

# Gitigaan News



## AANIIN GAKINA!

As the weather begins to cool, we switch our focus from growing-centered education to learning about processing, preservation, and wild foods. The garden is tucked in for biboon (Winter) and we dream of another growing season. In Gashkadino-Giizis (November) we celebrate maskiigimin (cranberries) as the Harvest of the Month along with several other late Fall harvests such as venison, mushrooms, and the three sisters. Continue reading for more on these and other exciting adventures of gitigaan students!

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## the gitigaan crew



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# Planting, Harvesting, Processing

## WHAT'S IN SEASON?

carrots  
sunchokes  
turnips  
beets  
parsnips  
winter squash  
cabbage  
leeks  
spinach  
nuts  
apple cider



Left: we planted sunchokes (a tuber that is a member of the sunflower family) with 5th graders this month



Middle schoolers involved in deer processing

**THIS SEASON  
WE ARE  
OVERWINTERING  
CROPS LIKE KALE,  
SPINACH, AND  
CARROTS IN THE  
HIGH TUNNEL!**

## WAAWAASHKESHIWI-WIIYAAS PROCESSING

Middle School & High School youth had the opportunity to help process two deer for Red Cliff elders. This was a first time deer processing experience for many students and everyone was involved from skinning the animals to labeling cuts of meat. Miigwech for the teaching!



# Lesson Highlights



## THREE SISTERS GARDENING

Each year during harvest season we include three sisters' gardening in our elementary curriculum. Students learn about the three companion plants : mandaamin (corn), miskojsiminag (beans), and okosimaan (squash). We learn about how they help each other in the gitigaan and how each can be stored for Winter enjoyment. We tasted a butternut squash dip that was a hit!



## TEA BLENDING

Middle and high school health classes got the chance to make some fresh tea blends for the tea station.



## FUNGI

Elementary classes are getting the scoop on fungi this Fall. Some activities we've done together this month include going on a hunt for hidden "mushrooms" in the woods, reading books about fungi, creating our own mushrooms out of play dough, and inoculating shiitake logs!



Try one of our favorite recipes made by a group of high schoolers:

### PURPLE STUFF

- 3 PARTS OATSTRAW
- 2 PARTS RED CLOVER
- 1 PART BLUEBERRIES
- 1 PART LAVENDER



# Harvest of the Month

## MASHKIIGIMIN / CRANBERRY

### Did you know?

WISCONSIN IS THE  
WORLD'S TOP  
CRANBERRY PRODUCER!

CRANBERRIES ARE A VINE THAT  
GROW BOTH IN COMMERCIAL  
AND NATURAL BOGS

CRANBERRIES  
ARE NATIVE TO  
NORTH AMERICA



## RECIPE

### WILD RICE AND CRANBERRY GRANOLA

#### INGREDIENTS

- 3 c rolled oats
- 1 c pumpkin seeds
- 1 c sunflower seeds
- 1 c hazelnuts
- 1 c puffed wild rice
- 2 c dried cranberries
- 1 t salt
- 1/2 c sunflower seed oil
- 3/4 c maple syrup
- 1/4 c light brown sugar

#### DIRECTIONS

1. Preheat oven to 300F
2. In a large bowl mix all ingredients aside from cranberries and wild rice
3. Spread granola mixture in an even layer on a rimmed baking sheet and bake for 45 minutes, stirring every 15 minutes.
4. Remove from oven and let cool, add berries and puffed wild rice



Recipe adapted from Mino Wiisinidaa.

