

Gitigaan News

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Boozhoo/Aaniin!

As we make our way into the early spring, we welcome the transitions of this new season. Prepping the garden, whether that means mapping out our vegetable gardens or putting snow on the beds for spring watering, is on the forefront of our minds.

Pictured to the right is Elliot Newago holding the fish filets prepared by the 7th grade class for a fish fry! We were gifted this fish from the HS Alt Ed Program, as the high schoolers have been working with Red Cliff folks to learn and use home-use gill nets in Red Cliff.



Pictured below, is our gitigaan staff!

We are **hiring a student garden caretaker** to work with us this summer. Please reach out to the Education and Agriculture Coordinator; krakowski@bayfield.k12.wi.us to learn more and get information on how to apply!!



Lindsay Larson

Farm-to-School Specialist

Kat Rakowski

Education & Agriculture
Coordinator



Mary Newago

Gitigaan Intern

Peyton Martinson

Farm-to-School Specialist



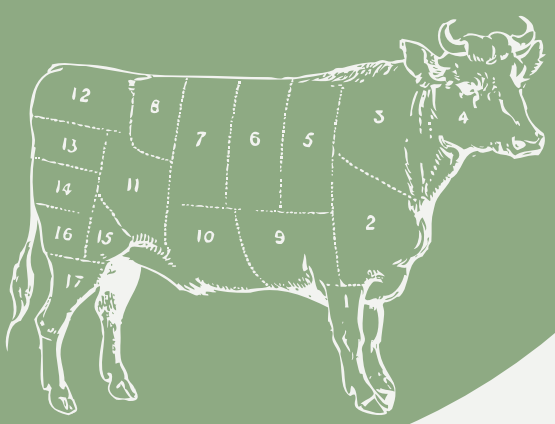


Zügwär is coming!



Local Beef @ Bayfield School

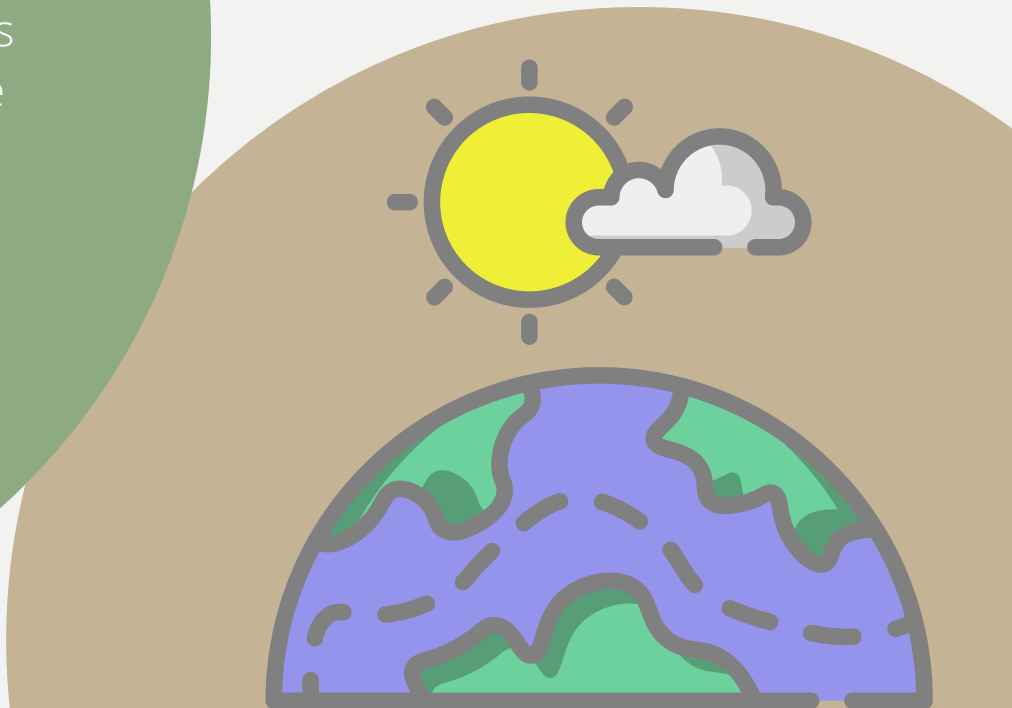
On February 28 Bayfield School District is celebrating Wisconsin Chili Lunch Day! The food service team will be dishing up chili utilizing local ingredients including beef from Heritage Meats in Butternut.



