats
- 1 cup slivered almonds
- 1/3 cup frozen apple juice concentrate, thawed
- 2 tbsp packed brown sugar
- 1 tbsp ground cinnamon
- 1 cup unsweetened shredded coconut
- 1/2 cup sour cherries, dried
- 1/2 cup golden raisins

Directions:

Preheat oven to 300 degrees. In bowl, have the kids combine oats and almonds. Mix in apple juice concentrate. Stir in sugar and cinnamon. Spread evenly onto cookie sheet. Bake 25 minutes, stirring occasionally. Stir in coconut. Continue to bake until golden. Stir in cherries and raisins. Allow to cool.

Physical Activity #2

Cherry Bomb

- o Materials: 20 red balloons
- o This is a game for 6 or more players. To play, blow up the balloons and divide the group into two teams of at least three people. Each team gets a bucket filled with ten balloons. The object of the game is to be the first team to pop 10 balloons. The teams line up in front of their buckets. The first player from each team passes a balloon to the second player through her legs. The second player passes the balloon to the third player over his head. The third player sits on the balloon and pops it. Then everybody switches positions so the third player now goes to the front of line. The first team to pop their balloons wins.

Cherry Berry Salad With Honey Lime Dressing

Makes 6 Servings

INGREDIENTS:

For Salad:

- 4 cups pitted fresh cherries (can be a mix of sweet and sour)
- 1 cup fresh blueberries
- 1 cup cored diced apples

For Honey Lime Dressing:

- 2 Tbs. olive oil
- 1 Tbs. fresh lime juice
- 1 Tbs. honey
- 2 tsp. fresh mint, chopped fine
- ½ tsp. shredded lime peel
- 1/8 tsp. salt

Directions:

Combine all fruit and mix well. Combine all ingredients for honey lime dressing in an empty jar and shake until mixed. Toss fruit with dressing and refrigerate until served. Tips: Fresh blackberries, raspberries or halved strawberries may be substituted for blueberries. Fresh pineapple or orange may also be added to salad.

Physical Activity #3

Cherry Twins

- All players are paired off into sets of cherries (two cherries joined at the stem) and form a large circle with partners joining hands. One set of cherries is chosen as “it” and are the runners. The runners go around the outside of the circle and tag a pair of cherries. The runners quickly run one direction while the tagged cherry team races the other direction. Neither team can let go of holding hands! The first pair back to the vacated spot gets to keep the spot, and the other pair becomes “it”. Caution: Set up rules for passing so that no one gets hurt.

Cherry Veggie Roll-Ups

Makes 8 Rolls!

INGREDIENTS:

- 1 pkg. (8 oz.) reduced-fat cream cheese, softened
- 2 Tbs. finely chopped chives or green onions
- 2 tsp. lemon juice
- 1/4 tsp. coarsely ground pepper
- 8 whole wheat tortillas, (7-in. diameter)
- 2 cups chopped fresh sweet cherries
- 2 medium cucumbers, thinly sliced into rounds
- 2 cups alfalfa sprouts
- 8 lettuce leaves

Directions:

Combine cheese, chives, lemon juice and pepper, mix well. Spread each of 4 tortillas with cheese mixture. Set the ingredients out on a table and give a quick demonstration of how to assemble a wrap. Have the kids assemble the wraps on their own. The cream cheese mixture binds the other ingredients together so little frustrations are kept to a minimum. Top with cherries, cucumber, sprouts and lettuce; roll-up tortillas.

Physical Activity #4

Blinded Four Corners

- Materials: Blindfold
- This game is best played in a square room. Select one player to wear a blindfold and they are to be placed into the center of the room. Once the player is blindfolded and in position, the other players must stand in one of the four corners. They must do this very quietly (no talking allowed) and within 10 seconds. If a player is not in a corner by the time you're done counting, that player is out of the game. The player that is blindfolded will point to one of the corners and all the players in that corner will be out of the game. To be fair you cannot go to one corner, make noises and then quickly move to another corner. If no one is in a selected corner, the players have 5 seconds to get to another corner before a new corner is selected. The one person that was never found will be the new player in the middle.

Southwestern Style Cherry Coleslaw

Makes 8 servings!

INGREDIENTS:

Slaw:

- 4 cups shredded green cabbage
- 3 cups sweet cherries, pitted and halved
- 2 cups torn fresh spinach leaves
- 1 cup shredded jicama (optional)
- 1 cup shredded carrot
- ½ cup snipped fresh cilantro (optional)
- ½ cup diced red onion
- 1 avocado, peeled and diced (optional)
- ½ cup walnuts or hazelnuts for garnish

Dressing:

- 2 Tbs. olive oil
- 2 Tbs. fresh lime juice
- 2 Tbs. frozen lime juice concentrate, thawed
- 1 jalapeno pepper, seeded and minced (optional)
- ½ ts p. grated lime peel
- ¼ ts p. chili powder
- ¼ ts p. ground cumin
- ¼ ts p. salt

Directions:

In large serving bowl, combine ingredients for slaw. In small saucepan, combine dressing ingredients; heat to boil. Pour over salad and toss gently to coat. Garnish with walnuts or hazelnuts and serve.

Physical Activity #5



Pick-Up Cherry Stems

- o Materials: Oven mitts, toothpicks, containers
- o Set up teams and one at a time they are to complete task. They are to put on oven mitt and pick up the “cherry stems” (toothpicks), placing them into a container. Ahead of time you should count out the same amount toothpicks for each team participating. The first team that has each player complete the task is the winner.
- o To make this challenging, try using real cherry stems!

Wild Plums

Goals and objectives:

- Children will understand how wild plums were used—as a food and as a dye.
- The medicinal properties of plums will be understood.

Talking Points:

- Plums were used in many ways—eaten fresh, dried, as pudding, butter, and even used in dyes.
- Today, plums are eaten fresh, dried (prunes), and have a higher food value than any other food (20% carbohydrates).
- The Ojibwe used plum bark and roots to cure skin ailments like canker sores and to cure nausea.
- Plums are a great source of fiber, have a high source of Vitamin C to help with the immune system and Vitamin A to help you see well.

Food as Tradition:

Plums were used by the Ojibwe in similar ways as other fruits. They were eaten fresh in the summer or were dried for winter use and were added to soups. A pudding was also made out of wild plums and was often cooked down to make a type of plum butter. In addition to being eaten as a food, the wild plum would be added to dyes as a fixative and also produced a beautiful yellow colored dye.

Today, wild plums are eaten fresh, canned, preserved in jams and jellies, baked, and made into dried fruit leather. In addition to wild plums, common plums are eaten regularly in the summer. Dried plums, or prunes, are an important source of fiber in many diets. Plums boast one of the highest food values—20 % carbohydrate content—which is more than any other fruit!

Food as Medicine:

The bark of the root of wild plum was used by the Ojibwe as a medicine to cure canker sores in the mouth or other skin problems. The bark was also used to cure nausea.

Plums have a high level of anti-oxidants, which are known to help prevent cancer. Plums and prunes (dried plums) have been known to help the body absorb iron and make it more available to the body. Plums are a great source of Vitamin C. Vitamin C is needed by the body to make healthy tissue and support a strong immune system. Plums have also been reported to help you see well and help with overall eye health because of their high content of Vitamin A in the form of beta-carotene.

Plum Granita

Makes 8 servings!



INGREDIENTS:

- 4 cups chopped and pitted plums
(substitute canned plums if fresh are unavailable)
- 1 cup maple syrup
(only use with fresh plums, canned already has syrup)
- 2 Tbs. fresh lemon juice
- 1 tsp. vanilla

Directions:

Place the plums with syrup in a blender or food processor and puree the plums. Stir in the lemon juice and the vanilla puree the mixture. Transfer the mixture to a freezer proof dish. Chill for eight hours or overnight. When you are ready to serve, scrape the granita with a fork to lighten the texture and serve it in chilled bowls.

Physical Activity #1



Soda Knock-Down



- o *Materials: 2 soccer balls or rubber balls, 5 2-liter plastic soda bottles*
- o The Granita recipe shows that there are many drink options available for us! We should always try and pick alternative drinks to high-sugar soda, which can cause tooth decay, obesity, and even diabetes.
- o Play this fun game, and knock soda out of our diets! Place teams at opposite ends of a gym or field. Place five 2-liter plastic soda bottles in the center of the field. A little gravel in the bottle helps it to stand up and creates more noise and excitement when hit. At the start signal, players kick balls from behind their line trying to knock down a pin. The player who knocks down a pin must run out and set the pin back up. Score 1 point for each pin knocked down. The first player to score five wins. You can have more skilled players play less skilled by placing the lesser skilled players closer to the pins. It can also be played with four teams arranged in a square around the pins.

Fresh Spring Rolls with Plum Dipping Sauce

Makes 10 rolls

INGREDIENTS:

For Sauce:

- 1 cup plum jam
- 1 Tbs. vinegar (rice vinegar if available)
- 1 tsp. onion powder
- ¼ tsp. ginger powder
- ¼ tsp. allspice
- 1 pinch garlic salt
- 1/3 cup water

Rolls

- 10 rice paper sheets (these are not the same as wonton/eggroll wrappers, which must be cooked)
- 1 cup clear noodles
- 2 tsp. vegetable oil
- 2 tsp. garlic, chopped fine
- 1 cup mung bean sprouts
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 1 cup shredded lettuce (red leaf or spinach work well)
- ½ cup chopped peanuts
- 1 cup cooked chicken breast, sliced (optional)
- ½ cup fresh basil or cilantro (optional)

Directions:

For the sauce, mix the ingredients together well; bring to a boil on low heat; boil about 2 minutes stirring constantly. Cool the sauce and store in a jar in the refrigerator; use within a few days.

Soak the clear noodles in hot/boiling water until soft (5-8 minutes). Place oil and garlic in large pan/wok and cook, add noodles, stir fry. Remove from heat and place in bowl.

Assemble other ingredients on counter or table in bowls. Soak 1 rice paper in warm water until soft, no longer than 30 seconds (or they will get too soggy) and lay on a plate or counter. Have the kids assemble the rolls by layering vegetables on rice paper: bean sprouts, cabbage, carrots, lettuce, peanuts, chicken, noodles, cilantro, basil, (all to taste but remember that you have to roll this all up inside). Help each child carefully start to roll up egg roll style, tucking in the sides, then continue to roll up. Dip in the plum sauce.

Physical Activity #2

Plum Stuck Together

- o Materials: firm, unripe plums
- o Set up teams. Have the first two people in each team stand back-to-back and then have a third person on each team place a plum between the first two people. The first two people must race down field, sit at end of field, stand back up and return to starting point. The next two people in line must do the same until everyone has completed task. If you drop the plum, you must start over at the beginning of the line.

Plum Muffins

Makes 10 Muffins!

INGREDIENTS:

- 1 ¼ cup whole wheat flour (use pastry flour if available)
- 1 Tbs. baking powder
- ½ cup sugar
- 1/3 cup milk
- 3 Tbs. melted butter
- 3 large, beaten eggs
- 2 tsp. vanilla
- 5 plums, pitted and chopped
- 2 Tbs. brown sugar

Directions:

Pre-heat oven to 350 degrees Fahrenheit. Place liners in a muffin tin or grease well. Sift flour, baking powder and sugar. In another bowl, mix melted butter, beaten eggs, vanilla and milk. Add to dry mixture to make a batter. De-pit and chop the plums. Add to batter and do not over mix. Spoon the mixture into the muffin tin, about 3/4 full. Sprinkle tops with the brown sugar. Bake for 25 to 30 minutes.

Physical Activity #3

Plum Relay

- Materials: Plums, pencils, and rolling course
- Divide into two groups or more depending on participants and supplies. At starting line, teams are to roll the plum using a pencil through a short course and back to starting point. Each person on the team must complete task until the first team to complete is the winner.

Plum Applesauce

Makes 12 servings!



INGREDIENTS:

- 2 lbs. apples (try Gala, McIntosh or Fuji), quartered and seeded and left unpeeled
- 2 lbs. plums, quartered and pitted
- ¼ cup water
- ¼ cup sugar
- 1 tsp. cinnamon

Directions:

Cook first four ingredients in a 4 -5 quart heavy pot, covered, over moderately low heat. Stir occasionally, until fruit is very tender and falling apart (1 to 1 ¼ hours). Force mixture through a food mill using the finest blade. If you do not have a food mill, you can substitute a colander or strainer by slowly stirring the mixture through the colander or strainer into a bowl with a spoon and scooping out the peels as you stir. Add cinnamon and stir to incorporate. Will keep one week covered and chilled.

Physical Activity #4



Mixed-Up Sports Relay

- This game is for 7 or more players and should be played in an open area. Start by marking the starting and turn-around lines. Then, form two teams of at least three people, with each team lining up at the starting line. One player is the referee. On "Go!" the referee calls out the name of a sport and players race the course while acting like they are playing that game. So, if the referee calls basketball, players have to pretend to dribble a basketball as they race to the end of the course and back. The referee can change the sport to something else at any time. First team to finish wins!

Spinach Plum Salad

Makes 8 servings!

INGREDIENTS:

For Salad:

- 6 large plums, cut into wedges
- 6 cups spinach, stems removed and leaves torn
- 4 cups cucumbers, seeded and thinly sliced
- 1/2 cup red onions, thinly sliced
- 1/2 cup parsley, chopped (optional)
- 4 Tbs. pistachios or other nut, chopped (optional)

For Dressing:

- 2/3 cup olive oil or vegetable oil
- 5 Tbs. freshly squeezed lemon juice
- 1 ts p. oregano
- 1 ts p. minced garlic
- 1/2 ts p. dry mustard
- 1/2 ts p. pepper

Directions:

Combine spinach, cucumber, onion, parsley, pistachios, and plums in a salad bowl. Combine dressing ingredients. Pour dressing over salad mixture and toss well to blend.

Physical Activity #5

Plum Stomp!

- o Materials: Purple or other colored Balloons, string
- o Let the kids blow up their own balloons and tie one to their ankle with string. At the 'Go' signal, everyone runs around trying to stomp on and bust each others balloons. The last person with an intact balloon wins.

Wild Rice

Goals and Objectives:

- Children will understand the incredibly significant role of Wild Rice in Ojibwe traditions.
- They will become familiar with the Ojibwe Migration Story.
- The harvesting and preparation processes will be understood.
- The important nutritional aspects of Wild Rice will be understood.
- Children will become familiar with the story of Nanaboozhoo and Wild Rice

Talking Points:

- Wild rice is called *Manoomin*, or “The Good Seed” in Ojibwe.
- Wild rice was given to the Anishinaabeg by the creator and the migration story tells of how the Anishinaabeg people found wild rice.
- Wild rice is a staple grain for the Ojibwe.
- Wild rice has a difficult harvesting process with many stages, including gathering into canoes, cleaned, parched, removed of their husks and hulls, and cooking.

Food as Tradition:

In Ojibwe, *Manoomin* means “The Good Seed”. It is the seed the creator gave to Anishinaabeg and is the most important food for the Ojibwe culture. The region that the Anishinaabeg people live in, the Northern Great Lakes region, is the only place that wild rice grows indigenously—meaning that it does not grow naturally on any other continent.

The Ojibwe migration story speaks of traveling from the great salt water. During that travel, the Anishinaabeg were told to “go to the land where the food grows upon the water”. They found that food when they found the wild rice, growing abundantly in sloughs throughout Wisconsin, Minnesota, Maitoba, Ontario, and Quebec.

Wild rice was, and still is, the staple grain in a traditional sense. Traditionally, the Ojibwe boiled rice and ate it with corn, beans, or squash. In addition, meat, a small amount of grease, or maple sugar was often added for seasoning. As a treat, it was occasionally popped like popcorn. For storage, rice was placed in birch bark containers.

Wild Rice

Harvesting Process:

First, two people must gather the rice by steering a canoe through the rice fields, knocking the rice from the plant into the canoe with (traditionally cedar) poles. When the rice has filled up the canoe, it is time to return to shore. Traditionally, a small amount of rice was prepared and cooked, blessed by the chief, and then eaten by everyone assembled as a ritual offering to the spirits.

After the rice was cleaned of things like twigs, stones, and bugs, it was spread out onto sheets of birch bark to dry in the sun. When it was dry enough, it was parched over an open fire. To keep it from scorching, they stirred it constantly with a wooden paddle. This parching process cured the rice and also helped loosen the outer husks. Final removal of the husks was accomplished by “dancing the rice.” A man put on special moccasins with high cuffs that were wrapped around the ankles which prevented the rice from getting inside. He then stepped into a hole in the ground that had been lined with skin or into a wooden tub sunk in the ground. Leaning on a diagonal post for support, he tramped on the rice, moving first on one foot and then the other. This process further loosened the husks from the rice, preparing it for the last step.

The final chore was to separate the rice grains from their hulls, and this was done by the women on a breezy afternoon. Placing a quantity of rice into large birch bark baskets, they flipped the rice kernels into the air. The hulls blew away with the wind and the heavy grains sank to the bottom of the tray. This technique took a good deal of finesse and practice, and young girls just beginning to learn the process were scolded if they allowed too much rice to fall to the ground.

Finally, the rice is stored for the winter and enjoyed throughout the year. Special Manomiin Powwows of thanks are offered throughout the region during this time.

Food as Medicine:

Wild rice is richer in nutrients than all cultivated grains.

Nutritional value of wild rice vs. white rice (all values are for 1 lb. of raw rice)

| | <u>Wild Rice</u> | <u>White Rice</u> |
|----------------------|------------------|-------------------|
| Protein Grams | 64 | 30.4 |
| Phosphorus (mg) | 1,538 | 426 |
| Iron (mg) | 19.1 | 3.6 |
| Potassium (mg) | 998 | 417 |
| Thiamin, (B1, mg) | 2.2 | 0.32 |
| Riboflavin, (B2, mg) | 2.87 | 0.12 |
| Niacin (mg) | 27.9 | 7.2 |
| Magnesium (mg) | 585 | 127 |

Wild rice towers over other grains when it comes to amounts of protein, minerals, B vitamins, folic acid, and carbohydrates. When wild rice is uncooked it contains more than 12 percent of protein. It is richer in protein than common white rice and most other grains. Wild rice also contains more Niacin (also known as vitamin B-3), than brown rice and is a very good source of other B vitamins, such as calcium and potassium. It is also a good source of fiber.



Story:

Nanaboozhoo and the Duck

The Ojibwe have a story for wild rice. As the Ojibwe tell the story, Nanaboozhoo, the cultural hero of the Anishinaabeg, was introduced to wild rice by fortune, and by a duck.

“...One evening Nanaboozhoo returned from hunting, but he had no game. As he came towards his fire, there was a duck sitting on the edge of his kettle of boiling water. After the duck flew away, Nanaboozhoo looked into the kettle and found wild rice floating upon the water, but he did not know what it was. He ate his supper from the kettle and it was the best soup he had ever tasted. Later, he followed in the direction the duck had taken, and came to a lake full of manoomin—wild rice. He saw all kinds of ducks and geese and mud hens, and all the other water birds eating the grain. After that, when Nanaboozhoo did not kill a deer, he knew where to find food to eat...”

Basic Wild Rice Ji-Jiibaakew Manomiin

Makes 6 servings!

