

Gitigaan News



AANIIN GAKINA!

Boozhoo and welcome back to a new school year in the gitigaan! We have had a fruitful growing season this summer, especially with the help of our high school student intern, Rey Hanson. Miigwech Rey - we couldn't have done it without you!

September is a time of fresh beginnings—new classrooms, cooler days, and the promise of a bountiful fall harvest. Our gitigan teacher, Ms. Kat, is excited to learn and grow alongside students once again. This month, we'll be harvesting and feasting on manoomin (wild rice), exploring composting and mushrooms, and enjoying the sweetness of apples together. We look forward to another year of curiosity, hands-on learning, and the gifts the land provides.

the gitigaan crew

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In the Gitigaan

WHAT'S IN SEASON?

- apples
- basil
- beets
- broccoli
- cabbage
- carrots
- celery
- dill
- eggplant
- garlic
- green beans
- kale
- melons
- onions
- peppers
- pumpkins
- radishes
- spinach
- summer squash
- winter squash
- swiss chard
- tomatoes



GITIGAAN LESSONS

Dagwaagin (fall) is lush with harvests in the gitigaan. Elementary students return to the garden classroom to pick miskominag (raspberries), explore the space through color scavenger hunts, and begin a new season of learning together.

High school biology students plant spinach seeds to measure plant growth and ensure a spring green harvest in the high tunnel!



Manoominike!

This September, middle school alternative education students had the chance to harvest manoomin (wild rice) at Island Lake, learning firsthand how this good berry is gathered.

Meanwhile, 8th grade and high school Foods students joined in reseedling manoomin at Raspberry in Red Cliff, helping to ensure future harvests. Students were excited to be part of these traditions, and we look forward to continuing the manoomin journey together as K–12 classes begin learning more about manoomin in the weeks ahead. Miigwech to our community partners and to the rice for these teachings!

COMMUNITY FEAST!

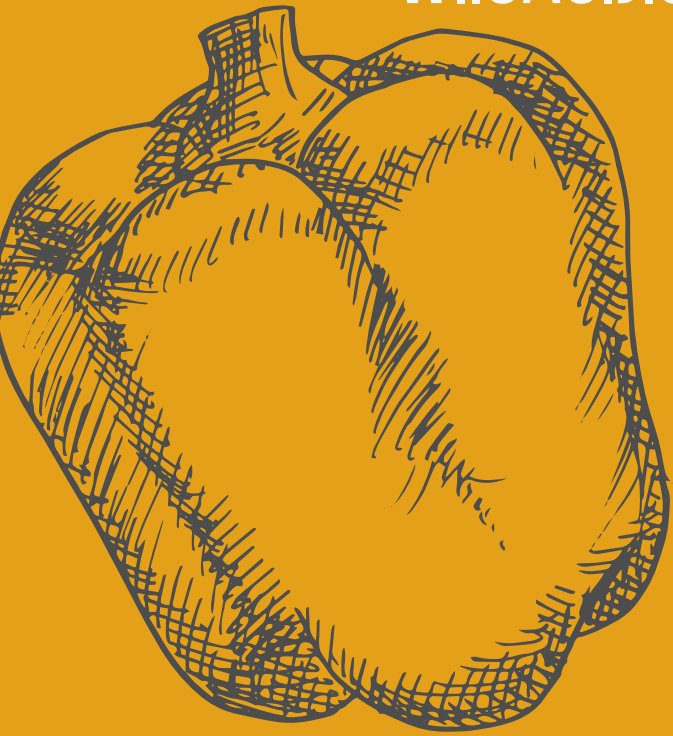
Join us for the
Community Manoomin Feast
Wednesday October 1st
5:30pm – 7:30 pm at the
Bayfield School.

Food by Chef Basina and crew.
See you there!



Harvest of the Month

WIISAGIJISIMIN / PEPPERS



Alongside manoomin, this month we also celebrate wiisagijisimin (peppers)! The high tunnel in the gitigaan is glowing with ripening peppers, and soon they'll be heading to the cafeteria to brighten up our school breakfasts and lunches until the last harvest is gathered.

RECIPE

EASY STUFFED PEPPERS SKILLET

INGREDIENTS

- 1 1/2 cups rice (uncooked)
- 1 pound ground beef
- 4 cups sliced bell peppers (about 4 peppers)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 15 ounces crushed tomatoes
- Shredded mozzarella and basil (optional)

DIRECTIONS

1. Prepare the rice according to directions. Try wild rice in this recipe!
2. Meanwhile, warm a large skillet over medium heat. Add the beef, breaking up with a wooden spoon, the peppers, and spices. Cook for about 5 minutes.
3. Add the tomatoes. Cover and cook for about 15 minutes.
4. Remove lid, stir, and cook for an additional 5 minutes.
5. Serve over rice topped with cheese and basil, if desired.

