

Gitigaan News

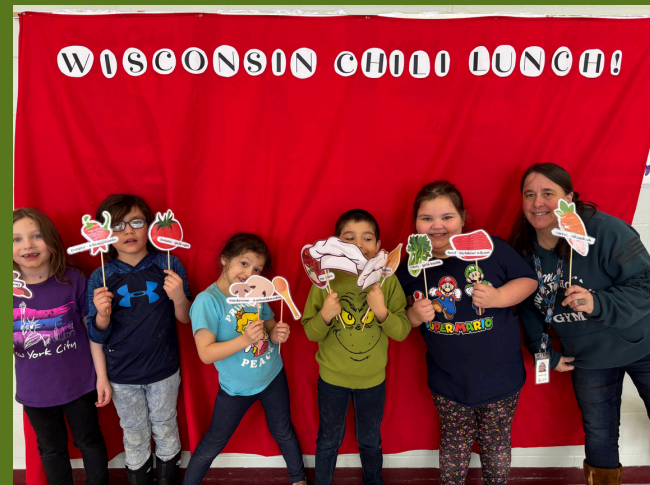
Spring is slowly making its appearance - the trees are awakening and students spend days harvesting maple sap at Migizi Wiikwed Iskigamizigan (Eagle Bay Sugarbush.)

We have been busy working on garden planning! We tested all of our old seeds for germination. Students put 10 seeds onto a wet paper towel and sealed them into plastic bags. We checked our experiments in the next lesson to determine the germination rate. Students used real-life math skills and they loved seeing if their seeds sprouted! Next up, starting seeds for the Gitigaan!

Last month, we celebrated local foods at the annual WI Chili Lunch Day with other schools across Wisconsin. Chii Miigwech to our kitchen staff for making a delicious chili with locally grown ingredients! The students had fun eating chili and celebrating local food at a photo booth hosted by our partners on the FoodWise team!

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LESSON HIGHLIGHTS



Seed germination experiments!



Checking on the fish in our aquaponics system.



Students learning ash basket weaving with April Stone.



Iskigamizigan



Migizi Wiikwed Iskigamizigan

We are spending days with students, soaking in the ever beautiful place, **Eagle Bay Sugarbush**. So far, we've boiled down enough sap to make 10 gallons of maple syrup. That's over 400 gallons of maple sap. Nice work to all the students who have helped in the sugarbush!

We thank Mino Bimaadiziwin Farm for holding space at Migizi Wiikwed Iskigamizigan for Bayfield students. 6th grade and MS Alt Ed students tapped 95 trees, and preK-5 students have been out emptying buckets and helping to boil sap, turning it into our favorite treat. We are always sure to do some taste testing for quality control. This year, half-boiled sap has been a fan favorite!

Our trips begin with a circle & a scavenger hunt, where students orient themselves and search for things you might find around a sugarbush - think maple leaves, spiles, and rabbit tracks! We offer asemaa and thank the trees for the gifts they give us.

Next, the work begins - students carry 5-gallon buckets and collect sap from the trees. It's rewarding to see the students try hard & work together to help each other carry the heavy buckets. In 7th & 8th grade, students choose to come work at sugarbush & this year they collectively built a fire and hauled very full buckets. High school students made maple sugar over the open fire! It's been a great season learning in the sugarbush. Miigwech!



Gardens @ Bayfield School

Family Garden day

Thursday May 15th is the 7th annual Wisconsin School Garden Day, a day for K-12 students to spend time outside, in the garden! We will be in the gitigaan during the school day and we are inviting families of students to come and help out with bed preparation and planting!

This is a great opportunity to learn more about what we get up to in the garden and see our students in action playing in the dirt. We hope to see you there!



What are different types of greens?

- Collard greens
- Arugula
- Swiss Chard
- Kale
- Dandelion greens
- Endive
- Spinach
- Turnip greens
- Bok Choi
- Watercress
- Mustard greens
- Beet greens
- Lettuce



Harvest of the Month



Recipe

Cheesy Baked Kale Bites

- 2 bunches kale (stems removed)
- ½ cup sunflower seeds
- ½ cup shredded mozzarella cheese
- ¼ cup grated parmesan cheese
- ¼ cup cornmeal
- 1 egg
- ½ teaspoon italian seasoning

Instructions

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
2. Place the kale into a skillet with 1 cup of water and cook until wilted, about 5 minutes.
3. Drain the kale, let cool, and then squeeze dry. You should have about 1 cup of cooked kale.
4. Place the kale and the rest of the ingredients into a food processor and blend until finely ground.
5. Use a 1 tablespoon cookie scoop or measuring spoon and scoop small balls onto the baking sheet.
6. Bake for 18-20 minutes until firm to the touch and starting to brown on the bottoms. Serve with salsa, ketchup, or your favorite dipping sauce.



Healthy Snacks

Some snack ideas to send with your child to school or to enjoy afterwards

Nut Mix

Apple Chips

Carrots or Celery with Nut/Seed Butter

Dried Meat

Whole Grain Crackers and Cheese

Yogurt and Berries

Whole Grain Granola Bars

Snap Peas and Hummus

Fruit leather

Hard Boiled Eggs

Wild Rice Cakes

Fresh Fruit

Cheese Stick

Vegetable Crisps

