

Gitigaan News



AANIIN GAKINA!

We are proud to be recognized with the Green & Healthy Schools Award for our dedication to environmental stewardship. Through our composting efforts, we have diverted 30,860 lbs. of organic waste from landfills by working with Big Lake Organics. These initiatives support a more sustainable future while fostering hands-on learning for our students. Thank you to everyone contributing to our growing success!

We have many things to look forward to this month including Gaa-Miskwaabikaang's Biboon Gabeshiwin (Winter Camp) which will be held at the Boys and Girls Club from Feb 19 - 20 as well as a Winter Camp Feast at the Bayfield School cafeteria on Tuesday February 18 to kick it off! We hope to see you there!

IN THIS ISSUE

- Lesson Highlights
- Compost Totals & Green and Healthy School Award
- Community Winter Camp Feast
- Biboon Gabeshiwin
- Harvest of the Month: Misko-Jiis
- Beet Hummus Recipe

Bayfield K-12 School
has successfully met the requirements to be recognized as a **Sugar Maple School**
for the 2023-2024 school year

✓ Improving Health & Wellness ✓ Increasing Enviro



Kati Rakowski

Agriculture & Education
Coordinator



Ellen Russo

Farm to School
Consultant

THE Gitigaan CREW

Lesson Highlights



FISHING & AQUAPONICS

Our elementary students are exploring local fish, Ojibwemowin fish names, and playing a fishing game. By visiting our aquaponics system, they're seeing how fish nourish both plants and people. Bayfield School has ogaa (walleye) in our system thanks to collaboration with UW-SP Northern Aquaculture Demonstration Facility!

Did you know that middle school alt ed students help us maintain the aquaponics system during the school year?

SEED GERMINATION & GARDEN PLANNING

Students are gearing up for this year's gitigaan by testing seed germination rates to ensure strong, healthy plants. They're also looking through seed catalogs, selecting new varieties to grow. Excitement is growing right along with our seeds!



PLANNING for ISKIGAMIZIGAN

Red Cliff Farm and the Bayfield School Gitigaan are gearing up for spring field trips to the Iskigamizigan (sugarbush), where students experience the tradition of maple sugaring. From tapping trees to learning about Ojibwe harvesting practices, these trips will deepen their connection to Indigenous foodways and the land. Stay tuned for sweet learning ahead!



Community Events

WINTER CAMP FEAST

Join us on at 5:30 pm on Tuesday, February 18th at the Bayfield School for a free community meal to celebrate the start of Biboon Gabeshiwin! Chef Chris Basina will be preparing the feast and the event will also feature aadizookaan (storytelling), a raffle, and announcement of the Winter Camp art contest student winners!



BIBOON GABESHIWIN

Again this year, Red Cliff's Winter Camp will be held at the Boys and Girls Club. Elementary, middle, and high school students will be taking field trips on Wednesday and Thursday to participate in traditional and modern-day Winter activities including snow snake, snow shoeing, lacrosse, sled dogs, food demos, and more! We hope to see you there!



Harvest of the Month

MISKO-JIS/BEETS

their roots can be red, golden yellow, and red with white stripes

the roots, stems, and leaves are all edible

the biggest beet ever recorded weighed 156 lbs!

beets are wind-pollinated and don't need pollinators to reproduce

Recipe

BEET HUMMUS

INGREDIENTS

- 1 small roasted beet
- 1 15-oz. can cooked chickpeas
- 1 large lemon (zested)
- 1/2 large lemon (juiced)
- 1 healthy pinch salt and black pepper
- 2 large cloves garlic (minced)
- 2 heaping Tbsp tahini
- 1/4 cup extra virgin olive oil

DIRECTIONS

1. Roast your beet!
2. Once your beet is cooled and peeled, quarter it and place it in your food processor or blender. Blend until only small bits remain.
3. Add remaining ingredients except for olive oil and blend until smooth.
4. Drizzle in olive oil as the hummus is mixing.
5. Taste and adjust seasonings as needed, adding more salt, lemon juice, or olive oil if needed. If it's too thick, add a bit of water.