INGREDIENTS:



- 1 cup wild rice
- 3 cups water
- ½ -1 tsp. salt
- 1 cube bouillon (optional)

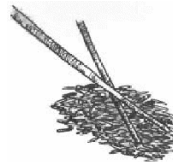
Taken from "Jiibaakweda Gimijiminaan, Let's Cook Our Food" a collection of recipes by Native Harvest, Copyright 2003, Morris Press Cookbooks.

Directions:

Cooked wild rice will triple in volume. Wash wild rice in three changes of hot tap water, drain. In saucepan, heat wild rice, water, salt, and bouillon to boiling, reduce heat and cover. Simmer until wild rice has absorbed the water, about 20 minutes. Wild rice should be tender but not "rolled back". You can add dried fruit like cranberries, nuts, and fresh fruit like apples or pears. Try herbs like sage and rosemary, sauces or dressing on the rice as well.



Jigging



Physical Activity #1

- Materials: Parched wild rice with hulls still on, large enough bucket or tub for kids to get in and out of (a plastic bin is perfect), clean socks or moccasins
- Traditional processing of raw wild rice involves five major steps: drying (curing), parching (scorching), hulling, jigging, and winnowing. Jigging is also sometimes called dancing of the wild rice.
- Put the rice in a wide barrel, and have one child at a time walk on the cooked rice. The goal is to remove the hull from the wild rice and so a gentle dance that is reminiscent of the twist is used. If the dancer "twists" too rough or with too much force, the rice grains will break. This step is usually referred to "jigging" because it looks as though one is dancing on the rice. Experiment with different ways to remove the hull from the rice grains.

Wild Rice Johnny Cakes

Makes 12 cakes



INGREDIENTS:

- 1/3 cup wild rice, well rinsed
- 1/3 cups water, divided
- 3 tablespoons cornmeal
- 4 tablespoons dried blueberries, strawberries or cranberries
- 1 beaten egg
- 2 to 3 tablespoons oil
- 1/2 cup of maple syrup

Directions:

In a medium saucepan, heat 1 cup of water, rice, and salt. Bring to a boil. Cover, reduce heat to low, and continue to cook gently for about 20 minutes, until rice is just tender. Stir in cornmeal mixed with 1/3 cup cold water and cook, stirring gently, for 2 to 3 minutes until cornmeal turns creamy. Stir in the egg and gently fold in blueberries. Heat oil in a large skillet over medium heat. Drop batter by rounded tablespoons into skillet and flatten with a spatula or pancake turner into cakes about 3 inches in diameter. Fry for 2 to 3 minutes on each side, until golden brown. Serve with maple syrup.

Physical Activity #2

Weather Vane

- Have children stand scattered throughout their classroom or play area. The leader will point out to the participants the location of the four compass directions- north, south, east and west. Have them all repeat and in a pointing motion show the directions of north, south, east and west, to be sure that everyone understands the positions. When a direction is called the players are to jump in place making the necessary turn in the air to face the called out direction. This is done by a quarter, half or three-quarter turn. You should make sure that all players rotate in the same direction. If the direction is called that the players are at already, you can do one of two things. Your rule could be that they still have to jump and still land in the same direction or that they're not to jump at all. If their not suppose to jump at all, those that moved would be out of the game. Anyone that lands in the wrong direction is out of the game.

Popped Wild Rice *Gaapizigan*

Makes 8 handfuls!



INGREDIENTS:

- 1 cup wild rice
- 3 Tbs. oil
- ¼ cup butter
- 2 Tbs. maple syrup

Taken from "Jiibaakweda Gimijiminaan, Let's Cook Our Food" a collection of recipes by Native Harvest, Copyright 2003, Morris Press Cookbooks.

Directions:

Heat oil in a 12" skillet over medium heat. Add a layer of rice and swirl until the kernels pop. When all are popped, toss in a separate bowl with butter, syrup, and salt. Makes about 2 cups.

Physical Activity #4



Wild Rice Maze

- Materials: Blindfolds and ropes
- Divide the group up into teams of 8-12 players. Each team will need one blindfold and the first person on each team will put it on. Lay out 3-5 ropes across the play area that will have to be crossed over by the players with the blindfolds. The ropes represent water to be avoided! The next player in line will lead the blindfolded player across the play area and back by the sound of their voice. If the blindfolded player touches the ropes or leader that player "falls in the water" and will have to go back and start over. Once the blindfolded player has made it across the water to the wild rice (the other end of play area), the next person in line will be blindfolded and the person behind the first person will become the leader and they must cross the water to get to the rice. The first team to finish leading all players across the water is the winner.

Wild Rice-Walnut Burgers

Makes 8 Burgers!

INGREDIENTS:

- 4 cups cooked wild rice
- 2 cups soft breadcrumbs
- 2/3 cup walnuts, chopped
- 1 tsp. garlic salt
- 4 eggs
- 2 jars (2 1/2 oz.) mushroom pieces, drained and finely chopped
- 4 Tbs. vegetable oil
- 2 Tomatoes, sliced
- 8 lettuce leaves
- 1 cup sliced onion
- 8 whole wheat burger buns

Directions:

Mix all ingredients together except oil. Heat oil in 10-inch skillet over medium heat.

Scoop wild rice mixture by 1/3 cupfuls into skillet; flatten to 1/2 inch thick. Cook about 3 minutes on each side or until light brown. Remove patties from skillet; cover and keep warm while cooking remaining patties. Serve on a bun and let the kids assemble the burgers. You can provide ketchup, mustard, and cranberry sauce as condiments.

Physical Activity #3

Land, Water, Air

- Wild rice is a product of all elements—land, water, and air.
- This game is for 5 or more people and should be played outside or in an open area. To play this game, you just need to draw a line on the ground. Pick one person to be the caller. The caller calls out the commands, "land," "water," or "air." If the caller says "land," everyone jumps behind the line. If the caller says "water," everyone jumps over the line. If the caller says "air," everyone jumps up. If land or water is called twice in a row, the second time, you don't move. If air is called twice in a row, jump up both times. If you jump on the line or make a mistake, you're out. The last person still jumping is the winner.

Wild Rice Salad

Makes 8 servings!



INGREDIENTS:

- 2 cups cooked wild rice
- 4 hard-boiled eggs, chopped
- ½ cup cheddar cheese, cubed
- ½ cup plain yogurt or light mayonnaise
- ½ cup walnuts, chopped
- ½ cup apple, chopped

Directions:

Cook the wild rice ahead of time. In a bowl, combine ingredients. If preparing ahead of time, leave the walnuts separated until just before serving.

Physical Activity #5

Heron Ball

- o Materials: One ball for each team
- o Herons are beautiful birds that like to hang out in the wild rice paddies and look for food. They often stand on one leg—just like the players in this game!
- o Set up teams of 8 - 11 players and each team will need one ball. Choose one player on each team to toss the ball to their team players. The teams are to line up side-by-side about one to two feet apart from the other team players. The players with the balls are to be facing the first player in line about 5-8 feet away. On go, the first player is to stand on one foot (left foot) and the ball is to be passed to them 5 times by their player with the ball. If they put their foot down they are to start over with the count of 5 again. Once that player has completed the 5 passes then the next player will complete the task. You do this all the way down the line until the end. Once the last person has completed standing on the left foot, they will now stand on the right foot for 5 ball passes. The next player will do the same standing now on the right foot working your way back up to the starting point. The first team to complete the ball passing while standing like a Heron is the winner.

ACTIVITY:

Plant a Three Sisters Garden

Goals and objectives:

- Students will understand the Three Sisters method of planting as a method of fostering a symbiotic relationship beneficial to the corn, bean, and squash plants.
- Students will be able to name the three plants involved in the Three Sisters Method of planting.
- Students will be able to name the benefits of this practice to each plant involved.
- Students will plant their own Three Sisters Gardens.

Talking Points:

- The Ojibwe, along with many other American Indians, were very skillful farmers. By the time Europeans had arrived on the shores of Lake Superior, they were surprised to be greeted with the raised bed gardens of the people of this area.
- Throughout the North American continent, various Tribes had domesticated over 150 plants, including over 150 varieties and colors of six species of corn, five main species of beans, squash, gourds, pumpkins, tomatoes, peppers, peanuts, potatoes, chocolate, vanilla, and many others.
- Corn, beans and squash were staple crops for the Ojibwe, along with other tribes. Traditionally, the corn would be boiled, roasted, steamed, and dried to be ground later and put into stews. Because corn could be dried, it provided a good source of food through the winter.
- Respect and honor for the earth and for the plants were always present when the planted the crops. It was important not to overtax the soils in which they planted and were careful to fertilize the ground to keep it healthy. They also had an understanding of how different plants worked together and planted seeds together when it was mutually beneficial to do so.
- Many Native farmers still practice these responsible methods of working the land. The three sisters garden is one such example

Materials:

- Trowel
- Potting Soil
- Paper or Plastic Cups
- Masking Tape
- Permanent Marker
- Pole Bean, Corn, and Squash seeds
- Watering Can
- Larger outdoor space for future re-planting

ACTIVITY:

Plant a Three Sisters Garden

Activity:

According to Linda Tilgner, author of *Let's Grow: 72 Gardening Adventures with Children*, "The companionship of interplanting helps these vegetable friends. Corn provides support for the pole beans and a windbreak and shade for the squash. Beans produce nitrogen for the corn. Squash keeps the corn roots cool and discourages marauding raccoons, who don't like to walk on their prickly leaves." (p. 66) The Oneida creation story tells of how the Oneida people received the gifts of corn, squash, and beans, the Three Sisters, from Skywoman, the great grandmother of the tribe.



1. Give each student a plastic cup and one seed each of corn, bean, and squash. When choosing the seeds, it is important to use pole beans or other climbing beans. Heirloom seeds can be more unusual than more common varieties
2. Students will fill their cups $\frac{3}{4}$ full with soil. Using their fingers, they will create three holes, one for each seed. Cover the seeds with another inch or so of soil.
3. Students will need to start their seeds' growth by giving them a drink. Corn is an especially thirsty plant. Continue to water regularly.
4. The seeds should sprout in 7-10 days. You may need to replant your Three Sisters, as they will outgrow their little house quickly. Also, help the beans to find the corn stalks so that they can climb up them for stability.
5. Put a piece of masking tape on the cup and write each child's name on the tape in permanent marker. This will help to easily identify the Three Sisters gardens.

Section Three



Autumn

Dagwaagin

September: Waatebagaa-
giizis

(Leaves changing color moon)

October: Binaakwii-giizis
(Falling leaves moon)

November: Gashkadino-giizis
(Ice is forming moon)

Cranberries

Goals and Objectives:

- Children will know the difference between High-bush cranberries and Low-bush cranberries.
- The Ojibwe name for high-bush cranberries will be understood.
- The many medicinal uses for cranberries will be discussed.

Talking Points:

- Cranberries were an important food for both American Indians and the European settlers' survival.
- High-bush cranberries are different from low-bush cranberries, which grow in bogs. High-bush cranberries grow on trees and are sour, juicy, and bright red.
- High-bush and low-bush cranberries are used to remedy many things, including stomach problems and healing the uterus after giving birth.

Food as Tradition:

When the first European colonizers arrived in North America, they were introduced to many new foods. One of the new foods that captured the attention of these people was the cranberry. The new settlers learned all about cranberries from the Native Americans, who recognized the natural preservative power (benzoic acid) in the berries and often mixed them into pemmican (dried meat mixture) to extend its shelf life.

There are two types of berries that are referred to as cranberries: the low-bush cranberry that grows in bogs, and the high-bush cranberry that grows on trees. The high-bush cranberry is not related to the low-bush cranberry at all, yet they share similar tastes and similar medicinal properties. The high-bush cranberries are adored by tribes of the Northwoods. Its name, aniibiiminan, translates to "summer berry" because the bright red berries are usually ripe around the end of July. When the berries are ripe, they hang in large clusters on branches. The berries are very sour and juicy with one large seed in the center. The taste of high-bush cranberries actually improves after a frost, when the fruit turns sweeter. The berries make an excellent juice and a beautiful bright-red jelly. They were also used to make red dyes.

Food as Medicine:

There are many medicinal uses for cranberries, and in Ojibwe culture, the high-bush cranberry has a large role. The leaves and berries were steeped and made into a tea for swollen glands and mumps. A strong tea was made out of the bark, a laxative, used to help ease irritated stomachs and muscle cramps. An infusion of the roots is used to treat fevers. The inner bark, branches, and roots were also used to treat women after giving birth to repair the uterus. Cranberries were also used to treat wounds, urinary disorders, diarrhea, diabetes, stomach ailments, and liver problems.

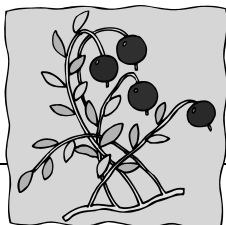
Today, cranberry products are widely used to treat kidney and urinary disorders, especially urinary tract infections. They are also used to treat stomach ulcers and prevent dental plaque. They are high in antioxidants and anti-cancer properties. There are also reported benefits to help regulate blood sugar in the treatment of diabetes.

Story:

Winneboozhoo and the Cranberries

(Adapted from Victor Barnouw, 1977, *Wisconsin Chippewa Myths and Tales and Their Relation to Chippewa Life*, Madison: The University of Wisconsin Press.)

Winneboozhoo was walking along one day by the edge of a lake and saw some high-bush cranberries lying in the shallow water. He stuck his hand in the water and tried to get them, but he couldn't. He tried over and over again to get those cranberries. Finally, he gave up trying to stick his hand in the water and instead, he tried to grab them with his mouth by sticking his head in the water. That didn't work either, so he dove down into the water. The water was so shallow that the little rocks in the bottom hurt his face. He jumped out of the water and lay down on his back on the shore holding his face. He opened his eyes and there were the berries hanging above him! He had only seen their reflection in the water. But he was so angry that he tore the berries off the tree and didn't eat any, and he walked away.



Cranberry-Nut Snack Mix

Makes 10 handfuls!



INGREDIENTS:

- 2 cups sunflower seeds
- 1 cup almond pieces
- 1 cup pumpkin seeds
- 1 cup dried cranberries (craisins)

Directions:

Mix all of the ingredients together in a large bowl, or let the kids mix their own into small cups.

Physical Activity #1



Cranberry Bog

- Materials: Tape or chalk to mark boundaries, paper plates painted red or red construction paper cut into large circles
- This is a game for 6 or more players. First mark your course with a starting line and a finish line. Your course should be about 20 feet long- this is your "bog". Next, players split up into two teams of three. Each team gets a stack of large circles or "cranberries" made out of paper plates or construction paper. You should have one more circle than you have players on your team. If your team has three people, your team will get four paper "cranberries". The object of the game is to race the other team across the bog to the finish line and back, you can only step on the dots. If somebody steps on the floor, they have fallen into the bog and their whole team has to start over. You need to have your whole foot on the dot, and dots can't be dragged on the floor. Try to figure out the fastest way to get your whole team across the course and back.



Cranberry Relish Turkey Rolls

Makes 10 rolls!



INGREDIENTS:

- ½ cup fresh or frozen cranberries
- ¼ of an orange, peeled
- 1 Tbs. brown sugar
- ½ cup light cream cheese
- 10 Turkey Slices
- Blender or Food Processor

Directions:

In a blender or food processor, process all ingredients until coarsely chopped. Cover and chill for 30 minutes or until ready to serve. Spread turkey slices with a teaspoon of cream cheese and a spoonful of cranberry relish. Roll up and enjoy!

Physical Activity #2



Cranberry Sweep

- o Materials: Brooms for each team, cup full of 10 cranberries and an empty cup for each team
- o This game can be played as teams or pair off if you have enough old brooms. Divide into teams, giving each team an old broom. Give a cup of cranberries to each team and place the empty cups at the turn-around point. One player will sit on the sweeping end of the broom, holding onto the handle and one cranberry. The other player will pull him across the floor to the goal. As soon as they reach goal, they are to drop the berry in to the cup, exchange positions and go back to the starting point. The person who was pulling will pick up a cranberry and then sit on the broom, and the next person in line will pull the person. The first team to transfer all of their berries to the empty cup wins!

Cranberry Orange Smoothie

Makes 8 servings



INGREDIENTS:

- 4 cups frozen cranberries
- 4 cups orange juice
- 6 Tbs. low-fat cream cheese
- 1/4 tsp. cinnamon
- 1/4 tsp. ground cardamom (optional)

Directions:

Place all in a blender and blend till smooth. Garnish with an orange slice.

Physical Activity #3

Cranberry Blow

- Materials: one straw for each player, paper objects for obstacle course, and cranberries
- Set up each team with one cranberry and one straw. Set up the obstacle course with paper confetti-like snowflakes, stars and so on. Each team member one by one will put their cranberry on the starting line, get on their hands and knees and blow through the straw to move the berry while going down the course and back. That player will then pass the cranberry to the next player by blowing through the straw and the next player will go down the course again. The first team done is the winner.

Cranberry-Wild Rice Salad

Makes 8 servings!

INGREDIENTS:

- 4 cups cooked wild rice
- ½ cup dried cranberries
- ½ cup chopped walnuts, toasted
- 1 apple, peeled, cored and diced (preferably a tart variety)
- 2 Tbs. maple syrup
- 1 Tbs. balsamic vinegar
- ¼ cup olive oil
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ cup dried apricots (optional)

Directions:

In a large bowl, mix all the ingredients. Season with salt and pepper, and refrigerate until ready to serve.

Physical Activity #4

Cranberry Bowling

- Materials: Rubber ball, 10 2-liter plastic bottles
- Cranberries are notoriously bouncy, just like rubber balls! In this game, the ball is the “bouncy cranberry”.
- Set up the plastic bottles in a small circle near a wall. The player rolls the ball to hit the wall and then bounce back to knock down pins. One point is awarded for each pin knocked down. A roll that hits the pins first loses that many points. Set up pins for the next player to roll. The first player to reach 30 points is the winner.

Cranberry Orange Dip

Makes 6 servings!

INGREDIENTS:

- 1 cup vanilla yogurt
- 1/3 cup whole berry cranberry sauce
- 1/2 tsp. grated lemon peel
- 1/4 tsp. lemon juice
- 4 apples, cut into wedges
- 4 bananas, sliced
- Various other seasonal fruit

Directions:

Mix all the ingredients (except for the fruit for dipping) & chill. Serve with apple wedges, banana slices & other fruit.

Physical Activity #5



The Cranberry Connection

- o Materials: Chalk or tape to mark the start and finish line, 4 red balloons and 8 cones or obstacles
- o This is a game for 6 or more players. Form two teams of three. The course should be about 20 feet long, marked with a start and finish line. Set up the course with four obstacles for each team. Space them out evenly between the start and finish lines. Each team lines up single file. Each player sandwiches a red balloon (the cranberry) between herself and the person in front of her. First team to run around the cones and back while keeping the balloons between them wins. (And you can't use your hands to get the balloons in place!)

Wild Grapes

Goals and Objectives

- Children will understand where grapes grow and how they were used, both as food and as medicine.
- Easy snack suggestions will be highlighted, stressing the importance of avoiding high sugar “grape” flavored products.

Talking Points

- The Ojibwe gathered grapes to make dyes, medicines, and eat fresh—just like we do!
- Grapes are a very healthy and very easy snack.
- Grapes were used to treat many ailments and today are being studied for their ability to prevent some cancers.

