Mino-Wiisinin: Eat Well

Farms, Food & Health Conference
September 27, 2019
Amanda Weinert & Casey Haggerty
Think, Pair, Share

Can you name three foods that are native to Michigan?

Take one minute to **think** to yourself.

Then, **pair** with a partner to exchange ideas.

Finally, we will **share** as a group.
About Us

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What to Expect

Beginning The Conversation: Three Sisters
The Importance of Indigenous Knowledge & Food in Schools
Examples of Lessons
Hands-On Activity
Building Sustainability & Longevity
Available Resources
Manoomin Taste Test
Beginning The Conversation: Three Sisters Lesson
The following story, entitled "The Three Sisters," was recorded by Lois Thomas of Cornwall Island, Canada. It is one of a collection of legends compiled by students at Centennial College, Toronto, Canada.

Out of respect to native culture, we ask that you share the legend in a spirit of respect.

A Legend: “The Three Sisters”
There is so much to learn about the Three Sisters crops and the farming & food cultures of Native American people...

Who are the Three Sisters? Write their names below next to their picture.

1. 

2. 

3. 

Why did Native Americans plant corn, squash, and beans together in the field? Why did they grow these three crops together?

Why did they eat corn, squash, and beans together in a meal? Is there something special about these foods when they are eaten together?
Initial Improvements

Legend or Myth → Traditional Story/Teaching
Initial Improvements
Initial Improvements
Initial Improvements
Initial Improvements

BE SPECIFIC

Indian Boy → Haudenosaunee Boy
Initial Improvements
Initial Improvements
“Can I meet you at 2:30?”
The Three Sisters

Lesson Developed by
Amanda Weinert - Little Traverse Bay Bands of Odawa Indians Education Department Curriculum Specialist
Casey Haggerty - FoodCorps AmeriCorps in Partnership with the Groundwork Center for Resilient Communities
Listen as I read and draw what you hear.
THE THREE SISTERS

maize

beans

squash
Working Together

The Three Sisters are corn, beans, and squash. Each one plays an important role to help the others grow!
Working Together

The Three Sisters are corn, beans, and squash. Each one plays an important role to help the others grow!

- Corn supports the beans.
Working Together

The Three Sisters are corn, beans, and squash. Each one plays an important role to help the others grow!

- Corn supports the beans.
- Beans cause corn and squash grow by giving them an essential element called nitrogen.
The Three Sisters are corn, beans, and squash. Each one plays an important role to help the others grow!

- Corn supports the beans.
- Beans cause corn and squash grow by giving them an essential element called nitrogen.
- Squash prevents pests from eating the beans and corn and shades out weeds with its large, spiky leaves.
Anishinaabek & the Three Sisters

Several Indigenous Nations used and continue to use the Three Sisters planting technique, such as Anishinaabek who are Indigenous to the Great Lakes Region.
Anishinaabek & the Three Sisters

According to one Anishinaabe traditional story, this is how the Three Sisters came to be.

“Corn was a good-looking but lonely plant. Squash offered to be his companion, but corn refused, saying that they couldn’t grow together because while she spread on the ground, she grew straight and tall. Bean, however, heard this conversation and decided to grow up tall alongside corn. They developed a close bond, which still lasts today.”
Three Sisters in our Community!

Ziibimijwang Farm, Inc. is a corporate charter of the Little Traverse Bay Bands of Odawa Indians and uses the Three Sisters growing method to grow corn, beans, and squash!

Ziibimijwang means “place of the flowing water”.

Your school buys produce from Ziibimijwang Farm, so you have probably already eaten something from this farm!
Joe VanAlstine of Ziibimijwang Farm, gifts a nearby community, the Grand Traverse Band of Ottawa and Chippewa Indians with squash for seed saving.

Photos courtesy of Joe VanAlstine, Ziibimijwang Farm Board Chair

Look at how many squash they grew!
Drying Squash in the Sun at Ziibimijwang

LTBB Staff Professional Development 2018

Photos courtesy of Joe VanAlstine.
Helping our Health

The Three Sisters are also important because eating them helps our bodies stay healthy.

- Corn provides us with energy to make us go
- Beans provide us protein to help us grow
- Squash provides us with nutrients to help us glow
Strengthening the Community

We learned that the Three Sisters work together to strengthen each other. How can we act like the Three Sisters to strengthen our own community?

