



Gitigaan News

Boozhoo friends and family! This month has been about slowing down and reflecting on the hustle of summer and planning for next spring. We were able to do just that, we celebrated our harvests of the season with Middle School Alternative Education with a hearty feast. We joined with folks from Mino Bimaadiiziwin and THPO and reminisced all that we harvested together. Cate Williams and her students prepared all of the food and we must say it was DELICIOUS! Miigwech everyone who has had a hand in our harvests.

Pictured right is the spread of hearty foods that the Middle School Alt Ed students prepared and you can see our elders eating first. This was such a healing event and something we look forward to every year!

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Storytelling + winter

As the snow falls we gather inside and share stories. Cyrus (pictured left) coloring in an okosimaan while Ms. Peyton tells the story about the three sisters. Students colored either squash, beans or corn.



What is Farm-to-School?

Farm to School (F2S) is a movement that promotes the use of locally- and regionally-grown foods in schools. F2S activities and initiatives can include nutrition education in classrooms, farmer visits, signage promoting local foods, serving local foods in the cafeteria, school gardens, and so much more!

At Bayfield, we especially focus on traditional foods.



AmeriCorps Wisconsin

FARM TO SCHOOL
PROGRAM

Winter Squash on the Menu



Farm Highlight:

Great Oak Farm



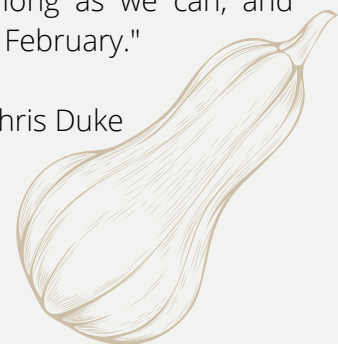
Our Harvest of the Month is Winter Squash! We want to highlight a farm that has provided, not only for Bayfield School but for the surrounding communities. Our feast this month includes squash from Great Oak Farm! It is their last growing season so we wish the best to their future endeavors and want to say a big miigwech for the years of delicious produce.

"We've been farming here for 20 years, and grow about 15 acres as well as 4 hoop houses of organic veggies. Most of our production goes out through the Bayfield Foods CSA. The squash you guys are enjoying was seeded in our greenhouse in early May, and transplanted the last week of May."

"We kept the weeds out of the field by cultivating with a little 1948 Farmall Cub tractor during the summer, and harvested the squash the last week of September. This year we harvested about 16,000 pounds of winter squash! We store the pallet bins of squash in a room that's kept at 50 degrees and 50% humidity to help it last as long as we can, and usually have squash in storage through February."

- Chris Duke

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Enjoy Winter Break!

Biboon Activities



It looks like we have some extra time after our gitigaan lesson...
Make your best snowperson!

Pam, 3rd grade (pictured left) used what we learned in our gitigaan lesson to make her snowperson! Students toured the garden to find seeds...

Did you know seed in ojibwemowin is miniikaan?

Recipe of the Month

Spaghetti Squash - Melissa Brooks, Sparta, WI

UPCOMING

- Winter Camp Planning
- Family Forum Collaboration
- Snow Snake Event
- Sugarbush
- Field Trips

Ingredients

- 1 medium spaghetti squash
- 1 can diced tomatoes, undrained
- 1 cup sliced fresh mushrooms
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 3/4 cup shredded part-skim mozzarella cheese

Directions

1. Halve squash lengthwise; discard seeds. Fill with tomatoes and mushrooms; sprinkle with seasonings. Place in an oval 7-qt. slow cooker, tilting 1 slightly to fit.
2. Cook, covered, on low until squash is tender, 6-8 hours. Sprinkle with cheese. Cook, covered, on low until cheese is melted, 10-15 minutes. To serve, cut each half into 2 portions.

Pro Tip: save and dry your seeds, then in the spring you can grow your own squash