Food as Tradition

Wild grapes grow along the shores of rivers and lakes, ripening in the late summer. The dark purple-black of the grapes were often used by the Ojibwe to make black dyes. The grapes were often eaten raw. Because of the high level of acid in the grapes, they were sometimes too sour to eat raw, so they were mixed in with other foods. The young leaves were eaten as cooked greens or added to rice or meat. The fruit was eaten raw or dried for winter consumption. In some communities, the old, thick grapevines were tapped for a clear, watery, drinkable sap. The grapes were eaten fresh from the vine, just like we eat grapes today. They also made a beverage from the juice of the grapes, diluting it with water. The fruits were made into jams and jellies.

Grapes are still one of the healthiest and easiest snacks around today! Simply eaten fresh from the vine, they are a great snack. Add them to fruit salads or leafy lettuce salads for a sweet burst of flavor. For a cool, hot-weather treat freeze grapes ahead of time and suck on them for a sweet way to cool you down. You can also dry grapes in a dehydrator to make homemade raisins – a great project for kids with eager minds. Grape juice is a great way to get serving of fruit into the diet. However, avoid products labeled as grape “drinks”. This is often an imitation high-sugar product with little real grape juice.

Food as Medicine

Wild grapes were a much used medicine to the Ojibwe. The Ojibwe used a root tea of the wild grapes as a treatment for diabetes and rheumatism. A tea made out of the leaves was used for diarrhea, hepatitis, thrush and headache. A powder made from the leaves was used for fever, headache, and rheumatism. Grape juice was used to treat colds, coughs, throat cancer and tumors. A poultice was made of the leaves and applied to bruises, sprains and the eyes.

Current research has shown grapes to be a powerful treatment of many ailments and both the leaf and seed extracts to be an excellent antioxidant. Seed extracts have proved valuable in treating some varicose veins, circulatory and bruising disorders. Grapes are a good source of a powerful antioxidant called *resveratrol*—which many studies have found to be able to reduce the risk of developing heart disease and cancer. Grapes are also an excellent source of manganese, vitamin B6, thiamin, potassium and vitamin C.

Cranberry-Nut Snack Mix

Makes 10 handfuls!



INGREDIENTS:

- 2 cups sunflower seeds
- 1 cup almond pieces
- 1 cup pumpkin seeds
- 1 cup dried cranberries (craisins)

Directions:

Mix all of the ingredients together in a large bowl, or let the kids mix their own into small cups.

Physical Activity #1



Growing Grape Vine

- o You start this tag game with two people as the vine. They have to lock their arms together and cannot come apart. Once the vine tags someone, they become part of the grape vine and add to the end. The grape vine becomes bigger and bigger. Only the ends of the vine can tag someone, so players can run through the vine, if possible without getting tagged.

Peanut Butter and Grape Jelly Granola Bars

Makes 12 Bars



INGREDIENTS:

- 4 cups quick-cooking oats
- 2 cups peanut butter
- 1 cup grape jelly
- 2 Tbs. vanilla

Directions:

Combine all ingredient in a bowl, stirring until well mixed. Have the kids scoop mixture into a 9x13" pan, pressing gently with fingertips until the mixture is compressed into an even layer. Bake at 350 degrees for 20-25 minutes, checking regularly to make sure it doesn't burn. Let cool for at least 15 minutes and cut into bars. Serve warm (delicious with a glass of milk!)

Physical Activity #2



Oatmeal Raisin Relay

- o Materials: oatmeal, raisins, two large pans or pots, containers
- o Cook up two large pans of oatmeal and cool. Mix in Raisins. Have the two pans lined up at end of course for each team. Teams are to run down course one at a time, retrieve one raisin, run back to deposit raisin in container and the next teammate does the same. The first team the complete task is the winner. Try this game again after you add raisins back. Play outdoors on a warm day so at the end they can have an oatmeal fight. Oatmeal is good for the skin too!

Grape-Cherry Cooler

Makes 8 servings!



INGREDIENTS:

- 4 cups 100% grape juice, bottled or frozen concentrate
- 4 Tbs. lemon juice
- 2 cup frozen, dark sweet pitted cherries
- 1 tsp. cinnamon (optional)
- 1 cup plain or vanilla non-fat yogurt

Directions:

Process all ingredients in a blender until smooth. Pour over crushed ice, or enjoy as is.

Physical Activity #3



Spoon-to-Spoon

- o Materials: plastic spoons (enough for each child), grapes
- o Have the kids form a circle. Have each child hold the end of the spoon with their teeth. Place a grape in one spoon and have the kids pass the grape around the circle with their spoons—no hands allowed! If the grape is dropped, than that child is out of the circle. Play until there are just two people left. Keep some extra grapes on hand, in case they get smashed.

Grape and Cucumber Salsa

Makes 8 servings!

INGREDIENTS:

- 2 cups red seedless grapes, quartered
- 1 cucumber, peeled and chopped into small chunks
- 1 sweet onion, finely chopped
- 1 cup cilantro, finely chopped (optional)
- 1 mild pepper, seeded and chopped finely (optional)
- 1 lime, juiced
- ¼ tsp. salt
- Tortilla chips

Directions:

Combine all ingredients (except the chips) into a bowl. Stir well. The flavor mixes if let to chill for about one hour, but it is not necessary. Serve with tortilla chips.

Physical Activity #4

Snake Tag

- Start out with three to four in a group. Try to get as many groups as possible and leave a person as “it”. Have the members of each group attach together by holding onto the waist of the person in front of them to form a snake. The person in front is the head and the person in back is the tail. To start, the person that is “it” must catch the tail of one of the snakes and attached to it. If they are successful, the head must come off and that person is now “it”. You are to twist and turn your snake to keep from loosing your head.

Banana Grape Cups With Yogurt

Makes 8 cups!



INGREDIENTS:

- 4 bananas, cut into slices
- 8 cups seedless grapes, cut in half
- 4 cups low-fat vanilla yogurt

Directions:

Combine all ingredients in a bowl and mix gently. Serve in cups or bowls.

Physical Activity #5



Grape Toes

- o Materials: Two bowls with water, 20 grapes, two empty bowls
- o To set up the game, fill two bowls with water and put 10 grapes in each of them. Then, put empty bowls next to them. To play, two players race to transfer all the grapes in the bowl of water to the empty bowl. The trick is that you can only use your feet. The first player to transfer all of her grapes wins.

Seeds

Goals and Objectives

- Children will learn how the Ojibwe used sunflower seeds, as well as many other seeds.
- Children will understand *why* seeds make a good snack and will learn how to eat more seeds in their diet.

Talking Points

- Sunflowers are one of the oldest cultivated foods, and have been eaten for their seeds for around 3,000 years.
- Many other seeds were eaten, such as pumpkin seeds and seeds of wild flowers and plants.
- Eating seeds as a snack is a great way to get a lot of energy from a small amount of food—they are packed with many important vitamins and minerals.

Food as Tradition

Sunflowers were a common crop among many American Indian tribes throughout North America. Sunflowers were an important food plant for many tribes, including the Ojibwe people. Evidence indicates that sunflower domestication began 3,000 years ago. Since then, Indians increased the size of sunflower seeds 1,000 percent through cultivation.

The Ojibwe planted sunflowers on the north side of the Three Sisters garden, along with corn, beans, and squash. Sunflowers were used in many ways. Seeds were ground or pounded into flour for cakes, mush or bread. Sometimes seeds were mixed into the meal with other vegetables such as beans, squash, and corn. The seeds were often eaten for a snack, mixed with dried berries, like a trail mix. Seeds were used to make bread or eaten raw. There are references of squeezing the oil from the seed and using the oil in making bread. In addition to sunflower seeds, many other seeds were eaten or used in medicines. Pumpkin and squash seeds were an important part of the diet. Many other seeds were added to foods as well, flavoring and adding many nutritious benefits!

Eating seeds can be a great way to get a burst of energy from a small amount of food—exactly what a perfect snack should be! A little amount of seeds can go a long way. Try sprinkling sunflower, sesame, or flax seeds onto salads, cereals, or rice dishes. Bags of sunflower seeds make a great snack on their own. Many types of bread contain seeds, adding texture and nutritious benefits. Lightly toasting seeds will help bring out the flavor of the seeds.

Food as Medicine

Seeds have many nutritious benefits—they are a powerhouse of energy (calories), vitamins and minerals. Pumpkin, sesame and sunflower seeds are all high in protein making them a useful addition to any diet. The seeds of sunflowers are full of vitamin E to reduce heart problems, lower cholesterol and discourage blood clotting in arteries. Seeds are also full of antioxidants and are an anticancer agent. Seeds contain minerals including iron, needed for healthy red blood cells, zinc (especially pumpkin seeds), required for growth and a strong immune system, and magnesium for the release of energy from foods and strong bones. Sesame seeds are high in calcium required for strong bones and teeth. In addition, pumpkin seeds contain omega 6 and omega 3 fats, both of which have been found to have anti-inflammatory properties and can help maintain a healthy heart when eaten as part of a balanced low fat diet.

Sun-butter

Makes 8 servings!



INGREDIENTS:

- 2 cups of roasted unsalted sunflower seeds
- 3 Tbs. honey
- 2 Tbs. Canola or vegetable oil
- 4 Apples, sliced into rings
- 4 stalks of celery, cut in half
- 1 cup raisins
- Blender

Directions:

Pre-roast the sunflower seeds if they are raw, putting them in the oven for 15-20 minutes at 300 degrees. Slice the apples into rings and cut the celery stalks in half in preparation. Keep the apples and celery in water until use. Combine seeds, honey and one tablespoon of oil in the blender. Blend until the seeds form a buttery-paste. Add oil as needed to moisten the mixture to blend easier. Serve the butter with apples sliced into rings or celery sticks with raisins on top (ants on a log).

Physical Activity #1



Seed Stretch

- In a circle, everyone starts as a small seed, then slowly sprouts and grows, eventually flowering towards the sun. Repeat, getting faster each time, leading eventually to seeds in unison jumping into the air and letting out loud "ahhhs"!

Sunflower Seeds, Popcorn and Peanut Combo

Makes 8 handfuls



INGREDIENTS:

- ½ cup popped corn
- ½ cup sunflower seeds
- ½ cup roasted peanuts
- ½ cup molasses
- ¼ cup honey
- ¼ cup maple syrup
- 2-3 Tbs. vegetable oil

Directions:

Lightly sauté sunflower seeds in oil until the seeds are lightly browned. Stir in molasses, honey, and maple syrup. Add peanuts. Simmer over low heat until the mixture is thin and bubbly. Pour everything over the popcorn in a large bowl and mix gently corn is coated well.

Physical Activity #2

● ● ● | Seed Swap

- *Materials: Enough clothes pins for each child to receive 5; rope, tape, or chalk to mark off playing area.*
- Mark off a play area of at least 40ft by 40ft by putting rope on the ground. All players are to receive 5 clothes pins, pinned the back of their shirts—these become their seeds. Have them all spread out around the edge of the rope before starting. The object is to try to capture the “seeds” from someone else’s back without losing yours. If you capture a seed, you are to go down on one knee while pinning it on your back. While you are on one knee, no one can take a seed from you. If you go out of bounds you lose a seed. There is no pushing and you can only touch seeds, no touching or pulling clothes or the body. Any violators will loose one seed to the victim. The person with the most seeds in the allowed time you choose wins. You can play teams and the team with the most is the winner also.

Toasted Pumpkin Seeds With Maple Syrup

Makes 8 handfuls!



INGREDIENTS:

- 3-4 cups of seeds from a pumpkin (good for after jack-o-lantern carving)
- 3 Tbs. maple syrup
- $\frac{3}{4}$ tsp. salt

Directions:

Preheat oven to 425 degrees. Place all of the ingredients in a bowl and toss well to coat. Transfer seeds and any liquid to a parchment-lined baking sheet. Spread out mixture evenly in a single layer. Toast until seeds are golden brown (10-15 minutes). Stir occasionally to brown evenly. Watch oven carefully to make sure they don't burn.

Physical Activity #3



Musical Birds

- Materials: Music player and paper seeds (make them out of paper or paper plates; they can be an oval like a sunflower seed or pumpkin seed!)
- People aren't the only ones who like to eat seeds! Many creatures depend on seeds for food, and birds are no exception.
- This game is for 6 or more players and should be played in an open area. Pick one player to be the referee. This game is a lot like musical chairs, but when the music starts, players have to pretend to fly and hop around like birds. While players are hopping and pretending to fly, the referee takes away a seed, and then stops the music. When the music stops, the birds have to find a seed to land on. The bird left without a seed is out. The last bird on a seed is the winner.

Crunchy Bananas

Makes about 35 pieces!

INGREDIENTS:

- 6 bananas cut into 1" thick slices
- Popsicle sticks
- Orange juice
- 1 cup dried coconut
- 1 cup wheat germ
- 1 cup crushed sunflower seeds

Directions:

Combine coconut, wheat germ, and crushed sunflower seeds in a large bowl. Have the kids spear the banana slices with the popsicle stick, dip in the juice and then roll in the bowl. You can experiment with different toppings as well—try cocoa powder, peanuts, honey, etc.

Physical Activity #4

• • • | Name Pantomime

- o Each person chooses an action-word to go with their name (e.g., "Swimming Sam"), then shows the action to the group who repeat it. This is a whole-body way to introduce oneself & learn people's names, but it can also be fun for a group who already knows each other.

Carrot-Apple Slaw with Cranberries and Pumpkin Seeds

Makes 8 servings!

INGREDIENTS:

- ½ cup dried cranberries
- ½ cup fresh orange juice, divided into ¼ cups
- 1 Granny Smith apple, unpeeled, cored and shredded (or chopped into small pieces)
- 4 large carrots, peeled and shredded
- ½ small red onion, thinly sliced
- 3 Tbs. fresh cilantro, chopped (optional)
- ½ cup unsalted pumpkin seeds, toasted
- 3 Tbs. olive oil
- ½ tsp. fresh ground pepper

Directions:

To toast pumpkin seeds, toss them in a pan with a ½ tsp. vegetable or olive oil over medium-high heat for about 5 minutes, stirring constantly. Combine dried cranberries and ¼ cup orange juice in a small bowl; set aside. In a large bowl, toss apple with remaining ¼ cup orange juice. Mix in carrots, red onion, cilantro, and pumpkin seeds. Drain cranberries, reserving juice; add cranberries to apple-carrot mixture. Whisk reserved orange juice and olive oil; pour over slaw and toss well. Season to taste with black pepper. Serve cold or at room temperature.

Physical Activity #5

Water the Garden

- *Materials: Large car sponges, large containers of water, receiving buckets, warm weather*
- Seeds come from plants and plants need water to grow. Divide up into teams to water the garden and grow the plants.
- You can have as many teams as you have equipment. Each team forms a line with teammates a little more than an arms length away from each other. At one end of the line is a large container of water with large sponges in it. The other end has a small bucket, which you could mark with a fill line where you want the finish point to be or just fill to the top. When signaled to start, teams are to race. The person at the large container is to throw a sponge to next teammate and that person to the next until it reaches the end of the line. The last person is to squeeze the sponge out and then run to the start of the line, dip the sponge in the large container and pass to next person. If sponge is dropped while being passed, it is to be thrown back to the start of the line and you are to continue again. After full rotation of line, meaning everyone has taken sponge out of large container and passed, the team with the most collected water is the winner.

Herbs and Teas

Goals and Objectives:

- Children will learn what an herb is and the many uses for these plants.
- The use of herbs as a seasoning, tea, and medicine will be understood.

Talking Points

- We use herbs today as seasonings like oregano or rosemary. The Ojibwe used herbs similarly—to season food.
- Herbs were also used to make teas that were both delicious and medicinal.
- Tea was one of the most popular beverages in Ojibwe culture.

Food as Tradition:

We call many things herbs today. Most kitchens probably have a collection of dried herbs like oregano or rosemary. Most herbs serve a double purpose of both seasoning food and being quite medicinal. The Ojibwe used many plants to season foods and, as we have learned from many other sections in this guide, as medicines. Teas were an especially popular beverage. It is said that tea, or *niibiish* was consumed more than water in some communities. This section focuses on some of the most prominent plants used for seasoning foods, medicines, and teas in Ojibwe culture. The recipes for this section are not all edible, such as the lip balm and potpourri satchels, to highlight the multifunctional uses of such plants.

Three popular herbs used by the Ojibwe were, and still are mint, wintergreen, and rosehips. Many varieties of mint grow in the Northwoods and along with wild ginger were used to season fish with. Wintergreen is a flavor that many of us recognize today from gum or toothpaste. However, the plant was commonly used as a tea, and the bright red berries were a special treat to eat. Wintergreen is especially important for its year-round availability. Finally, rosehips have been an important food for all Native tribes where ever wild roses grow. The tea made from rose hips is one of the most important sources of vitamin C. These three herbs are just a few examples of the many, many plants that were commonly used for both food, tea, and medicine.

Food as Medicine:

Mint, wintergreen, and rosehips are all three packed with medicinal qualities. Mint was used to treat burns and boils, and would brew a very strong tea to get rid of parasites or other intestinal problems. Wintergreen has the same active painkiller in it as aspirin, and was used in a similar way that we use aspirin—to get rid of headaches. It was also used for colds and to bring down fevers. Rose hips have a much higher quantity of vitamin C, even more than oranges! They help boost the immune system to prevent diseases.

Potpourri Smell Good

Makes 20 Pouches!



INGREDIENTS:

- 1 quart pine needles
- 1 cup shredded and dried orange and/or lemon peel
- 1 cup dried sage
- 1/2 cup basil
- 4 bay leaves, crumbled
- 2 cups coarse salt
- Sheer fabric cut into 3 inch squares
- Ribbons to tie the fabric

Directions:

Combine all together in a large bowl and package in pouches. Another good idea is pine cones scented with a drop or two of cedar or cinnamon oil.

Physical Activity #1



Herb Walk

- Go on a walk around the block, neighborhood, or playground. Identify various fragrant plants, such as pine needles, dried berries, sweet grasses, bark of trees, flowers. On a short walk outside, we found Tansy, Yarrow, Wild Mint, Wintergreen, Common Milkweed, and Evening Primrose just to name a few. Have the kids explore the plants and pick some that smell nice to them. Have some dried herbs and spices on hand, such as rosemary, lavender, cinnamon bark, cloves, etc. waiting for after the walk. Make fragrant sachets by following the above recipe.

Solar Wintergreen Tea

Makes 1 Gallon

INGREDIENTS:

- One wide-mouthed, clear gallon-sized glass jar with a water tight lid or other secure seal,
- 1 gallon of water
- 1-2 cups of wintergreen leaves, cut coarsely (optional: include wintergreen berries)
- Honey or maple syrup (optional)
- A sunny day

Directions:

First, measure out the wintergreen into the jar. Pour the water over the wintergreen in the jar, screw on the lid, give the container a few shakes, and set it where it will receive full sunlight all day long. A rooftop, open field, driveway, or similar shade free area is ideal but if none is available, keep an eye on the "teapot" and move it on out into the sun as any shadow approaches. Give the mixture a shake whenever you think of it. As the day ends, bring in your tea. It will be warm and should look rich and clear in color. While the brew is still warm from the sun, shake it up and dump the whole contents of the jar into a sieve or strainer of some sort placed in a bowl large enough to hold the liquid with room to spare. You may add honey or maple syrup to the mixture if you want to give it a little extra sweetness. Your solar tea can then be refrigerated for about one week.

