

GITIGAAN NEWS



AANIIN GAKINA AWIYYA!

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We are officially back to school! This first month of has been full. We have hosted programming with youth & adults including elementary lessons in the garden with taste tests, pizza making from scratch in the Earth oven, Manoomin harvest field trips with middle school & high school students, and we celebrated wild rice with Bayfield School's Community Manoomin Feast!



We also hired a new Farm to School Consultant for the USDA Grant (look for Ellen's bio below), went to the USDA Farm to School Grantee Gathering in Omaha, and met with partners to determine next year's fruit and vegetable picks for Harvest of the Month!

THE GITIGAAN CREW



KATI RAKOWSKI
Agriculture & Education
Coordinator



ELLEN RUSSO
USDA Farm to School
Consultant

GITIGAAN

WHAT'S IN SEASON?

Wild Rice ~ Manoomin

Apple ~ Mishiimin

Mushrooms ~ Wazhashkwedowensh

Fall Raspberries ~ Miskominag

Beans ~ Miskojiisiminag

Squash ~ Okosimaan

Brassica ~ Gichi-Aniibiish

Carrots ~ Okaadaakoon

Onions ~ Zhigaagawanzh

Garlic ~ Zhigaagominzh

Corn ~ Mandaamin

Potato ~ Opin

Spinach ~ Otaagabii'aniibiish



GITIGAAN UPDATE

This year was a success for watermelons - both yellow & pink. Students love the sweet treat & guessing which color it will be inside!

Students harvest raspberries, grapes, potatoes, carrots, kale, squash, tomatoes and more. We eat most of the produce during gitigaan lessons. We still have cabbage, kale, carrots & peppers to pick.

Elementary students planted spinach in the high tunnel for a spring harvest.



GITIGAAN STAFF

FARM TO SCHOOL CONSULTANT

Boozhoo! My name is Ellen Russo and I am the new Farm to School Consultant for the Bayfield School Gitigaan. I have over 10 years of professional organic farming experience and am passionate about growing good food for our community and teaching our young ones about the opportunities available to them in agriculture and food sovereignty spaces. I hold an invaluable amount of food producing knowledge and am happy to be able to share this with students and staff. I will support the work of the USDA Grant.

You may see me in the halls or during lunch, and you can definitely find me in the garden, don't hesitate to stop me and say hi! I look forward to meeting more of the students and staff in the coming weeks!



MANOOMINIKE

Bayfield School students went to a new lake this year due to several lakes being closed for wild rice harvest. The students did not harvest much wild rice, but we are still processing manoomin with a gift from a staff member. Miigwech!

In the last few weeks, we have harvested, processed, and eaten manoomin.

Miigwech to all who joined our Manoomin Feast on October 2nd. We look forward to seeing you at the next Community Feast for Iskigamizigan!



HARVEST OF THE MONTH

MISHIIMIN/APPLE

Apple trees can live to be 100 years old!

There are more than 2,500 apple varieties in the United States.

It takes about 36 apples to make one gallon of cider.

Apples contain 4 grams of fiber.

The largest apple ever picked weighed over 3 pounds!



RECIPE

BAKED APPLE OATMEAL

INGREDIENTS

- 2 large apples, peeled and cored
- 1 1/2 cups whole milk
- 1/2 cup applesauce
- 1/4 cup maple syrup
- 2 1/2 cups rolled oats
- 1 egg
- 1 tablespoon oil
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/4 teaspoon nutmeg

DIRECTIONS

1. Preheat oven to 350. Grease a 7"x11" pan. Chop apples into bite sized pieces.
2. Whisk milk, applesauce, egg, and maple syrup together. Fold in chopped apples, oats, oil, cinnamon, vanilla, baking soda, and nutmeg.
3. Transfer to baking pan and bake for 40-45 minutes until golden brown.



RECIPE ADAPTED FROM
eatingwell.com

