

GITIGAAN NEWS



AANIIN GAKINA AWIYA!

As temps cool we wonder where Niibin went! School is just around the corner and we have some big changes. Lindsay will be moving on to a role as a Nutrition Educator with UW-Extension FoodWise. We will miss her a lot, but you will still see her around the district in her new role! Best of luck Lindsay!

We have some exciting announcements to share. In our last newsletter you read about the USDA Farm to School Grant award, but also we've brought together a food sovereignty committee consisting of school staff, community members, and tribal employees to integrate culturally relevant nutrition education curriculum-wide.

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THE GITIGAAN CREW



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GITIGAAN

WHAT'S IN SEASON?

Wild Rice / Manoomin
Mushrooms / Wazhashkwedowensh
Blackberries / Odatagaagomin
Plums / Bagesaan
Melons / Agosimaan
Beans / Miskojisimin
Summer Squash / Okosimaan
Brassicas / Gichi-Aniibiish
Cucumbers / Bipakoombens
Carrots / Okaadaak
Turnips / Zhingibisiwashk
Peas / Anijiimin
Onions / Zhigaagawanzh
Garlic / Zhigaagominzh
Corn / Mandaamin
Peppers /
Potatoes / Opin



GITIGAAN MURAL

Maybe you've seen the plant mural on the North side of the building. Our high school garden caretakers have been chipping away on filling it with pollinators, mushrooms, and plants to create a finished product before the beginning of the school year!



LOOKING AHEAD

F2S GRANT

Are you or someone you know a knowledge keeper of cultural food practices? We invite you to share with youth! You will be compensated through our newly awarded USDA F2S Grant.

We are also looking to fill the position of a part-time Farm to School consultant who would work with community members, students, and staff to create a sustainable Farm to School program at the district focusing on culturally-relevant nutrition.

Also, we are looking for more community members to join the Food Sovereignty Committee at Bayfield School. We will be discussing how to build up our existing program and integrate culture and food into every academic subject. For this pilot year we will be focusing on manoomin for elementary students.

Inquiries for any of these opportunities can be directed to Kati Rakowski at krakowski@bayfield.k12.wi.us

As the rice ripens we look forward to bringing out groups of middle and high school students to harvest manoomin. We will then process the rice at the school with all ages of youth and enjoy it during gitigaan programming and in the cafeteria. Let us know if you would like to support any of these events in September!

MANOOMINIKE



HARVEST OF THE MONTH

OKOSIMAAN / SUMMER SQUASH

The word "squash" comes from the Nargansett word "askutasquash," which means "eaten raw"

It can be enjoyed raw, grilled, sautéed, roasted, or spiralized into noodles

Squash is one of the "three sisters" along with corn and beans

Squash is believed to be the oldest cultivated food in North America

Summer squash contains vitamins A and C, potassium, magnesium, calcium, and folate.

RECIPE

YELLOW SQUASH TOTS

INGREDIENTS

- 3 small yellow Summer squash - shredded
- 1 egg
- 1/2 c cheddar or dairy free cheddar - shredded
- 3/4 c breadcrumbs
- 1/2 medium onion - finely chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- Ground black pepper - to taste

DIRECTIONS

1. Preheat oven to 400F. Line a large baking sheet with parchment paper, or grease the baking sheet with olive oil.
2. Combine shredded squash and salt in a bowl, let sit for 30 min then squeeze out excess liquid from squash.
3. Combine all ingredients and form small tots with your hands (2 tablespoons mixture per tot).
4. Arrange the tots on the parchment-lined baking sheet. Bake at 400F for 25 minutes, or until golden on top and lightly browned on the bottom.
5. Enjoy with a condiment or dip of choice!



RECIPE ADAPTED FROM
BABAGANOSH.COM