Physical Activity #2

Scavenger Hunt

- o *Materials: Pencil and Paper*
- o Make a list of things for the kids to look for. These can be related to herbs, such as "mint" or "wintergreen", or they can just be random objects. On nice weather days, this can be played outside. The outside list can include things like a feather, a flower, a round stone, a five-pointed leaf, etc. If the weather is bad, than the scavenger hunt can take place inside. An inside list could include: a game piece, a yellow piece of paper, a toothpick, etc. Copy off a list for each child, or divide the kids into teams and hand each team a list. Have them collect what they find and check off the items on the list. The first person/team to collect all items wins!

Herbal Lip Balm

Makes $\frac{1}{2}$ ounce, Lip balm for 1



INGREDIENTS:

- 3 teaspoons grated unbleached beeswax
- 5 teaspoons carrier oil (sunflower, castor, or jojoba)
- 6 or 7 drops essential oil (such as lavender, rose, lemon, rosemary, or peppermint)
- 1 teaspoon honey, for flavor
- Containers to hold the mixture, empty mint tins or baby food jars work well

Directions:

Homemade lip balm, infused with your favorite scented oils, will make your lips delicious while smoothing and softening them. Melt the beeswax and carrier oil together in the top of a double boiler, stirring to combine. Remove from heat; add honey and essential oil. Mix thoroughly so the honey does not clump. Pour the mixture into containers; let sit 20 minutes before covering or moving. For glossier lip balm, use 2 teaspoons wax and 8 teaspoons carrier oil.



Freeze Dance!

Physical Activity #3

- o Materials: Music Player
- o Play some wild music and let all the kids dance. When the music stops, everyone freezes. Any movement, and you're out. The winner is the last dancer standing.

Herbed Potato Wafers

Makes 8 servings!



INGREDIENTS:

- ¼ cup vegetable oil, olive oil, or clarified butter
- 2 large baking potatoes (or 4-5 smaller potatoes)
- ½ cup finely chopped fresh herbs (like tarragon, cilantro, basil, rosemary, sage, or chives)
- 1 tsp. coarse salt

Directions:

Pre-heat oven to 325 F degrees. Brush baking sheet with butter or oil. Peel potatoes and cut into slices as thin and translucent as possible. Arrange half the slices on the pan in a single layer. Place several herb leaves or 1/2 tsp chopped herbs on each slice. Cover each slice with another potato slice and press to seal. Brush lightly with butter or oil and sprinkle with salt. Bake about 15 to 20 minutes, until potatoes are crisp and light brown.

Physical Activity #4



Pizza Box Relay

- o **Materials:** 22 empty cardboard pizza boxes or other small cardboard boxes
- o **This is a game for 4 or more players. The racecourse should be about 20 feet long. Players divide up into two teams, and divide the boxes into two stacks. Players race to the end of the course, grab a pizza box and run back to their teammates. They give the pizza box to the next person in line, who runs down to the end of the course and piles another box on top of the one he already has. This continues until the player on the team is finally carrying all 11 pizza boxes. If a player drops the boxes, she has to stop, pile them up again and continue with the race. First team to carry all their boxes back wins!**

Easy Basil Pesto With Pasta

Makes 6 servings!

INGREDIENTS:

- 2 cups packed fresh basil leaves
- ¼ cup grated parmesan cheese
- 3 Tbs. walnuts
- 1 tsp. chopped garlic
- ½ tsp. salt
- 1/3 cup olive oil
- 1 pkg. whole wheat spaghetti
- Blender

Directions:

Boil water for the pasta in a large saucepan. When water boils, add pasta and turn to medium-high heat so that the water is lightly boiling. Cook until tender (about 8-10 minutes). Set pasta aside. Combine the basil, Parmesan cheese, walnuts, garlic and salt in blender or food processor. Puree on high speed. Slowly drizzle the oil into the mixture and process until a smooth paste forms. Store in the refrigerator until you are ready to use it. Combine the pesto with the pasta and serve!

Physical Activity #5

Pasta Trail

- o Materials: Cooked spaghetti, outdoor area, and containers
- o Figure out how many teams you'll have and that's how many containers of spaghetti you need. Have teams line up outdoors at starting point. One person from each team is to take three pieces of spaghetti, lay one piece down at a time beginning at the starting line and where the first one ends the next piece will start. The first team member should end up with three pieces of spaghetti laying down in a row, heading down the course. Then the next team member will take three pieces and start where the other team member left off. The first team to reach the finish line is the winner!!
- o Note: When cooking spaghetti use cooking oil in water to prevent spaghetti from sticking together.

Squash

Goals and Objectives

- The concept of growing the Three Sisters will be understood.
- Children will understand the role of squash in a Three Sisters Garden.
- The dietary importance of squash, especially for diabetics, will be understood.

Talking Points

- Squash was grown along with the other two sisters—corn and beans—in gardens during the summer.
- The Three Sisters help each other out as they grow—a concept called “companion planting”.
- Squash is an important part of the diet because it stores well for the winter, provides a large amount of food, and is full of important vitamins like beta carotene, a vitamin that helps regulate blood sugar and is important for diabetics.

Food as Tradition

In the summertime, the Ojibwe planted large gardens—*Gitigaan*. In those gardens, the Three Sisters were often planted, along with other food crops. Three Sisters garden is a traditional style of planting food. The Three Sisters are corn, beans, and squash and they help each other out as they grow. They balance and nourish each other. Corn is planted in hills and soaks up a lot of the nutrients in the soil. To replace these nutrients and feed the corn, beans are planted next to the corn. The beans put nitrogen (a nutrient) back into the soil and use the sturdy stalk of the corn as a support to vine up. Squash is planted along side the beans and corn, and it sends out its long, prickly vines and leaves throughout the rows. Animals do not like the prickly squash vines, so they do not eat the corn and beans. It also helps keep moisture in the ground. This style of planting, where crops are grown together to help each other out, is called “companion planting”. Gardening in the Three Sisters garden was done mostly by the women.

Squash was an important part of the diet, not just because it helps corn and beans grow, but because squash stores well during the winter and provides an incredible amount of food. Squash is as tasty as it is protective.

Food as Medicine

Squash is an incredibly healthy food. It has high amounts of Vitamin A in the form of Beta Carotene. Vitamin A, or Beta carotene, has been found to help protect lungs against the development of lung cancer and emphysema. Beta carotene has been shown to have very powerful antioxidant and anti-inflammatory properties. It is also able to prevent the build up of cholesterol in the body—helping to keep the heart healthy and the risk of heart attack and stroke down. It may also help reduce the stress on the heart that is caused by diabetes. The intake of foods such as squash and other foods rich in beta carotene may be beneficial to blood sugar regulation and helping keep diabetes under control.

Story:

Sky Woman and the Three Sisters

This story of the Three Sisters is from the Oneida Creation Story. The Oneida, a neighboring tribe of the Ojibwe, grow Iroquoian White Corn and have a very special relationship to the Three Sisters. This story is told by Jeff Metoxen and was published in the December 1st 2005 edition of News da Terra Madre. The full article can be found online at: www.slowfood.com/sloweb/eng/dettaglio.lasso?cod=3E6E345C1d52922DA3qVLOt4978E



The beginning of our Mother Earth occurred when Sky Woman fell from a hole near the Tree of Life in her world. When she was falling from her world, she grabbed the sides of the ground near the tree and had taken with her seeds of various plant and herbal life. Various birds had seen her fall from the sky, and they came together to help her descend. They placed her on the back of a large turtle. Life then was mostly birds and water animals, with no land in sight. They understood that she needed more to survive in their world, so some of them had dived into the water depth to bring clay up from the bottom. The clay was placed on the back of the turtle, and it began to expand to form turtle Island, and become part of Mother Earth. The seeds that Sky Woman had brought with her began to grow into the plants and herbal life needed for survival. Plants that have grown from those first seeds included Corn, Beans and Squash. The three plants became the Three Sisters for our people, and they were the main providers for our sustenance. It is our tradition and responsibility to provide recognition to our sustainers.

Cheesy Squash Coins

Makes 10 servings!

INGREDIENTS:

- ½ cup Italian-seasoned bread crumbs
- 3 Tbs. Grated parmesan cheese
- ¼ tsp. pepper
- 3 cups thinly sliced zucchini (about 1 pound)
- 2 egg whites
- cooking spray
- baking sheet

Directions:

Preheat oven to 450 degrees. Combine first 3 ingredients and stir well. Dip the zucchini slices in egg whites and then coat in breadcrumb mixture. Place zucchini in a single layer on a baking sheet coated with cooking spray. Bake at 450 degrees for 20 minutes. Turn zucchini over and bake 15 more minutes or until outside is crispy and browned.

Physical Activity #1

Blind Squash

- o Materials: Blindfolds and a smallish sized squash
- o Set up two to three teams and assign one person on each team to be blindfolded. Once all chosen players are blindfolded and teams are established, have one person place or gently roll the squash into the play area. Each team is to stand back from behind a designated line and instruct their teammate where the squash is by yelling out instructions. If a player finds the squash, they are to return to the team while still blindfolded and they receive 3 points. If another person with a blindfold tags them, that team receives 1 point. Then another team member from each team will try to complete the same task.

Spaghetti Squash Salad

Makes 8 servings

INGREDIENTS:

- 1 Spaghetti squash
- 1 ½ cups fresh mushrooms, sliced
- 1 ½ cups green onions, sliced
- 1 red or green bell pepper, finely chopped
- 1 (8 oz) bottle of (low-fat) creamy garlic or Italian dressing
- 1 head of leaf lettuce, washed and broken into bite-sized pieces
- 1 cup cherry tomatoes

Directions:

First, cut the squash in half. Remove and discard seeds. Cut smaller if needed in order to fit in a large pot. Add water, covering squash about 1 inch above the squash. Bring to boil, cover, reduce to simmer and cook 20 to 30 minutes, or until tender. Remove and cool. Scrape squash pulp from rind to make 4 cups. Drain on paper towels to remove excess moisture. In large bowl, combine squash with mushrooms, onions, peppers and dressing. Mix and refrigerate until you are ready to serve.

Physical Activity #2

Zucchini Olympics

- o Materials: Zucchini
- o Divide the group into teams of 3-10 players and give each team a zucchini. Each team will complete several series of different relays using their zucchini. Here are some ideas for those relays:
 1. The zucchini under an armpit and hopping on one leg down a field and back.
 2. Place the zucchini between the knees and hop down a field and back.
 3. Two teammates tossing the zucchini back and forth down the field and back.
 4. Place the zucchini on the ground and each teammate must roll across the zucchini.
 5. Teammates line up in leapfrog formation and first player hops over players while holding the zucchini and then tosses the zucchini to next player in line to do the same.
- o Show the players all the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next. Use your own ideas, add to the list or use only a few ideas. You can adjust this game to all types of players including the disabled.

Maple-Ginger Squash

Makes 8 servings!



INGREDIENTS:

- 5 lbs. squash (try Butternut, Delicata, Hubbard, or Acorn varieties)
- 4 tsp. maple syrup
- 1 tsp. finely grated and peeled fresh ginger

Directions:

Halve squash and discard seeds. Cook, covered with plastic wrap, in microwave on high for 5 to 8 minutes until cooked and tender or bake in an oven for 45 minutes at 400 F degrees. Cool slightly, scoop flesh into a bowl. Have the kids mash the squash slightly with a fork. Add syrup, ginger and salt and pepper to taste.

Physical Activity #3



Two Forward, One Back

- o Materials: Chalk or tape to mark the course
- o This is a game for 6 or more players. Players are lined up in two teams of three. Tape a line down your course about 30 feet away. Each player has to hop (both legs together) two jumps forward, then one jump back. The jump back needs to be a good, full jump backwards. The first team to have all its players go down to the line and back wins the race!

Pesto-Zucchini Quesadillas

Makes 8 quesadillas

INGREDIENTS:

- 8 whole-wheat tortillas
- ½ cup pesto (store bought or homemade—see easy basil pesto recipe in the “Herbs” section)
- 2 zucchinis
- 1 tomato, sliced or cubed
- 2 avocados (optional)
- 2 cups low-fat cheese, grated
- ½ cup salsa
- ½ cup light sour cream or plain yogurt

Directions:

Cut the zucchini into 1/2 cm wedges and sauté in a pan until outsides begin to get slightly crispy, about 8-10 minutes over medium heat. Meanwhile, turn the stove to medium-low heat, and lay down your tortilla in a non-stick pan. Coat the entire tortilla with a thin layer of pesto. Sprinkle with grated cheese. When zucchini is done, spread pieces over one half of the tortilla. Spread avocado and tomato evenly over zucchini. Fold over quesadilla, and turn heat up to medium-high. Flip occasionally until cheese is melted. Serve with light sour cream and salsa.

Physical Activity #4

Pass the Squash

- o Materials: One small squash.
- o To begin this game, teach the players this rhyme:

Pass the Squash is the name
Now it's time to play the game
Better go fast as you can
So it lands in everybody's hand
S-Q-U-A-S-H spells squash!

- o Players sit in a circle. Players pass the squash around the circle while saying the rhyme. The person left holding the squash at the end of the rhyme is out. Keep going until there is only one person left. That person is the winner!

Chocolate Zucchini Muffins

Makes 12 Muffins!

INGREDIENTS :

- 3 whole egg whites
- ½ cup unsweetened applesauce
- 2/3 cup light brown sugar
- 1 Tbs. vanilla extract
- 1 cup zucchini, shredded
- 1 ¼ cups whole-wheat flour
- ¼ cup baking cocoa
- 1 ts p. Cinnamon
- 1 ts p. baking powder

Directions :

Heat oven to 350 degrees and grease 12 muffin cups with non-stick spray. Combine all ingredients except zucchini. Stir in zucchini and mix well. Fill the muffin tins $\frac{3}{4}$ full. Bake in the oven at 350 degrees for 20 minutes or until done.

Physical Activity #5

Squash Bowling

- *Materials: 10 empty plastic 2-liter bottles (remove labels), 1 round squash (like Acorn, mini-pumpkins, Spaghetti Squash, etc.), tape or chalk to mark start line*
- Have the kids set up the 10 empty plastic 2-liter pop bottles on a flat surface. Each player gets two tries at knocking the cans down at about 20 feet away by rolling the squash. If one player knocks all the bottles down within his two shots he gets another turn to add to his score. The total amount of bottles they knock down gets added to their score. You can go up to 10 complete turns and the person with the highest score wins. If played outside on the sidewalk use chalk to write down their score. This is a great game for kids to practice addition in their heads.

Pumpkin

Goals and Objectives

- The uniqueness of the pumpkin in relationship to other squash will be demonstrated.
- The various uses for parts of the pumpkin, including seeds, blossom, and fruit, will be highlighted.

Talking Points

- Pumpkin is one of the most nutrient-packed foods available.
- The Ojibwe prepared pumpkin in various ways, eating the blossoms in soups, boiling the flesh of the squash, and roasting the seeds.
- The beta carotene found in pumpkins is helpful for diabetics to regulate blood sugar.

Food as Tradition

While pumpkin is a variety of winter squash, it is included as a separate section because of the uniqueness of this squash. As we learned in the previous section, all squash has beta-carotene in it. However, pumpkin has one of the highest amounts. Pumpkin is also a traditional variety of squash for the Ojibwe. Sometimes, they would roast long strips of pumpkin on an open fire, but more frequently the pumpkin would be sliced and boiled along with meat and other foods. The seeds were used for both food and medicine. They used the dried pumpkin blossoms and corn silk to thicken soups and broths. Sometimes the small baby pumpkins or squashes at the base of female flowers were eaten as a vegetable and put in towards the end of cooking. Blossoms can also be fried as fritters and eaten with maple sugar for a special treat.

Food as Medicine

Pumpkin is one of the healthiest foods. Previously, we learned that all squash is packed with beta carotene—an important blood sugar regulator for people with diabetes or prone to diabetes. Pumpkin is no exception! Just one cup of pumpkin is packed with potassium and fiber, and has more than 300% of the Recommended Daily Allowance of vitamin A. It's rich amount of beta-carotene may help slow aging and reduce problems related to type 2 diabetes, according to the American Dietetic Association. A study by the USDA indicated that diets high in pumpkin as a fiber source tended to curb the appetite yet provided more food for the same calorie count. The subjects in this study also absorbed less fat and calories from their food.

Another important nutritional aspect of the pumpkin can be found in its seeds. Pumpkin seeds are sweet and nutty with a chewy texture. Roasted seeds are highly nutritious as well as tasty. The seed is a flat, dark green seed encased in a yellow-white husk. Pumpkin seeds are a very good source of the minerals phosphorous, magnesium and manganese. They are also a good source of other minerals including zinc, iron and copper. In addition, pumpkin seeds are a good source of protein and vitamin K.

Pumpkin Pie Smoothies

Makes 8 Smoothies

INGREDIENTS:

- 3 cups chilled pumpkin puree or pie filling
- 3 cups chilled milk
- 2 cups vanilla frozen yogurt
- 4 Tbs. Frozen orange juice concentrate
- ¼ cup sugar
- 1 tsp. pumpkin pie spice

Directions :

Combine all ingredients in the blender and blend until smooth.

Physical Activity #1

● ● ● | Ring a Pumpkin

- Materials: One pumpkin and several hula-hoops
- Place pumpkins about 8-10 feet away from players and give them several hula-hoops to throw. If the hoop goes around the pumpkin they receive a point or some type of small reward.

Pumpkin Dip With Ginger Snaps

Makes 12 servings!

INGREDIENTS:

- 1 10 oz package Silken tofu (soft variety)
- 1/2 cup Maple syrup
- 1 tsp Grated lemon zest
- 2 Tbsp Fresh lemon juice (possibly more)
- 1 1/2 tsp Vanilla extract
- 1/2 tsp Cinnamon -- ground
- 1/4 tsp Ginger
- 1 Pinch Ground cloves
- 1 Pinch Salt
- 3 cups Solid pack pumpkin or fresh cooked pumpkin or squash* -- (29 oz. can)
- 8 Gingersnaps (2-inch diameter) crushed with rolling pin
- A Blender

Directions:

**If you plan on using fresh squash as opposed to canned, then cook ahead of time.*

In a blender, add the tofu, the maple syrup and all other ingredients *except the squash* and puree until smooth. Add half the squash and puree again. Transfer to a medium-sized bowl and beat remaining pumpkin with a whisk until the mixture becomes creamy. Taste the mixture and add more maple syrup or lemon juice as needed. To serve, spoon the mousse into bowls or cups and sprinkle with gingersnap crumbs. Serve immediately so crumbs don't turn soggy.

Physical Activity #2

● ● ● | Pumpkin Balloon Juggle

- **Materials: orange balloons**
- **In a circle of 8-10 youth, throw up the two orange balloons into the air and ask the kids to keep the balloons afloat by using their legs, head, or hands. Add balloons into the circle one by one to see how many balloons the kids can keep afloat.**

Easy Pumpkin Muffins

Makes 12 Muffins



INGREDIENTS:

- 1 box yellow cake mix, unprepared
- 1 can solid pack pumpkin or 16 oz. cooked pumpkin, pureed.
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

Directions:

Preheat oven to 350 degrees. Put all of the ingredients into a bowl and stir until moistened. You do not need any liquid—only the pumpkin and cake mix. Stir well. Drop by spoonfuls into lightly greased muffin pan. Bake at 350 degrees for 19-23 minutes.