Weather in the Gitigaan!

Everyone has access to the weather information gathered at this station. You can access the information on Weather Underground (wunderground.com) or you can download a weatherlink app and access the information directly on your own device.

1. Go to wunderground.com. In the "Search Locations" bar, type in Bayfield School. Our weather station is KWIBAYFI20.
- OR**
2. Go to weatherlink.com. Create a free account. In the "Search location" bar, type in Bayfield School.



February Fun!

Biboon Gabewshiwin @ School

The weather had other plans for Elementary's scheduled day to attend Biboon Gabeshiwin. Since a snow storm paused winter camp, we brought it to school! Every elementary class got to participate in snow snake. Each snow snake was crafted by middle & high school students at Bayfield School.



All Smiles for Local Chili

We participated in Wisconsin Chili Lunch, a state-wide event that celebrates local food. Our chili featured local beef, mushrooms, carrots, tomatoes, peppers and cheddar cheese! Smile for local chili!

For this lunch taste test, our AmeriCorps members set up a photo booth with the local ingredients and the ojibwemowin for students to hold! Say "CHILI!"

(Picuted left in order; Teegan, Denissa, & Alexander) Students posing with their chili lunch ingredients and you can see their excitement for Chili Lunch!

Ojibwemowin we included:

Naboob - soup

Bizhikiwi-wiiaas - beef

Washashkwedoons - mushrooms

Okaadaak - carrot

Wiisinidaa - let's eat!



Celebrating Cabbage

Recipe of the Month



There are many different way to enjoy cabbage; soup, sauerkraut, "fried steak," and more! We hope you try this recipe and enjoy some of the last of our soup weather

Cabbage Soup

SERVINGS - 4-6

INGREDIENTS

- 1/4 cup water or 1 tablespoon olive oil
- 1 medium onion, diced
- 2 garlic cloves, minc
- 2 carrots, peeled and sliced
- 2 celery sticks, sliced
- 2 Tablespoons Italian seasoning
- 1 can (28oz) diced tomatoes with juices
- 1 medium potato or 6 baby (about 1 cup), diced
- 1 1/2 cups green beans, sliced into 1-inch pieces
- 1 head (2lbs.) of green cabbage (about 8 – 10 cups), cored and chopped
- 6 cups vegetable broth
- salt + pepper, to taste
- splash of lemon juice

INSTRUCTIONS

1. In a large 5qt. dutch oven or pot, heat water/olive oil over medium heat. Add carrots, celery, onions and garlic, saute for 4 minutes. Add the herbs and saute until fragrant, about 1 minute.
2. Add the green beans, tomatoes, potatoes, cabbage, and liquids, cover, bring to a boil. Remove lid, cabbage should be starting to shrink enough that you can give a good stir. Cover, turn heat to low and simmer for 20 – 30 minutes, stirring occasionally.
3. Add more water if needed, and season with salt and pepper to taste. Add splash of vinegar or lemon juice for punch of flavor.

Instant Pot (6 qt.): Add the ingredients, except water/oil, to the bowl insert of your pressure cooker. Place the lid on the Instant Pot and set the release valve to the SEALED position. Press the MANUAL button and set the timer at 3 minutes. Once finished, set valve to quick release or let it release pressure on its own (takes about 20 minutes). Remove lid. Season with salt & pepper taste. Add splash of vinegar or lemon juice for punch of flavor.

Slow Cooker: Add the ingredients, except the water/oil, to the bowl of your crock pot. Cover with lid. Set on HIGH for 4 – 5 hours or LOW for 8 – 10 hours. Add water as needed. Season with salt & pepper to taste. Add splash of vinegar or lemon juice for punch of flavor.

