



Gitigaan News

Fall marks back to school and the season of abundance. The Bayfield School garden (gitigaan) continues to provide a space for outdoor education for grades K-12 and harvests that students, faculty, and staff are all able to enjoy.

Our program aims to get students outside of the classroom to learn about foods both wild and cultivated.

Pictured to the right is Kat Rakowski, Education and Agriculture Coordinator, bagging up dried manoomin (wild rice) with a 5th grade class that students harvested in early September.

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AMERICORPS FARM-TO-SCHOOL

The district welcomes two new AmeriCorps Farm-to-School Members, Peyton Keith and Lindsay Larson. Farm-to-School strives to enrich the connection communities have with healthy, local food through education.

Peyton (left) graduated from Bayfield School in 2017. She earned a degree from Northland College in Natural Resources focusing on Ecological Restoration and a minor in Geology. She enjoys traveling, foraging and sipping coffee!

Lindsay (right) has a bachelor's degree in Health and Wellness and Environmental Studies from The University of Wisconsin-Stevens Point. She is an experienced gardener and enjoys all things plants - foraging, herbalism, botanical illustration to name a few.



Harvest!



THIS AUTUMN WE HARVESTED:



- Manoomin (Wild Rice)
- Cucumbers
- Purple Beans
- Tomatoes
- Zucchini
- Winter Squash
- Carrots
- Kale
- Herbs for Tea
- Walleye

In early September a group of high school and middle school students traveled to Chippewa Lake to harvest the good berry: manoomin. For many, it was their first time collecting the grain. We were accompanied by tribal elders who guided the students and told stories of "the food that grows on water".

Later in the month the whole district was able to take part in processing the rice: drying, parching, jiggling, and winnowing. We also reseeded some of what we collected with the Red Cliff Environmental Department at Raspberry Campground. Together, we will enjoy the manoomin as a whole school during a lunch feast later this Fall.



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Autumn Events



WIISINIDAA!

This year's Great Lakes Great Apple Crunch was a success! Grades K-5 took part in the annual celebration of mishiimin as we enjoyed games and activities such as apple bowling, apple relays, apple stack, apple scavenger hunt, apple pressing, apple orchard visits, and of course, the big apple *crunch* as everyone bites into their apple simultaneously.

UPCOMING

- Orchard Visits
- Animal Farm Visits
- Chaga Harvest
- Gitigaan Volunteer Day
- Manoomin Feast
- Winter Camp



Recipe of the Month

Potawatomi Berry Rice

SERVINGS 6

INGREDIENTS

- 1 cup wild rice uncooked
- 1/4 cup dried cranberries
- 1 cup fresh berries raspberries, huckleberries, saskatoon berries, blackberries
- 1/3 cup real maple syrup
- 1 tsp cinnamon

INSTRUCTIONS

Add 1 cup of wild rice, 2 1/2 cups of water, and 1/4 cup of dried cranberries to a pot and simmer on medium low heat until water is gone (about 45 minutes).

Mix in fresh berries, maple syrup, and cinnamon