Physical Activity #3




Jump the Pumpkin Patch

- o Materials: Two jump ropes
- o This game is for 5 or more people. To play, you have to set up the pumpkin patch. You do this by having two people hold two jump ropes that are about a foot apart. Next, players take turns trying to jump over the pumpkin patch. If they land on or in the middle of the jump rope-the pumpkin patch-they're out. When everyone has jumped once, players move the ropes about another foot apart. The person who is able to jump the farthest without falling into the pumpkin patch is the winner.

Creamy Spiced Pumpkin

Makes 12 servings!

INGREDIENTS:

- 
- 4 cups cooked pumpkin, mashed (use canned only if fresh is unavailable or to save time)
 - 8 Tbs. orange juice
 - 6 Tbs. brown sugar or maple syrup
 - 1 tsp. cinnamon
 - ½ tsp. nutmeg
 - 4 Tbs. smooth nut butter (try cashew, sunflower, or almond butter)

Directions:

Stir together the first 5 ingredients in a saucepan. Heat on medium heat until just hot, about 5-10 minutes. You can also use a microwave, heating on high for 1-1/2 minutes. Stir in the nut butter until well-combined. Adjust the spices and sugar if desired. Serve immediately. Here's a yummy variation: Add raisins, walnuts, and a few sprinkles of pumpkin pie spices such as ginger and allspice.

Physical Activity #4

Hit the Garden Pest

- Materials: soft rubber or foam balls; tape or chalk to mark off playing area
- Mark off square play area. This is the garden. The ball thrower will be in the center of the garden. All of the other players are garden pests, like rabbits, deer, and birds, trying to steal garden vegetables. There are safe zones at each of the corners where all the players. When the thrower calls "Animals out of the Garden!", the garden pests have to run from one corner to another without getting hit by the ball. They can go any direction including diagonal as long as they do not get hit. Any player hit by the ball is out. If you have a large group you can have several balls and a couple throwers.

Pumpkin Butter

Makes 16 servings!

INGREDIENTS:

- ¼ cup brown sugar, packed
- 2 Tbs. granulated sugar
- ¼ cup water
- ½ tsp. allspice
- ¼ tsp. ginger powder
- ¼ tsp. ground cloves
- ¼ tsp. ground nutmeg
- ½ tsp cinnamon
- 1 ½ cups cooked and mashed pumpkin (use canned only if fresh is unavailable or to save time)
- Whole-wheat tortillas or whole wheat bread, toasted

Directions:

This recipe only works in a microwave. You can use a slow-cooker to cook the mixture down, but that will take about 12 hours on low, stirring once every hour. To make fast pumpkin butter, combine everything except the canned pumpkin in a microwaveable one quart bowl and mix well. Microwave on high for 3 minutes and then stir the mixture. Mix in the pumpkin well, and microwave on high 5 minutes longer. It should be bubbly. Let cool slightly and serve or refrigerate. This will keep several weeks in refrigerator or can be frozen for longer storage. This cannot be kept in your pantry- must be refrigerated or frozen.

Physical Activity #5

Pumpkin Vine

- *Materials: soft rubber or foam ball*
- Start out with three people to form a vine, having a beginning, middle section and end with players placing hands on waist to stay attached. The remainder of the group is to form a circle around the vine. The object is to try to hit the end of the vine with the ball. The vine should move around quickly to prevent this from happening. The group should pass the ball around to try and outsmart the vine in order to get in a shot at the end. If the end of the vine is hit, the person that hit the vine is now the beginning of the vine. The end is to take the place of the thrower back into the circle.

Corn

Goals and Objectives

- A brief history of corn will be explained.
- Favorite ways to prepare corn in Ojibwe culture will be understood.

Talking Points

- Corn is one of the oldest cultivated crops and came from Central and South America.
- The Ojibwe grew corn in their summer gardens as part of the Three Sisters.
- Corn was eaten many ways, but the favorite way was to cook the corn with wood ash and turn it into hominy.
- The Ojibwe used a *mano* and *matate* to grind the corn into flour.

Food as Tradition

Corn is one of the very oldest cultivated crops on this continent. Traced back to Central and South America, corn has served Native Americans as both drink and diet staple; its husks as dolls, masks, even fuel. Corn is considered a very sacred food in many cultures, as we learned from the Oneida Three Sisters story. Since corn generally has a growing season of 120 days, Great Lakes Indians in northern areas could not grow much corn except for short season flint corns. After the people had gathered their maple sugar, they built their summer houses and planted small gardens nearby. Because corn could be dried and stored through the winter, it provided a valuable supplement to the winter hunting.

Corn was boiled, roasted, and dried to be ground later and put into stews. The Ojibwe frequently prepared corn into hominy. Hominy is a specially prepared dried corn. First, ashes from burning hardwood are mixed with the corn. Then, the corn is dried and served in stews. The Ho-chunk steamed corn in an underground pit, putting in a layer of red-hot stones, a layer of husks, a layer of ripe corn, another layer of husks, and, finally, a layer of earth. Water was then poured in to help the steaming process.

The Ojibwe used a *mano* and *matate* to grind the corn. A *matate* (or *metate*) is the large stone on which the grain is placed. A *mano* is a smaller stone tool (or rock) used to grind corn or other grains. It is rolled over the *matate* to break down the grains into a powder.

Food as Medicine

Corn is not only an important cultural food; it is also nutritious, containing vitamins C and K, phytochemicals, B vitamins, and fiber. Another bonus: Corn just may help to prevent cancer. According to a study by the American Dietetic Association, "One of corn's phytochemicals, cryptoxanthin, was shown in one study to offer a 27% reduction in lung cancer risk." There are many different colors and varieties of corn. Different colored corn represents different body boosting phytochemicals. Corn is also a good source of vitamin B1, vitamin B5, folate, dietary fiber, vitamin C, phosphorous and manganese.

Cornmeal Cookies

Makes 24 Cookies



INGREDIENTS:

- 2 sticks unsalted butter, room temperature
- 1/3 cup sugar
- 1/3 cup honey
- 2 eggs, room temperature
- Zest of 1 lemon
- 1 teaspoon vanilla extract
- 1 1/2 cups flour
- 1 cup stone-ground yellow cornmeal
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Directions:

Cream butter, sugar and honey together in a large bowl. Beat in eggs. Add lemon zest and vanilla and mix all. In another bowl, combine flour, cornmeal, baking powder and salt. Stir dry mixture into the wet mixture until well combined. Cover and refrigerate the dough for at least 3 hours or overnight. Preheat the oven to 375 degrees. Grease 2 baking sheets. Shape the dough into 1-1/2-inch balls and put on sheets about 2 inches apart. Bake 15 minutes. Cool on racks.

Physical Activity #1



Hand Grinding Corn

- Materials: Dry corn kernels— preferably flint corn, rolling pin, hard stone or wood surface
- Place a handful of corn kernels on a hard surface. Have the kids take turns trying to grind the corn into meal by rolling the rolling pin over the kernels. It might take some extra force from an adult to get the kernels broken up initially.

Homemade Corn Crackers With Cheese

Makes 24 crackers

INGREDIENTS:

- 1 cup cornmeal
- ½ tsp. sea salt
- 1 tsp. granulated sugar
- 1/8 tsp. pepper
- 2 Tbs. flour
- ½ tsp. baking powder
- 1 cup boiling water
- 1 egg, beaten
- 2 Tbs. butter
- 2 Tbs. grated parmesan cheese
- Your choice of cheese, sliced

Directions:

In a large bowl, mix first 6 ingredients. Pour boiling water over this and mix well. Add egg, butter, and cheese. Drop by tablespoon onto a parchment lined baking pan, spread thin with a flat knife and bake at 325 degrees for 20-25 minutes. Allow to cool for 30 minutes. Serve with your choice of cheese.

Physical Activity #2

Farmer, Farmer

- *Materials: Tape or chalk to mark off a 10 ft. square*
- A player is selected to be the “farmer” and takes a position on his hands and knees inside a 10 ft square (the field), pretending to work in the field, digging and picking. Other players pretend to be animals trying to steal corn from the field, teasing the farmer by standing in the field area or running through it. The farmer tries to tag any of the players. Anyone who is tagged by the farmer trades places with him.

Honey Crackle Corn

Makes 12 Servings!



INGREDIENTS:

- 3 quarts freshly popped corn
- 1 cup sliced almonds
- ½ cup butter
- 1 cup light brown sugar, packed
- ¼ cup honey
- 1 tsp. vanilla extract

Directions:

Place popped corn in a large shallow roasting pan, sprinkle almonds over corn. Melt butter in a saucepan, stir in honey and brown sugar. Cook, stirring over medium heat until mixture comes to a boil, simmer without stirring for 5 minutes. Remove from heat and stir in vanilla, pour mixture over corn and mix well. Bake at 250 degrees for 1 hour, stirring every 15 minutes. Remove from oven and continue stirring as mixture cools.

Physical Activity #3



Popcorn Race

- Materials: cups, rubber bands, paper clips, and popped popcorn
- This game is for 6 or more players and should be played outside or in an open area.
Form two teams. To set up the game, put two buckets on one side of the playing field and have the teams line up on the other side. All the players should attach a cup to their foot. To do this, poke a hole in the bottom of the cup and push a rubber band through the hole. Now put a paper clip through the rubber band on the inside of the cup. This will keep the rubber band from slipping out. Players should put the rubber band around their foot and fill it with popcorn. To play, players have to race to the bucket and try to dump the popcorn into the bucket without using their hands. Then, they race back to their team and tag the next person in line. The team with the most popcorn in their bucket in one minute wins.

Corn Pudding

Makes 8 servings!

INGREDIENTS:

- 1 1/2 cups cornmeal
- 4 cups water
- 2 tsp. salt
- 1 1/2 cup molasses
- 1 cup milk
- 4 Tbs. butter
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. ginger

Directions:

Boil the water and whisk the cornmeal into the water. Lower the heat and simmer until cornmeal thickens (cornmeal will thicken as it cooks). Stir constantly, add butter and milk

Physical Activity #4

Wheel Barrow Race

- This game is for 4 or more players and should be played outside or in an open area on a soft surface. To play, find a partner and decide who is going to be the wheel barrow first.
- To make a wheel barrow, get down on all fours and have your partner stand behind you. Have your partner carefully lift up your legs while you support yourself with your hands. On the word "go," race the other teams to the end of the playing field, switch positions with your partner, and go back to the starting line. The first team to finish wins.

Corn and Black Bean Salad

Makes 6 servings!

INGREDIENTS:

- 2 cups corn kernels, (frozen and unfrozen works best)
- 1 (16 oz.) can black beans, rinsed and drained
- 1 red bell pepper, diced
- 2 Tbs. red onions, finely diced
- 4 Tbs. olive oil
- 1 lime, juiced
- ½ tsp. cumin
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 Tbs. cilantro (optional)
- Tortilla Chips

Directions :

Combine all ingredients well. Serve with chips and enjoy!

Physical Activity #5

Corn Husk Hop

- Materials: Corn Husks (dried preferably) for each team
- This is a game for 4 or more players and should be played outside or in an open area. Form two even teams and give each team a piece of dried corn husk. Fresh corn husk will also work, but the relay becomes more challenging when played with lighter dried corn husk. To play, the first player of each team has to balance a husk on his foot and hop to the finish line and back. Then the next person in line goes. If a player drops the husk, he has to start over. The first team to finish wins.

Beans

Goals and Objectives

- The Three Sisters section is completed, and children will have an in-depth understanding of how the Three Sisters are grown and why they are grown together.
- Children will understand the importance of beans in the diet, as both a traditional food and a great source of protein.

Talking Points

- Beans are the third sister in the Three Sisters garden, providing nitrogen for the corn.
- Beans were eaten fresh in the summer and dried in the winter, in salads and soups.
- Beans are an excellent source of protein and fiber.

Food as Tradition

Beans are the third and final sister in the Three Sisters garden. Their role in the Three Sisters garden is to help keep the soil fertile by converting the sun's energy into nitrogen filled nodules that grow on its roots. As beans grow they use the stored nitrogen as food and they also insert nitrogen into the soil. The corn needs a lot of nitrogen to grow and so the beans give the corn an important boost.

Beans are also an important part of the diet. Fresh young beans were included in stews, while more mature beans were dried for the coming winter. By soaking the dried beans, boiling and adding a few additional ingredients such as animal fat or a bit of meat, families could stay well fed during the cold winter months.

Traditional ways to enjoy them include succotash and bean salad. Beans of every stripe can also find their way into chili, soups, burritos, and tacos for more modern meals.

Food as Medicine

Beans are considered to be tiny nutrient powerhouses. Along with being fiber-rich, they're good sources of cardiovascular-boosting potassium, B vitamins, and folic acid. An excellent low-fat source of protein, they're cholesterol-free, too.

Beans contain necessary amino acids that when combined with a starch, like corn, provides a complete protein. Traditionally, beans were used to provide a source of protein during the winter when game was made scarce by the weather. Today, they provide one of the cheapest forms of protein and fiber!

Three Sisters Enchiladas

Makes 12 Servings

INGREDIENTS:

For Enchiladas

- 12 corn tortillas
- Vegetable oil spray
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 red and 1 green pepper, sliced thin
- 1 quart tomato sauce
- 1 zucchini or summer squash, diced
- 2 tablespoons cilantro (optional)
- ½ cup shredded cheese

For Bean Dip:

- 1 cup pinto beans
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 Tbs. chopped cilantro
- 1 cup fat free sour cream
- Dash of pepper
- Olive oil or vegetable oil to cover bottom of pan

Directions:

If you are using dry beans, then soak beans overnight. Bring to a boil and simmer until tender, about 45 minutes. Otherwise, you can use a can of beans. In a fry pan, sauté onions and garlic. Add beans and spices, mashing as they cook. Remove from heat. Puree in a blender and add the sour cream.

For Enchiladas: sauté onions, garlic, peppers and squash in oil until tender. Add tomato sauce and cilantro. Turn heat down and simmer for 15 minutes. Coat a casserole dish with vegetable oil spray and line with half of the tortillas. Spread bean dip over tortillas and top with cheese. You may choose to use a store bought bean dip for a time saver or follow the bean dip recipe. Add remaining tortillas. Add tomato squash sauce on top and bake covered for 1 hour at 350 degrees.

Physical Activity #1

• • • | Under Which Finger?

- Materials: Beans
- Each player will be given 5 beans and the leader will have a supply as well. The leader will take one of the beans and fold his fingers over the bean. The other players will try to guess which finger the bean is under. If the players guess correctly which finger the bean is under they will each receive a bean but if they guess incorrectly they will each have to give a bean to the leader. When a player has no beans left that player is out of the game. The player with the most beans at the end of the game is the winner.

Spinach Bean Dip With Veggie Sticks

Makes 2 $\frac{1}{2}$ cups of dip!



INGREDIENTS:

- 1 12 oz. package of frozen creamed spinach
- 1 can of refried beans or homemade bean puree
- Assorted vegetables, such as carrots, celery, radishes, cucumber, broccoli, etc.

Directions:

Combine spinach with beans. If you are preparing bean dip from scratch, soak beans over night and follow directions for the bean dip in the following recipe. Serve with veggie sticks.

Physical Activity #2



The Scoop Game

- o Materials: One bean bag, 2 plastic one-gallon jugs
- o This game is for 2 or more players and should be played outside or in an open area. To make the scoops, carefully cut the bottoms off the plastic jugs (it is a good idea to have a grown-up do this part). Using your scoops and the beanbag, begin to play catch with your partner. Each time you catch the beanbag, take one step backwards. See how far apart you and your partner can go and still catch the beanbag.

Burrito Bites

Makes 50-60 "Bites"



INGREDIENTS:

- 10 whole wheat tortillas
- 2 cups cooked refried beans
- 2 cups shredded cheese
- ½ cup salsa
- ½ cup plain yogurt

Directions:

Soak beans overnight and cook them ahead of time, bringing to a boil and them simmering for about 45 minutes. To reify the beans, mash them over medium heat adding oil, or use precooked, canned refried beans to save time. Lay out a whole wheat tortilla. Spread a big scoop of refried beans on the tortilla. Sprinkle shredded cheese over the refried beans. Heat so that the cheese melts. Roll up the tortilla really tightly. Slice into 5 or 6 slices, and dip in salsa and plain yogurt.

Physical Activity #3



Jumping-Bean Relay

- You need at least 12 people for this activity, 6 players on each team. Each team will have the players lie down on the ground, face up, fanned out in a circle with their heads facing the middle of the circle. On "go", the first person from each circle, gets up and runs around the circle jumping over the other team members. Once around, the first person will lie back down and the #2 person will do the same. Then you keep playing until all the players have completed the task. The first team to complete the cycle is the winner. For added fun and excitement, a blindfold can be passed to the player that is getting up. They can half walk and crawl around the circle with members instructing them where to go. Another version is having them race/walk backwards.

Black Bean and Mandarin Orange Salad

Makes 6 servings!



INGREDIENTS:

- 2 (10 oz.) cans mandarin orange segments
- 4 Tbs. red wine or apple cider vinegar
- 2 tsp. olive oil
- 2 tsp. Dijon mustard
- ½ cup minced cilantro or parsley (optional)
- ½ tsp. cumin
- ½ tsp. pepper
- ½ cup chopped red onions
- 2 clove of garlic, minced
- 2 (10 oz.) cans black beans

Directions:

Drain oranges, reserving 3 Tbs. of the liquid. Mix the reserved liquid, vinegar, oil, mustard, cilantro, cumin, and pepper in a large bowl. Add oranges, cheese, onions, garlic and beans and toss well.

Physical Activity #4



Eleven Beans

- o Players sit in a circle. Players count off from 1 to 11 by saying “one bean... two beans... three beans... etc. The person who counts off as “11 beans” is out. The player to the left of the person who is out starts the counting in the next round. Before the next round begins, all players switch places in the circle. Keep playing until there is only one person left. That person is the winner!

Caesar Green Beans

Makes 6 servings!



INGREDIENTS:

- 2 cups water
- ¾ lb (3 cups) green beans
- ¼ cup Caesar salad dressing
- 2 Tbs. dried cranberries

Directions:

Heat water to boiling in 2-quart saucepan. Add beans. Heat to boiling. Boil uncovered 5 minutes or until crisp and tender; drain. Toss with dressing. Place beans in serving bowl. Sprinkle with cranberries. Variation: you can substitute sliced toasted almonds or freshly grated Parmesan cheese instead of the dried cranberries.

Physical Activity #5

● ● ● | Crop Rotation

- You must rotate your crops in order to keep the soil healthy when growing vegetables! Beans are a great crop, because they put nitrogen back into the soil which other plants use when they are rotated where the beans previously were.
- To play the game, mark off four corners of a square in a play area. A chalked off area would be helpful on blacktop/sidewalk. One player will stand in the middle and be the person that is it. The other players (2-4) will each stand in different corners. The object is for the corner players to communicate which two players will switch positions without being tagged by the player in the middle. If a player is tagged, that player is the new middle player.

Apples

Goals and Objectives

- Children will understand how crab apples were used traditionally.
- Children will learn the difference between native crab apples and the European sweet apple.
- Children will learn about the healthy benefits of apples, including what is just under the peel!

Talking Points

- Wild crab apples are a traditional food, although they are no longer as popular—today we eat sweet apples much more often!
- The sweet apple was brought to this continent by Europeans, and has been cultivated by many native tribes since then.
- Apples are very healthy—but make sure the peel is on. That is where most of the vitamins, fiber, and flavor can be found.

Food as Tradition

Wild apples were a part of traditional diet, although they are sour and hard cousins of the apples that we think of today. The Ojibwe ate wild crab apples that grew in woods and thickets. The fruit would mature around September and October.

Crab apples are an excellent source of pectin, and their juice can be made into a ruby-colored jelly with a full, spicy flavor. A small percentage of crab apples in apple cider create an interesting flavor. The crab apple is not used as frequently as it once was though. Today, the European apple, brought to this continent by settlers, is a much more favored fruit. The native people of this continent adopted the sweet apple, cultivating them extensively. Today, the sweet apple is one of the most popular fruits in the United States, grown in all 50 states. The great lakes region is home to ideal apple growing conditions. In the fall, apples are abundant and sweet as can be.

Food as Medicine

Apples are often called “Mother Nature’s fast food”. They are nutritious and often inexpensive snack food options for people “on the go”.

Apples are a source of both soluble and insoluble fiber. Soluble fiber can reduce the incidence of heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.

It is a good idea to eat apples with their skin, or use skin in recipes. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases. Most of an apple’s fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor.

Applesauce and Cinnamon Sugar Chips

Makes 12 Servings

INGREDIENTS:

Applesauce:

- 8 apples, various colors and varieties
- 1/3 cup maple syrup
- 1/3 cup water
- 2 Tbs. cinnamon
- Graham crackers
- Large mixing bowl
- Mashed potato masher

Cinnamon Sugar Chips:

- 4 Tbs. brown sugar
- 1 Tbs. cinnamon
- 6 whole wheat tortillas
- 1 Tbs. Maple syrup

Directions:

Heat oven to 400 degrees. Mix sugar and cinnamon. Brush one side of each tortilla with maple syrup and sprinkle with cinnamon mix. Cut each tortilla into 6 wedges and place on baking sheet. Bake about 10 minutes, until golden and crisp. While chips are baking, peel, core and chop apples into a microwave safe bowl. Older kids and teens can chop the apples, but when working with younger kids, it is a good idea to have the apples pre-cut and sitting in a bowl of water so that they don't brown. Take chips out of the oven and let cool. To make the applesauce, add water and lightly boil for 1 hour or microwave on high for 12 to 14 minutes. If your microwave does not turn, then rotate the bowl every 4 minutes. Once the apples are soft, have the kids take turns mashing the apples. Stir in maple syrup and cinnamon. Serve warm with the chips.

Physical Activity #1

Messy Twist

- o *Materials: Plastic plates, oatmeal, applesauce, whip cream, pudding, etc., paper, pencil, two small containers*
- o What you need for this game is warm weather, so it can be played outside with no shoes on. This game is played like the game of Twister but with a BIG twist. Fill up 6-10 plates with the same items like oatmeal and then 6-10 plates of another item, try to have at least 5 different items that would give you 30 to 50 plates. If you have a large crowd, have them play in shifts. On a sheet of paper make tags, which will be pulled out of two separate containers. One set of tags will name the items in the plates, like pudding, whip cream, applesauce, mashed bananas, or other items (try to stick with non-staining items). The other set of tags will go into another container. That will be what they will use, right hand, left hand, right or left foot. Lay out the plates in rows and have one person draw out a tag from each container. Players are to do what the tags state, example is Vanilla Pudding, Right Foot. If any player falls or fails to get a plate before some else gets it, they're out of the game. The last standing player is the winner and you can give him rights to hose off other players if necessary.

Maple Syrup Baked Apples With Granola

Makes 8 Servings

INGREDIENTS:

- 4 large baking apples
- 2 Tbs. lemon juice
- 1 cup apple juice
- 1/3 cup dried currants or raisins
- 1/2 cup pure maple syrup
- 1 pinch ground cloves
- 1 pinch ground cinnamon
- 2 cups of granola

Directions:

Preheat oven to 375 degrees. Core apples, remove seeds, peel away a bit of skin, and stuff the core with currants or raisins. Set in an oven-proof baking dish. Combine lemon and apple juice with spices and maple syrup. Pour over apples. Bake uncovered for about 45 minutes, basting often. Add granola to the top ten minutes before removing from oven. Let cool for about 15 minutes and slice in half.

Physical Activity #2

● ● ● | Pass the Apple

- Played like hot potato... have the children sit in a circle and pass an apple around the circle when music is playing, when the music stops the child holding the apple sits in the middle or the "apple pie pot" until the music stops again and the next child replaces the first. You may also chant "hot apple, hot apple 1, 2, 3, 4, 5, 6, 7, 8, 9, 10" and the child who has the apple on 10 is in the "apple pie pot."

Fresh Apple and Carrot Juice

Makes 4 cups!



INGREDIENTS:

- 6 Carrots
- 12 Apples
- Juicer

Directions:

Wash all fruit and vegetables before juicing them. Explain that fresh juice provides us with minerals, vitamin, essential fatty acids, carbohydrates, proteins and much more—all of the factors that are vital to maintaining good health. Juices flush toxins from your body, improve your immune system, and are a great way to eat fruit and vegetables. Compare and contrast homemade fresh juice with store-bought juices and sodas. Juice the apples first, showing them the insoluble fiber that is the “waste” from the juicer. Next add carrot to the apple juice. Carrots are rich in Beta Carotene and improve our eyesight. Have the kids brainstorm other juice combinations.

Physical Activity #3

Poison Apple

- Materials: 2” foam, at least 8 sq. ft.; red and green paint or tape
- Make apples out of 2" foam, 12" in diameter. Color 4 apples green and 4 red. You can use colored tape around the circumference or spray paint the apples.
- Divide into two teams on opposite sides of the play field. You may use bandanas or flags to identify the two teams. Each team gets one color of the apples. The object is to hit member of the other team by kicking the apples at their legs. Anyone hit by an apple from the opposite team is out of the game. When one team has been completely eliminated, they lose.

Apple Smiles

Makes 6 servings!



INGREDIENTS:

- 3 apples, cut in half, cored and de-seeded
- 3 Tbs. peanut butter
- 3 Tbs. raisins

Directions:

Cut apples into wedges, about 4 wedges for each half. Spread peanut butter over one side of the apple wedge. Place raisins on peanut butter like teeth.

Variation: Use chopped pecans or walnuts instead of or in addition to the raisins.

Physical Activity #4



Hide and Seed

- Have the children sit in a circle. Choose one child to hide an apple somewhere in the room, while the other children close their eyes and count to ten. Then tell the children individually whether they are "hot" or "cold" to the relation of the Apple. Allow the other children to have a chance to hide the Apple, and tell children whether they are "hot or cold". It may be a good idea to discuss the meaning of hot and cold before you play this game.

Apple-Bagel Sandwich

Makes 8 Servings!



INGREDIENTS:

- 4 whole-wheat bagel sliced in half
- 24 apple slices
- 2 tsp. cinnamon
- 2 tsp. sugar
- 8 slices of cheese

Directions:

Pre-heat your oven to 350 degrees. You can use a regular oven or a toaster oven. Put the bagel halves on a cookie sheet. Put 4 apple slices on each bagel half. Sprinkle the cinnamon and sugar over the apples. Put a slice of cheese on top of the apple. Bake the sandwiches in the oven for about 10 minutes or until the cheese starts to melt. Let cool before serving.

Physical Activity #5

Apples to Oranges

- Materials: One apple, one orange, paper, pencil, container, and music
- Print out slips of paper that you will pull out of a container. Each slip will be labeled differently as follows: “before the apple”, “the apple”, “after the apple”, “before the orange”, “the orange”, and “after the orange”. You might want to do a couple sets in case certain slips become detectable after use. Once you’ve completed the slips place them in a container and mix them up. Have players stand in a circle, give the apple to one person and the orange to someone across the circle, and then start the music. The players are to pass the fruits to the right (clockwise) until the music stops. When the music stops, pull out a slip of paper and read it. If the paper states “before the fruit”, then the person who is standing to the left of that fruit is out. If the paper states “after the fruit”, then the person to the right of that fruit is out. If it just states the fruit, then the person who is holding the fruit is out. So not only do you have to worry about holding the fruit but where it is in the circle. If you have a large group, set up several circles or a circle within a circle would be cool. Variations to the game that make this a little more physically challenging can be passing the fruits under the leg, behind the back or twirl around once then pass the fruit.

ACTIVITY:
Papermaking with Plant Dyes

Goals and Objectives

- Children will learn how to make recycled paper.
- Children will understand how the Ojibwe used plants to make dyes.
- Children will explore the dyeing qualities of different plant materials which are mixed with hot water.

Talking Points

- Paper consists of plant fibers such as wood pulp or cotton that can be repeatedly re-used to make new paper.
- People have been dyeing materials for over 5,000 years. The earliest dyes all came from natural ingredients. The Ojibwe people used many plants to dye with.
- Brainstorm dye ideas with the children. Here are some starters: **Blue**— leaves from purple cabbage, elderberries, leaves and stems from tomatoes; **Purple**— wild grapes, mulberries, blueberries; **Red/pink**— purple or red cabbage, red onion peels, cranberries, choke cherries, beets; **Orange**— turmeric, sunflower leaves; **Yellow**— goldenrod flowers, marigolds, dandelions, yellow onion peels, alder and birch leaves; **Green**— spinach leaves, carrot leaves, ferns (ostrich or fiddlehead fern is best); **Brown/Black**— coffee grounds, black sunflower shells, black walnut hulls.
Remember that these are just ideas... so experiment!

Materials:

For Paper:

- Scrap paper (this can be provided by the adult or have the kids bring in from home)
- Buckets or bowls
- Hot tap water
- Rustproof fly screen
- Shallow pan
- Blender or food processor
- Cloth towels or newspaper
- Sponge
- Rolling pin
- Electric iron
- Small seeds (carrots or lettuce)

For Plant Dyes:

- 2 cups of desired plant dye materials (see list in Talking Points)
- 1 quart water
- Stove or heating source
- Large enamel or stainless steel (not aluminum) pot
- Sturdy wooden or plastic spoon or masher
- Sieve or strainer
- Large bowl (not aluminum to collect dye)
- Homemade paper to dye

ACTIVITY:

Papermaking with Plant Dyes

Activity:

For Paper:

1. Tear paper scraps into 1" pieces. Fill the buckets or bowls with one part paper and two parts hot tap water. Let stand while preparing next step.
2. Cut the screen into a rectangle equal to the size you want your paper to be plus a 2" border all around. Fold in $\frac{3}{4}$ " of screen along each side. Repeat the folds to create a frame around the screen.
3. Put the torn paper into the blender or food processor and blend it until you no longer see individual pieces of paper (this is the pulp).
4. Pour the pulp into a shallow pan.
5. Slide the screen into the pan and gently shake it back and forth to get an even layer of pulp on the top of the screen. The thickness of the pulp in the pan will determine the thickness of the paper. You may need to experiment
6. Lift the screen out of the mixture, keeping it flat. Sprinkle seeds on the paper. You can plant the paper after it has dried and food will grow! This makes a great gift.
7. Allow it to drip over the tub until most of the water has drained through. You should have a uniform layer of the pulp mixture on the screen. Press the pulp gently with your hand to squeeze out excess moisture. Soak up excess water from the bottom of the screen with a sponge.
8. Place clean dishtowels, felt, or newspaper on a flat surface and flip the screen paper-side-down on the cloth. Lift the screen gently, leaving behind the paper.
9. Cover the paper with another cloth or piece of felt, and squeeze out moisture using a rolling pin. Place the sheets out of the way to dry. You may want to let the paper dry overnight.
10. When the paper is mostly dry, you may want to use an iron at a medium dry setting. When the paper is dry, pull the cloth gently from both ends, stretching it to loosen the paper from the cloth. Gently peel off the paper.
11. Try dyeing the paper with the following activity!

For Dyes:

1. Combine the two cups of desired plant (see above list in Talking Points for plant list) with one quart of water in the pot.
2. Lightly boil for 15 minutes.
3. Crush the plant gently to remove pigment. If you are using berries, try a potato masher.
4. Lightly boil for another 15 minutes, crushing and stirring.
5. If the color seems weak, add more of the plant and continue crushing until the color gets stronger.
6. Strain the mixture into a bowl and let cool.
7. Put different colors of dyes in bowls with paintbrushes for each color.
8. Have the children paint the paper with the dyes. Do not soak paper in dyes, as this will cause the paper to disintegrate.

Section Four



Winter

Biboon

December: *Manidoo-giizisoons*
(Little Spirit moon)

January: *Gichi-manidoo-giizis*
(Great Spirit moon)

February: *Namebini-giizis*
(Sucker fish moon)

Black Walnuts

Goals and Objectives

- Children will learn what types of nuts were eaten regionally and will be able to compare the kinds of nuts that they eat today.
- Children will understand why nuts are an important part of the diet.

Talking Points

- The Ojibwe ate many different types of nuts. What types of nuts are eaten today?
- Walnuts were an important source of oil and protein for the Ojibwe. They are an important source of oil and protein for us today too!

Food as Tradition

The Northwoods is home for many delicious wild foods, as we have extensively explored in this guide. Some of the most delicious wild treats are nuts. Nuts that were eaten by the Ojibwe include acorns, chestnuts, butternuts, and hickory nuts. Two nuts that we still love to snack on today are included in this guide: walnuts and hazelnuts (or filberts). What other nuts do we eat today?

The black walnut tree has been prized for centuries for its beautiful hard wood. The fruit, or nut, of the tree has also been used as a source of food for many cultures. Black walnuts are native to North America and have an extremely hard shell. Walnuts were an important source of protein and oil for the Ojibwe. Adding walnuts to corn or rice greatly enhanced the food value of the meal, increasing the calories and vitamins. The walnuts would be husked and shelled or crushed, and then frequently they would be boiled to float off an oil emulsion that had a variety of uses.

Nuts are a great snack! They are satisfying, due to their fiber content and light crunch. Substitute a handful of walnuts instead of chips next time—they stick with you longer and you are less likely to consume more calories throughout the day.

Food as Medicine

Because of the shape of the Black Walnut, resembling the brain, the Ojibwe felt that this nut was a good source of “brain-food” and an antidepressant. Interestingly enough, science agrees. Black Walnuts have been found to be one of the best sources of serotonin, a mood stimulator. In addition, “more omega-3 fatty acids and fewer omega-6 fatty acids can help protect the cells of the brain from inflammation and improve cognitive function” (John Morley, M.D., St. Louis University). We also find that the hulls and leaves store a great deal of herbal compounds which can provide a protective antidote to electrical shock, electrocution, and lightening mishaps! Black walnut was also used to help destroy intestinal parasites, fungal infections, and as a topical antiseptic for acne, eczema, poison oak, and other skin problems.

Walnuts are a delicious source of unsaturated fatty acids, protein, fiber, and antioxidant vitamins like vitamin E. They are a source of omega-3 fat which has been shown to lower cholesterol, and may reduce the risk of heart disease.

Maple Nut Bars

Makes 12 Bars



INGREDIENTS:

- ½ cup maple syrup
- 1 ½ cup butter
- 1 cup broken walnuts
- 4 Tbs, sugar
- 2 cups flour

Directions:

Taken from "Jiibaakweda Gimijiminaan, Let's Cook Our Food" a collection of recipes by Native Harvest, Copyright 2003, Morris Press Cookbooks.

Boil syrup and 1 cup butter together. Add pecans and set this mixture aside. Make a dough of the sugar, ½ cup butter and flour. Let dough rest 20 minutes. Roll out dough on a sheet pan. Cool dough in refrigerator until hard. Spread pecan mixture on dough. Bake in 350 degree oven for 20 minutes or until pecans are golden brown. Cut into bars.

Physical Activity #1



Squirrel and the Nut

- This game is for 4 or more players and should be played in an open area.
- To play, mark off an area to be your playing field. One player is the squirrel. That person has to scurry around and move like a squirrel. The squirrel is to gather as many nuts as possible by tagging the other players, who run around trying to stay away from the squirrel. If the squirrel tags you, then you become a squirrel too. (That means you have to scurry like a squirrel and try to tag the other players!) Squirrels and nuts are not allowed to go outside the playing area. The last nut left is the winner.

Fruit and Nut Balls

Makes 24 Fruit Balls



INGREDIENTS:

- ½ cup dates or dried apricots, pitted
- ½ cup raisins
- 2 Tbs. cocoa
- 2 Tbs. honey
- ½ cup whole walnuts
- ½ cup sunflower seeds
- 2 cups of ground walnuts
- ½ cup dried coconut
- Food processor

Directions:

Grind together fruit, cocoa, whole walnuts, honey, and sunflower seeds in a food processor. Have the kids press the mixture into small balls (recipe makes about 24). Then have the kids roll the balls in the walnuts, coconut or in cocoa powder.

Physical Activity #2

Walnut Ball

- Materials: Whole, unshelled walnuts
- Players are in a tight circle formation, facing in. Each is in narrow straddle step with the side of the foot against the neighbors. Their hands should be placed on their knees. Two walnuts are used. The object of the game is to roll one of the walnuts between the legs of any player before they can get their hands down and stop it. Each time the walnut goes between the legs of an individual, a point is scored against that individual. The players having the least points against them are the winners. Be sure the players catch and roll the walnut rather than throw it. Players must keep their hands on their knees until a walnut is rolled towards them. Once mastered, a variation can be played. Variation: Player is in the center with a walnut and is "it". The other players are in the same formation as above. One walnut is used. The center player tries to roll the walnut through the legs of any player he or she chooses. They can fake their intent, using feints and changes of direction to make it interesting. Any player that allows the walnut to go through their legs becomes it. All players start with hands on knees until the walnut is thrown.

Spinach, Pear, and Walnut Salad

Makes 8 Servings!



INGREDIENTS:

- 8 cups fresh spinach leaves (about 2 bunches)
- 2 ripe pears, cored and chopped
- 2/3 cup toasted walnuts
- 1/4 cup parmesan cheese
- 1/2 cup orange juice
- 4 Tbs. olive oil

Directions:

Wash, dry, and arrange nice sized pieces of spinach on salad plates. If there are any brown spots on the pear, cut them off. Sprinkle pear on spinach. Divide the toasted walnuts evenly among the plates. Top salad with some of the cheese and quickly whisk together orange juice and olive oil, gently spoon over dressing and serve.

Physical Activity #3



Walnut Knock Down

- o Materials: 8-10 paper or plastic cups and plates for each team, One walnut for each team
- o Set up teams of 8-10 players in lines facing away from the middle of a circle about 15-20 feet away. In the middle of the circle, somewhat lined up with each team's position, is their pile of cups and plates to stack up. Each team will be given one walnut. The first player from each team will run down to the middle where their equipment is, and stack the plates and cups alternating them, having the cups face down, and then run to the next person to do the same. The next person will run down and un-stack them and then re-stack them. But anyone from another team has the option of using their walnut to try to knock down any other team's stacked pile to set them behind. This is done only by the next person in line, on their turn; they cannot go do their task until the person behind them has retrieved the thrown walnut and brought it back to the group. If a team's cups are knocked down, the person that stacked them has to return and do it again. So the strategy is to decide if you should knock down someone else's stack or focus only on your team's progress and play it safe. The first team done is the winner of the game.

Red Pepper-Walnut Dip and Veggies

Makes 1 $\frac{1}{2}$ cups!



INGREDIENTS:

- $\frac{3}{4}$ cup walnuts, toasted
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup plain, low-fat yogurt
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. ground red pepper
- 1 red bell pepper or 1 (12 oz.) bottle roasted red peppers, drained
- Assorted vegetables to dip, cut
- Food Processor

Directions:

If you are using a raw bell pepper, you will need to roast it first. Cut the pepper in half and remove seeds. Cut into quarters and place on a baking sheet, baking in an oven at 400 degrees for about 10 minutes. Place all ingredients in food processor and process until smooth. Serve with cut up vegetables like carrots, bell peppers, broccoli, and cauliflower.

Physical Activity #4



Walnut Hockey

- Materials: Enough brooms for each player, an unshelled walnut
- This game can be played in any size room. First, make two goals opposite of each other. You start the game with a face-off in the center of the room. Opponents attempt to hit the walnut into the opposite goal. The goalie is allowed to block shots in any way they desire. Penalties may be assessed for delaying the game, holding the walnut with hands or feet, high sticking or other unnecessary roughness. The opposite team may receive a free shot (except for goalie) on goal when penalties occur. For large groups limit number of players and substitute once a score is made.

Crunchy Tuna Walnut Salad

Makes 2 cups!

INGREDIENTS:

- 2 (6 oz.) cans of albacore tuna in water
- 2 green onions, thinly sliced
- ½ cup reduced fat ranch dressing
- ¾ cup walnuts, chopped
- 2 cucumbers, sliced

Directions:

In bowl combine ingredients. Serve on sliced cucumber.

Physical Activity #5

Walnut in the Shell

- Materials: Music player, one hula-hoop
- This is a game for 6 or more players. One player is the referee. Players stand in a circle holding hands with a hula-hoop hanging on one person's arm. The hula hoop is the walnut shell and the players are the walnuts. The referee starts the music and players pass the hoop to the next person by wiggling through it. Players must keep holding hands. The player stuck with the hoop when the music stops is out. To make the game more difficult, try playing with two hoops. The goal is to get the walnuts in and out of the shell—but you don't want to be caught in the shell!



Hazelnuts

Goals and Objectives:

- Children will understand how the Ojibwe used hazelnuts, for food, medicine, and crafts.
- The importance of including some fats in the diet will be stressed.

Talking Points:

- The hazelnut was an important source of protein and oil for the Ojibwe. It was harvested and preserved for future use.
- Nuts are an important source of “good” fats. Mono-unsaturated fats are those found in nuts and are important for a healthy diet. Saturated fats and trans-fats are those found in junk food, fast food, and other items that are not processed by the body in the same way.

Food as Tradition:

The hazelnut, also known as filbert or cob nut, has native species that are widespread over North America. This nut was gathered and enjoyed frequently, complementing the nutty flavors of wild rice. Similar to walnuts, hazelnuts have a high amount of protein and oil and would be added to many foods to increase the food value of the meal. Hazelnuts were often dried and stored over the winter. In addition to a great food source, hazelnut stems were used for making baskets and brushes and the husks and shells were used to make a beautiful black dye.

Food as Medicine:

The hazelnut has many medicinal uses. A tea was made from the bark and was used to treat hives and fever. A poultice was used to close cuts and treat skin disorders including cancer. A poultice was sometimes used to treat worms as well.

Hazelnuts are rich in protein, complex carbohydrates, dietary fiber, iron, calcium and vitamin E. They are very low in sodium and sugar. Hazelnuts, like other tree nuts, contain no cholesterol. Over 80% of the total fat in hazelnuts is mono-unsaturated—a very healthy and important part of the diet. Mono-unsaturated fats support the brain and body to maintain healthy function.

Wild Rice with Hazelnuts and Blueberries

Makes 16 servings



INGREDIENTS:

- 2 cups wild rice
- 5 cups water
- 2 onions, diced
- 1 cup hazelnuts, diced
- 1 cup dried blueberries

Taken from "Jiibaakweda Gimijiminaan, Let's Cook Our Food" a collection of recipes by Native Harvest, Copyright 2003, Morris Press Cookbooks.

Directions:

Wash wild rice and combine with water and onions in a large kettle. Bring to a boil, then cover and simmer for approximately 20 minutes, or until most of the water is absorbed. Add the hazelnuts and dried blueberries, mixing thoroughly. Steam, covered, for an additional 8 minutes, stirring occasionally. Serve hot.

Physical Activity #1

● ● ● | Bury the Nut

- Materials: One hazelnut for each person
- Teams race against each other while lined up in relay formation. The idea is that the players are squirrels burying their nuts underground for the winter. All players spread their legs in straddle position to create an "underground" tunnel for the squirrels to crawl through. Each player should have a hazelnut. The last player from each team begins the relay by crawling through the legs of their team, carrying their nut to the end of the "tunnel". As soon as a player has crawled through the tunnel, they are to drop their hazelnut at the end and stand up so the next player can get through his legs. The next player follows in turn, gathering the first hazelnut as they pass and adding it to their hazelnut pile. Keep playing until the team is back into original formation and a pile of hazelnuts has been created. The first team that completes the order and have all of their hazelnuts in a pile is the winner.

Hazelnut Turkey Salad on Cucumber Slices

Makes 12 servings



INGREDIENTS:

- ½ cup cooked turkey, finely chopped
- 1/3 cup apples, chopped
- 2 Tbs. low-fat mayonnaise
- 1 Tbs. celery, sliced
- ¼ cup hazelnuts, chopped
- 1-2 cucumbers cut into ¼ in slices

Directions:

In a small bowl, combine turkey, apple, mayonnaise, and celery and hazelnuts. Spoon a little turkey mixture onto each cucumber slice. Sprinkle with remaining nuts.

Physical Activity #2



Hazelnut Run Relay

- o Materials: 2 Hazelnuts, 8 orange cones
- o Space cones evenly apart with two rows for each team to have four cones on the playing field or gym floor. You can make cones out of construction paper if you don't have cones and divide players into two teams. Have the 1st person on each team carry a hazelnut while running back and forth through the cones and then back to the starting line. When they return to the beginning, they pass the hazelnut to next player in line, do 10 jumping jacks and then the next player in line can go. First team finished wins. If you have a big field or playing area, you can make the kids run up to a line away from the team and pick the hazelnut up.

Hazelnut Trail Mix

Makes 10 Servings!

INGREDIENTS:

- 1 cup hazelnuts
- 1 cup of other mixed nuts, such as cashews, almonds, walnuts
- ½ cup shredded coconut
- 1 cup mixed dried fruit—(Raisins, cranberries, cherries, apricots, apples, etc.)
- 2 cups dry cereal—whole grain, lightly sweetened
- Small resealable freezer bags, one for each child

Directions:

Place each ingredient in a separate container, a bowl or plate will work. Make sure the kids wash their hands for this one! Have the kids make their own trail mix by picking out ingredients to put in their plastic bags. Label the bags with names of each kid, and have them mix their bags by tossing them to each other.

Physical Activity #3

Musical Clothes

- Materials: Music player and bag filled with a lot of clothing
- This game is for 4 or more players. Pick one person to play the music, and have everybody else stand in a circle. When the music starts, the players pass around the garbage bag. When the music stops, the person with the bag puts on a piece of clothing. The game continues until the bag is empty. The person wearing the most clothes at the end wins! Then everybody has to dance!

Honey Hazelnut Spread

Makes 1 $\frac{1}{2}$ cups!



INGREDIENTS:

- 2 cups hazelnuts
- 1 cup honey (whipped if available)
- Apple slices for dipping
- 1 slice of whole wheat toast for each child

Directions:

Place hazelnuts in a single layer in a 9- to 10-inch wide pan and bake in a 350 oven until golden throughout (cut one in half to check color) 10 to 12 minutes. Let nuts cool. To remove skins, place nuts in a clean towel and rub gently to loosen peel. The nuts do not need to be completely skinned. Place nuts in a food processor or blender.

Whirl, pulse on and off, just until finely chopped; do not whirl into a paste. In a bowl, combine honey and nuts; mix to blend. Serve, or pack into small containers and cover. This is great on toast or fruit slices.

Physical Activity #4



Hazelnut Roll

- Materials: A big pile of unshelled hazelnuts, tape to mark off goal area
- This is a game for 2 or more players and should be played outside or in an open area. Mark off a goal for each team. The goal should be relatively small, like 2' x 2'. Players divide up into equal teams and are given an equal number of hazelnuts. Each team should be 10 feet away from the goal. Players can roll or throw their hazelnuts into the goal area. The object of the game is to be the first team to roll or throw three hazelnuts into the goal without the nuts bouncing or rolling out.

Nutty Sandwiches

Makes 10 servings!



INGREDIENTS:

- 5 slices of French bread or pumpernickel bread
- 20 slices of cheese
- 1 large ripe pear
- ½ cup honey
- ½ cup toasted hazelnuts, coarsely chopped

Directions:

Quarter each slice of bread and arrange on a platter. Cut cheese into 20 slices place on bread. Cut pear into 20 thin slices. Drizzle with honey and sprinkle with hazelnuts.

Physical Activity #5

Hazelnut Stash

- Materials: Each player will need one hazelnut and a container. (You can use buckets, shoeboxes, or any other large containers), markers for start and turn-around lines.
- This relay race is for 4 or more players and should be played in an open area.
- To set up the game, mark off start and turn-around lines. Put the container on the turn-around line. Each player has to race on his hands and knees with a hazelnut on their back. When he reaches the container, he stashes the nut and runs back to his team. Then, the next person in line goes. The first team to finish wins.

Sunchokes

Goals and Objectives

- Children will learn about sunchokes, or Jerusalem artichokes, an important food source for the Ojibwe.
- The unique technique of cooking sunchokes will be understood.
- The many important health aspects of this vegetable will be explored.

Talking Points

- The sunchoke is also known as the Jerusalem artichoke, which is not from Jerusalem or is an artichoke.
- The sunchoke has been harvested for centuries by Native Americans and can be fried, roasted, boiled or baked.
- The sunchoke is good for diabetics and has been shown to help regulate blood sugar. It is also helpful for many other reasons, including lowering cholesterol and alleviating asthma.

Food as Tradition

The sunchoke, better known as the Jerusalem artichoke, is neither from Israel, nor is it related to the artichoke. It is the underground root (tuber) of the plant and, as with their cousin, the sunflower, sunchoke plants can grow quite tall, as high as 12 feet in some cases. The sunchoke has been harvested for centuries by the Native American Indians. Uncooked, they taste like water chestnuts; cooked, they are sweeter than potatoes but not as firm. It is delightfully crunchy when eaten raw and may be fried, roasted, boiled or baked.

The sunchoke, along with many other tubers, were traditionally cooked slowly for a long time in underground pits until the hard root was transformed into a highly digestible soft pudding-like substance. Today, the Jerusalem Artichoke is making a comeback! It is a popular addition to salads and stir-fries, and can be enjoyed just like a potato. Its sweet, crunchiness make it a perfect snack for both adults and kids.

Food as Medicine

Sunchokes are great for people with diabetes or for those who are at risk for diabetes because of how they store their energy. While most carbohydrate rich foods store their energy in the form of sugar, sunchokes store their energy in a form of *inulin*, which is a starch that is not utilized by the body—so they are filling, but do not affect the body's blood sugar levels. In fact, they can actually help *regulate* the body's blood sugar. In addition, sunchoke flour is also recommended for those who are allergic to wheat and other grains.

Sunchokes are also a great source of iron, with 3.4 mg per serving. That is more than lean ground beef and about 19 percent of the Recommended Daily Value for iron. Sunchokes are high in iron, potassium, vitamin C thiamine, and are low-fat. They also have been shown to reduce blood cholesterol and decrease the incidence of colon cancer. They have been shown to relieve asthmatic conditions, treat constipation, and nourish the lungs.

Jerusalem Artichoke and Veggie Mix

Makes 8 servings



INGREDIENTS:

- 3 cups sliced Jerusalem artichokes (1/4 " slices)
- 40 baby carrots, washed
- 16 Brussels sprouts, cleaned and cut in half
- 4 cloves garlic, peeled and sliced
- 1 ½ cup water
- Vegetable cooking spray

Directions:

Heat a skillet or cooking pan to medium and lightly spray with oil. Add carrots and stir fry for 3 minutes. Add remaining ingredients, cover and steam until the veggies are cooked to your liking (6 minutes cook them so that they are quite crisp, 10 minutes will soften them more). Watch that the water has not all evaporated and your veggies get seared on the bottom before you finish steaming them add a bit more water as necessary.

Physical Activity #1



Artichoke Head

- o Materials: Jerusalem Artichokes for each team
- o Divide into teams. Have one person at a time from each team put a Jerusalem Artichoke on their head. They are to walk down the course and back, keeping the choke on their head. The next person does the same. If the artichoke falls of the player's head, they must start from the beginning. The first team done is the winner.

Jerusalem Artichoke Pancake

Makes 8 Pancakes

INGREDIENTS:

- 1 lb. Jerusalem artichokes
- 1 Tbs. lemon juice
- 2 Tbs. butter
- ½ cup minced onions
- 2 eggs
- ¼ cup chopped, fresh parsley
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup vegetable oil
- ½ cup applesauce

Directions:

Peel artichokes and place in bowl of water mixed with lemon juice as you work. In large skillet, melt butter and cook onions over medium heat for about 2 minutes or until softened but not browned. Meanwhile, in medium bowl, beat eggs and stir in parsley, salt and pepper. Stir in onions. Using fine grater or grating attachment of food processor, grate artichokes; immediately stir into egg mixture. (If grating by hand, grate artichokes back into bowl of acidulated water so they will not darken. Drain well, then dry well by squeezing in tea towel or paper towel.). In skillet, heat half the oil. For each pancake, spoon about 2 tablespoons of batter into skillet, leaving at least 1 inch between pancakes. Flatten with spatula and cook over medium heat until golden and crisp, 3 to 4 minutes on each side. Place on hot platter and keep warm in 250°F oven. Add more oil to skillet as necessary when cooking remaining pancakes. Serve with applesauce.

Physical Activity #2

Giants, Wizards, and Elves

- This is a fun chasing game with suspense, laughter and exercise. It is like the game “paper, rock, and scissors” only it is played with the whole body.
- Explain the three options and the motions that correspond: Giant (brings arms way up, roars), Elf (bring hands to ears), and Wizard (waves wand and yells “kazaam”). The giant beats the elf, the elf beats the wizard, and the wizard zaps the giant. You can count to ten or play ten seconds of music and have the kids move around the room. When you yell “freeze” or stop the music, the children pair up and pose as a giant, wizard, or elf. Whoever wins the round stays in until there are just two left.

Jerusalem Artichoke and Carrot Salad

Makes 10 Servings!

INGREDIENTS:

- 1 pound Jerusalem artichokes, peeled or well scrubbed
- 1 pound carrots, peeled or well scrubbed and trimmed
- 1/4 cup chopped chives
- 2 tablespoons chopped dill
- 2 tablespoons extra virgin olive oil
- 3 tablespoons freshly squeezed lemon juice
- 1/2 tsp salt and freshly ground black pepper each
- Food processor

Directions:

Use the slicing attachment of a food processor to thinly slice the chokes or thinly slice by hand. Then stack the slices of Jerusalem artichoke and cut lengthwise (julienne) into thin strips. Put the shredding attachment on the food processor or hand-grate the carrots. Put vegetables into a mixing bowl with chives and dill. Mix remaining ingredients in a cup. Add to vegetables and toss. Let sit 30 minutes before serving.

Physical Activity #3

Dig the Artichoke

- o Materials: socks or rags
- o Have players divided into smaller groups of threes. Two of the players link arms and become the “wheelbarrow.” The third player is the wheelbarrow “steerer” and holds onto the wheelbarrow by their belts. Each “steerer” has a rag or sock tucked under their belt or into their pants in back and it is able to come out easily if pulled—this is their artichoke. The teams are lined up, backs to the wall, around the room. On GO, each team tries to “dig” as many Jerusalem Artichokes as possible without losing their own. When a team loses its artichoke, it is out of the game. Only a “steerer” may grab an artichoke. The wheelbarrow holds on to the artichokes. The team that keeps their artichokes receives 25 points and 5 points are given each artichoke that the team has.

Roasted Jerusalem Artichokes

Makes 6 servings!



INGREDIENTS:

- 4 cloves garlic, smashed, then chopped
- 2 1/2 tablespoons extra virgin olive oil
- 1 1/2 pounds Jerusalem artichokes
- 1/2 tsp each of salt and pepper
- 1 tablespoon chopped parsley

Directions:

Preheat oven to 500 degrees. Put garlic and oil in microwave-safe dish. Cover with a paper towel and cook at half power for 2 minutes or roast in oven for 10 minutes. Set aside.

Peel Jerusalem artichokes and cut into the size of golf balls. Put in a shallow roasting pan large enough to hold all in one layer comfortably. Strain out garlic from oil over the chokes. Add salt and pepper and toss. Cook about 20 minutes (tossing once or twice) or until tender. Cooked this way, Jerusalem artichokes taste like a cross between turnips and potatoes.

Physical Activity #4



Follow the Leader

- A new twist on "Follow the Leader", This game is for 5 or more players and should be played outside or in an open area.
- To play, pick one person to be the leader. Everyone else forms two even teams. The leader stands at one end of the playing field and the two teams stand on the other end. When the leader calls out commands, like "hop on one foot," "crab crawl," or "skip," the first players in line must do what the leader says. If the leader says, "freeze," players must stop in their tracks and listen for the next command. As soon as a player returns to the starting line, the next player in line goes. The first team to finish wins.

Chicken Salad with Jerusalem Artichokes

Makes 6 servings!



INGREDIENTS:

- 1/4 cup low-fat mayonnaise
- 1/3 cup non-fat sour cream or yogurt
- 1 tablespoon Dijon mustard
- Juice of 1 lime
- 1/4 cup chopped cilantro (optional)
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 pound Jerusalem artichokes, scrubbed or peeled
- 1 pound cooked skinless chicken or turkey breast cut into 1/2-inch cubes
- 1 red bell pepper, chopped
- 1 bunch scallions, trimmed (white and 1 inch of green) and cut into thin slices (optional)

Directions:

Mix first seven ingredients in a small bowl. Set aside. Cut Jerusalem artichokes into a combination of very thin slices and 1 1/2-inch match sticks. Combine Jerusalem artichokes, chicken, peppers and scallions in a bowl. Season with salt and pepper. Add dressing and mix well. Refrigerate at least one hour before serving. Bring to room temperature for serving

Physical Activity #5



Jerusalem Artichoke Relay

- o Materials: two trays and lots of Jerusalem Artichokes
- o This game is for 6 or more players and should be played in an open area. Form two teams. The first person on each team has to put half of the artichokes on the tray and then balance it while running to the end of the playing field and back. If a player drops any of the artichokes, she has to stop and pick them up. When she gets back to the starting line, the next person in line goes. The first team to finish wins.

Venison

Goals and Objectives

- Children will learn about the many types of meats that made up a large portion of the Ojibwe diet and how deer, or venison, was hunted and used by the Ojibwe.

Talking Points

- Many different types of meat were eaten by the Ojibwe, such as elk, moose, and bear. But deer, or venison, is one of the most commonly consumed today.
- Ojibwe were excellent hunters, always respecting the animals they hunted by thanking it and using the entire animal.
- Venison was an is an important source of calories, especially in the winter, and also of iron—a much need mineral for women and children.

Food as Tradition

The diets of the American Indians varied with the locality and climate but all were based on animal foods of every type and description, not only large game like deer, buffalo, wild sheep and goat, antelope, moose, elk, caribou, bear, but also small animals such as beaver, rabbit, squirrel, skunk, muskrat and raccoon; many different types of fish and shellfish; and wild birds including ducks and geese. The Ojibwe traditionally hunted many of these animals. However, many of these animals have disappeared from the area, preferring northern climates that are less populated. Elk and moose, for example, are much less part of the diet as they once were. Today, the most commonly consumed wild game is deer, or venison, along with fish and other small game.

The Ojibwe were extremely skilled hunters. They hunted all animals in a very careful way. Prayers of thanks and gratitude to the animal were extended before, during, and after the hunt. Food was hunted for the entire community. The entire animal was used, not just the muscle meats for food. The skin, or hide, of the deer was used to make clothes, shoes, and bedding. The meat was eaten fresh and dried in long strips to eat during the long winter. The fat of the animal was one of the most important sources of calories for the Ojibwe. Organs, tendons, and bone were all utilized as well. Nothing was wasted, as that would be an insult to the animal who had given its life. Venison was also an important part of feasts and gatherings. It was an important part of the Naming Ceremony for children, often served with wild rice. Today, hunting is still a widespread practice among the Ojibwe. While it is more common to use guns than arrows, many people still honor the animal in the old way and venison is a tasty part of the diet!

Food as Medicine

Venison is perhaps one of the very healthiest meats in the world! It is a very good source of protein, while, unlike most meats, it tends to be fairly low in fat, especially saturated fat. Venison is a good source of iron, which is particularly of interest for women, who are more at risk for iron deficiency, especially if you're pregnant or nursing because your needs for iron increase. Growing children and adolescents also have increased needs for iron. Boosting iron stores is a good idea--especially because, in comparison to beef, a well known source of iron, venison provides well-absorbed iron for less calories and fat. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism.

Venison Jerky

Makes 20 Servings

INGREDIENTS:

- 2 lbs. of venison, ground
- ¼ c. light or regular soy sauce
- 1 Tbs. Worcestershire sauce
- ¼ tsp. Black Pepper
- ¼ tsp. Garlic Powder
- ½ tsp. Onion Powder
- 1 tsp. Hickory Smoke-flavored salt

Directions:

(Double this recipe to use jerky in next activity)

Combine all ingredients in a large bowl and knead all ingredients for at least 2 minutes. Let sit for at least 5 minutes. It can sit for longer, even over night if needed. Using a food processing gun, load the meat in the tube. Fill the dehydrator with the strips of meat. Place the dehydrator on the meat setting (165 degrees) and dehydrate for approximately 8 to 10 hours, depending on how dry you want your jerky

Physical Activity #1

Zookeeper

- Materials: Playground or large area, Rope or chalk to mark off goals and zoo
- Mark off two goals approximately 50 feet (15 meters) apart. Between the goals, off to one side, have a ten-foot square for the zoo. Choose one player to be the zookeeper and have them stand in the center of the play area. Secretly give each player an animal name to be called. More than one person can have the same name. While the hunter is in the center of the play field he is to call out an animal name. He will call out animal names one by one until he finds one that is in the group. Once a players animal name is called they are to run across the opposite goal line and then return. When the zookeeper sees this he is to run to the zoo, get his net, and return to center area to try and tag the running animal. The net can be something soft like a piece of foam or soft rubber item. Any animals tagged are taken to the zoo and sit until all players have been called.



Venison Jerky, Crackers and Cheese

Makes 30 crackers!



INGREDIENTS:

- 1 box of whole grain crackers (like Wheat Thins or Triscuts)
- 2 cups Sliced Cheddar Cheese
- 2 cups Venison Jerky, cut into bite sized pieces

Directions:

Place cheese on crackers and add jerky to the top.



Physical Activity #2



Deer Tails

- Materials: One sock for each player
- This game is for 4 or more players and should be played in an open area. First, each player hangs her sock from her back pocket or waistband (this is her "tail"). On the word, "go," each player tries to take the other players' tails without letting anyone else get hers. When a player's tail is taken or falls off, she has to sit down. Even though she's sitting, she's not out. She can grab the tail off of anybody who runs by. If she gets somebody's tail, she can hang it from her back pocket and start running around again. The last player standing wins.

Venison Chili

Makes 15 Servings!

INGREDIENTS:

- 1 Tbs. vinegar
- 1 can or bag of frozen corn
- 1 can of pinto beans
- 1 large onion, chopped
- 1 can kidney beans
- 2 lbs. Venison, cubed in ½" cubes (you can also use venison sausage)
- ½ cup diced green pepper (optional)
- 1 tsp. salt
- ¼ tsp. pepper
- 1 Tbs. sugar
- 1 (16 oz.) can of tomato sauce

Directions:

Brown meat and onion in a heavy skillet. Transfer to heavy pot. Add all other ingredients except corn. Cook for at least 30 minutes, letting the flavors simmer together for up to several hours stirring as needed. Add corn 20 minutes before serving.

Physical Activity #3

Hunter and the Deer

- This game is similar to Marco Polo. This game is for 6 or more players and should be played outside or in an open area.
- To play, pick one player to be the "hunter" and another player to be the "deer" (The hunter shouldn't know who the deer is, so you might want to have her leave the room while you pick the deer). The rest of the players are "trees." They form a circle and have to stand still. The hunter and deer are both blindfolded. They can move around during the game, but can't go out of the circle. The object of the game is for the hunter to use sound to catch the deer. When the hunter calls out "echo," the deer answers "deer". All other players answer "tree". Once the hunter tags the deer, the deer becomes the hunter and a new deer is picked.

Little Porcupines

Makes 20 meatballs!

INGREDIENTS:

- 1 lb ground venison
- 1/3 cup uncooked wild rice
- 1 small onion minced very fine
- 1 seeded green pepper minced very fine
- 1 tsp salt
- 1/4 tsp pepper
- 1 (16 oz.) can of tomatoes
- 1 (8 oz.) can of tomato soup

Directions:

Combine meat, uncooked rice, onion, green pepper, salt, pepper, mix thoroughly. Shape into 1" firm meat balls. Bring soup and tomatoes in their liquid to a boil in fry pan with tight cover, put in meat balls, reduce to very slow simmer. Simmer tightly until done with rice popping out of balls like porky quills -- about 40-45 minutes.

Physical Activity #4

What Time is it Mr. Wolf

- o This game should be played in a large open area. Pick one player to be the wolf and that player will stand with their back turned to the others about 10 ft. from the others. The other players are all deer, and they will call out, "What's the time Mr. Wolf?" The wolf turns to face the others and shouts out a time. Example: "10 o'clock". The deer would then take 10 steps toward the wolf. The group will take the same amount of steps toward the wolf as the amount of hours in the wolf's time. Example: 2 o'clock = 2 steps, 6 o'clock = 6 steps etc. The wolf will then turn her back to the group again for them to yell "What time is it Ms. Wolf?" (The wolf looks at the group only when the wolf shouts the time at the group). When the group gets close to the wolf the next time the group yells "What's the time Mr. Wolf" the wolf will say 'DINNER TIME' and run after all the deer who are running back to the start line, and hopefully catch one! If the wolf catches a deer, then that group-member will then be the wolf.

Venison Tacos

Makes 6 servings!

INGREDIENTS:

- 1 ½ lbs. ground venison
- 1 (1 ¼ oz) package taco seasoning
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ cup water
- 1 (18 oz.) package of whole-wheat tortillas or hard taco shells
- ¼ cup cheese, shredded
- ¼ cup tomatoes, diced
- ½ cup lettuce (try red leaf or spinach, avoid Iceberg), shredded
- 2 Tbs. plain yogurt or reduced-fat sour cream (optional)
- 2 Tbs. salsa (optional)

Directions:

In a large skillet, fry meat till brown, draining fat. Sprinkle the meat with garlic powder and onion powder, and add seasoning and 1/2 cup water. Turn the heat down to low and simmer for 15 minutes. Lay out a tortilla or taco shell and fill with meat, cheese, tomato and lettuce. Top with yogurt, sour cream or salsa. Also, try putting sprouts, avocado, or other vegetables in the burrito or taco.

Physical Activity #5

Deer Ball

- Materials: Two rubber balls, empty bottles or cones to mark course
- This game is for 4 or more players and should be played in an open area on a soft surface. First, mark the end of your course, which should be about 15 feet long. Split into two even teams. On the word "go," the first player of each team has to bark, get on her hands and knees and use her nose or forehead to roll the ball to the end of the course, around the marker and back. When players get back to their team, they tag the next person in line. Every player must hop up like a deer before they set off. The first team to finish wins.

Turkey

Goals and Objectives

- Children will learn about the wild turkey as a protein source for the Ojibwe.
- Children will understand why protein is important to include in the diet.

Talking Points

- Turkey is usually associated with Thanksgiving, but it is a native species to North America and was commonly eaten with wild rice by Ojibwe.
- Wild Turkey was almost extinct in North America because of over-hunting and deforestation, but in the last thirty years it has been re-introduced.
- Turkey is a great source of protein and other vitamins and minerals and is a low-fat protein choice.
- Protein is what our immune system, muscles, and organs are made up of—keeping us moving and protecting us from sickness.

Food as Tradition

While we usually associate turkey with the pale domesticated bird that ends up as the main dish at Thanksgiving feasts in this country, the wild cousin of this bird once was a common forest dweller. The wild turkey is native to North America and was frequently hunted and eaten by the Ojibwe. The turkey was often prepared with wild rice or in a stew with corn, beans and other vegetables that were available. European settlers however, initially preferred to prepare turkey roasting and stuffing turkey, especially for special occasions like holidays or feasts, similarly to how we prepare turkey for Thanksgiving. It wasn't until later that they would realize turkey's versatility and use it like Native Americans, in stews and soups and other dishes. Shortly after European settlers arrived, the wild turkeys began to be over-hunted, eventually disappearing from the Great Lakes region all together. But in the recent years, wild turkeys have been reintroduced to this area and are now roaming abundantly.

Food as Medicine

Today, most of us are familiar with the domesticated turkey. While the wild turkey is leaner and higher in nutrients, the domestic turkey is what most of us can find in the grocery stores. The grocery store turkey is still a healthy and popular protein choice. Protein is important because your muscles, organs, and immune system are made up mostly of protein. Protein builds up, maintains, and replaces the tissues in your body. In fact, whether you're running or just hanging out, protein is doing important work like moving your legs, moving your lungs, and protecting you from disease. Turkey is low in fat, low in calories, and low in cholesterol when compared with other meats. That fat that is in turkey is mainly unsaturated. It is an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. Turkey is an excellent source of niacin, a factor in the maintenance of good health, and phosphorous, a factor in the normal development of bones and teeth. Turkey is an excellent source of protein providing the essential amino acids necessary for the renewal and maintenance of body tissues and providing food energy. So even though the turkey that the grocery store deli slices for our sandwiches is distantly related to its wild cousin, it is still a healthy protein source and a beloved food choice for kids.

Turkey Pinwheels

Makes 30 Pinwheels



INGREDIENTS:

- 6 Whole wheat tortillas
- 3 Tbs. light cream cheese
- 6 lean turkey slices
- 6 Swiss cheese slices
- 6 leaves of lettuce
- 1 Tomato, sliced very thin

Directions:

Spread $\frac{1}{2}$ Tbs. cream cheese on one side of a tortilla and add lettuce, turkey, swiss cheese and tomato. Bring sides of the wrap in and then roll up in the shape of a cylinder, like a burrito. Slice wraps into five sections, creating pinwheels.

Physical Activity #1



Save Tom the Turkey

- o *Materials: chalk or tape to make circle; rubber ball*
- o Make a large circle with chalk and place a ball in the center. This ball is now Tom the Turkey. If played in the grass use rope to make a circle or our favorite is use rubber yard hose. Pick one person to be "It" and they should stand in the center of the circle counting to 30, with their eyes closed, while the other players hide. Once "It" has finished counting, they leave the circle trying to find hidden players and attempting to tag them. If they are tagged they must freeze in that position. Other players will try to reach the circle and kick out the ball (TOM). If Tom is kicked out, that player will be awarded the letter T and shouts T. The game will start over again. Players will unfreeze and hide while "It" will once again count to 30. If same player kicks it out again they are awarded an O and shout O, and the next time if kicked it out they shout M. The player that kicks out the can three times will shout TOM and have won the game. If the "It" person tags all hiding players before someone kicks out TOM they are the winner.

Turkey Cube Kabobs with Sweet and Sour Sauce

Makes 8 Kabobs

INGREDIENTS:

For Kabobs

- 1 lb. turkey deli meat, un-sliced and cut into 1/2" cubes
- 1 can of pineapple, drained but save juice for sweet and sour sauce
- 1 green bell pepper, cut into large chunks
- 1 cup of cherry tomatoes
- 2 cups of button mushrooms, sliced in half
- Skewer sticks

For Sweet and Sour Sauce

- 3 Tbs. white vinegar
- 1 Tbs. sugar
- 2 Tbs. pineapple juice
- 2 Tbs. tomato sauce or ketchup
- 3 Tbs. water
- 1/2 tsp. salt
- 2 tsp. soy sauce
- 1 1/2 tsp corn flour or cornstarch

Directions:

Mix together ingredients for sweet and sour dipping sauce over heat. Bring to the boil, and allow to thicken. While the sauce is cooking, place the cubes of turkey, the pineapple, and the vegetables in separate bowls. Hand out skewer sticks to the kids and let them assemble their own kabobs. Alternate a piece of turkey with pineapple and veggies. You can eat cold with raw vegetables, or heat in a skillet for 5 minutes on each side to cook slightly. Dip in sauce and enjoy!

Physical Activity #2

••• | The Big Turkey

- Have all players sit in a circle and then chose a person to be "it". The "it" is to leave so that "it" cannot see or hear. Choose one person to be the "turkey". The "turkey" will act out short movements. Examples are clapping hands three times, stomping feet 4 times, etc. All other players must do what the "turkey" does. Have "it" return to the group to figure out who is the "Big Turkey", you can give the player up to three guesses if there's a large group. The person who is the "Big Turkey" then becomes "it" and the group designates a new "Big Turkey".

Inside-out Turkey Sandwiches

Makes 8 Sandwiches!

INGREDIENTS:

- 4 Tbs. low-fat cream cheese
- 2 cups cheese, grated
- 4 tsp. green onion tops, chopped
- 2 tsp. prepared honey mustard
- 24 slices deli turkey
- 8 large pretzel sticks or unsalted breadsticks
- 2 cups spinach leaves, washed

Directions:

Combine cream cheese, , green onion and mustard in small bowl; mix well. Arrange 3 turkey slices on a large sheet of plastic wrap, overlapping slices in center. Spread $\frac{1}{4}$ of cream cheese mixture evenly onto turkey slices, covering slices completely. Add the $\frac{1}{4}$ of the spinach leaves, and 2 cheese slices (American cheese works best in this recipe, but other cheese will work also, as long as it is thinly sliced) on to the turkey. Place 1 pretzel rod at bottom edge of turkey slices; roll up turkey around pretzel rod. Be sure to keep all 3 turkey slices together as you roll them around pretzel. Repeat with remaining ingredients.

Physical Activity #3

Standing Pretzel Relay

- This game is for 2 or more players and should be played outside or in an open area.
- To play, get into a pretzel position, stand on your left leg, lift your right leg and cross it in front of your left knee, and then cross your arms in front of your body. On the word "go," hop to the finish line! The "pretzel" who gets to the finish line first wins!

Turkey-Melon Roll-ups

Makes 6 servings!



INGREDIENTS:

- 1 Tbs. mustard (honey mustard or Dijon work best)
- ½ tsp. honey
- 1/8 tsp. pepper
- 3 slices deli turkey
- 6 slices of cantaloupe or other melon, peeled and sliced to about 4" x 1"

Directions:

Combine the mustard, honey, and pepper; stir well. Spread 1 tsp mustard mixture on each turkey slice. Cut turkey slices in half lengthwise. Wrap 1 turkey slice spirally around each cantaloupe slice, or find another creative way to combine turkey and cantaloupe.

Repeat with remaining mustard, turkey, and melon!

Physical Activity #4



Turkey Sandwich

- Materials: One ball for each team
- This game is for 4 or more players and should be played outside or in an open area. To set up the race, split into teams of two and give each team a ball. Sit down, back to back with your teammate, and put a ball between your backs. Link arms, stand up and then race to the end of the playing field and back. If you drop the ball, you have to start all over again. The first team to finish wins.

Turkey Honey-Mustard Pita Pocket

Makes 6 servings!



INGREDIENTS:

- 14 oz. of lean, smoked turkey breast, sliced
- 12 tsp. reduced-fat mayonnaise
- 3 tsp mustard
- 3 tsp. honey
- 3 whole-wheat pita pockets
- 6 leaves of lettuce
- 6 slices of tomato

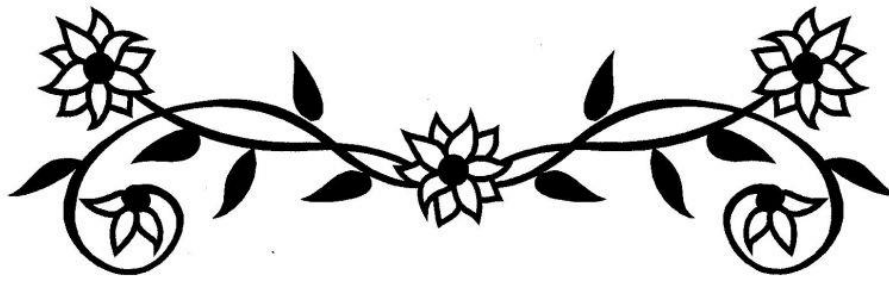
Directions:

Cut each pita in half and open the bread so that it forms a pocket. Mix the mayonnaise, mustard and honey together and spread it all inside the pita pocket. Stuff the pocket with the turkey, lettuce and tomato and enjoy.

Physical Activity #5

● ● ● Turkey Waddle

- Materials: 2 large rubber balls; tape, chalk, or empty bottles to mark boundaries
- This game is for 4 or more players and should be played in an open area. First, mark the end of your course, which should be about 20 feet long. (You could use empty soda bottles to do this). Split into two even teams. On the word "go," the first player on each team puts a ball between his feet. Then, he waddles to the end of the course and back, kind of like a turkey. If the ball drops from his feet, he has to stop where he is and put it back. Once the ball is back in place, he can keep going. When players get back to their team, they tag the next person in line. The first team to finish wins.



Resources and Further Reading

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