How might a community be better if everyone worked together to strengthen each other?
The Importance of Indigenous Food Knowledge in School Curriculum and Community Programming
Indigenous food is a gateway for students to learn about the cultures, languages, histories, and contemporary continuation of traditional lifeways of Indigenous People.
The Importance of Indigenous Food Knowledge in School Curriculum & Community Programming

For an example we made lessons more Anishinaabek-centric rather than the homogenized lessons that were available.

LTBB Education has taught youth traditional Odawa cooking.
The Importance of Food in Schools
Examples of Lessons
Manoomin & Zhiiwaagamizigan

Manoomin (Wild Rice)
Zhiiwaagamizigan (Maple Syrup)
Ode min (Strawberry)
Miinan (Blueberries)
Native people of the Great Lakes Region & Wild Rice

ANISHINAABEK:
• BODEWADMI/POTAWATOMI
• ODEN/OYATWA
• OJIBWA/OJIBWE/CHIPPEWA
Anishinaabe Migration Story and the Connection to Manoomin -- “Food That Grows on Water”
Manoomin beds

Photo courtesy of LTBB Environmental Dept.
Manoomin beds  *Ready late Aug/early September

Photo courtesy of LTBB Environmental Dept.
Manoomin Bed in Lac Vieux Desert
Harvest Upclose/Drying Before Parching
Creating Knockers - Made Of Cedar
Harvesting // Knocking

Tina Moses during Wild Rice Camp at Lac Vieux Desert
Photo credit: Martin Reinhardt

LTBB Education Dept, Cultural Services Specialist, Theresa Chingwa harvesting within LTBB Reservation - Photo courtesy of LTBB Environmental Dept.
Push poles - Made of Tamarack or Cedar

Top left photo courtesy of LTBB Environmental Dept.
Parching//Roasting
Dancing // Hulling
Winnowing
Suggested resources about Wild Rice & Maple Processing
The Sacred Food
LTBB Ziisbaakwot Maple Sugar
The Ways  [theways.org]
Three Sisters Planting

The Three Sisters: maize, beans, and squash

The Three Sisters’ Roles Worksheet

- **Corn (Mandaamim)**: Shade
- **Beans (Mskwadiisminak)**: Trellis
- **Squash (Koosman)**: Nutrients

*Directions: Match each plant with what it provides to its plant sisters.*
Three Sisters Planting
Three Sisters Planting
Three Sisters Planting Handouts About Each Sister Planted

Blue Clare (Ohio Blue Clare Heirloom) Dent Corn – Corn is miiaawaan in Anishinaabemowin

- 190-120 days to mature
- Highly uniform, semi-dent corn
- Blue, white, & purple hues
- 6-10 ears on 10 ft. stalks
- 2 ears/stalk
- Originally developed as a meal and feed corn,
- Higher sugar content than most dent corn
- Sweet flavored cornmeal
- Blue & white flour
- If the bran is sifted out, a white flour is obtained
- Sturdy stalks
- Corn Rootworm resistance
- Tolerates crowding and smut
- Open pollinated corn
- Can be used as polenta, grits, roasted, fresh in the milk stage (18-22 days after silking), corn bread & hominy

- Sturdy stalks
- Corn Rootworm resistance
- Tolerates crowding and smut
- Open pollinated
- Farmers claim that the chickens that eat this corn will eat more, lay more eggs, and put on more meat.
- Disease Resistance: Tight husks of many dent corns give them improved insect resistance.
- Plant when soil is approx. 55 degrees or when (dogwood leaves are the size of a squirrel's ear)
- Space plants at 12-24"
- Plant in 36" rows
- Does well in warm and cold climates
- Dent corn is a cross between flour and flint corn

Cooking: To roast corn preheat oven to 375-400 degrees F, or prepare a good bed of coals. Husk young ears, remove silk, replace husk, fill husk with water, drain, twist husk closed, and bake about 20 minutes. Alternatively: Husk completely, rub with butter, salt and pepper, fill wrap, and roast.

Traditional Anishinaabek method of processing corn – Botega, corn mortar. Created by burning a hole within a tree trunk, typically from any variety of birch or ash trees.

Sources: Seed Savers Exchange, Territorial Seed Company, Southern Exposure Seed Exchange
Future Collaboration
Hands-On Activity
Bootaagan (mortar & pestle)
Building Sustainability & Longevity
School Collaboration

Gaining support from school administration, cafeteria staff, and teachers increases the sustainability of these programs.

Student Involvement
Parent Connections
Teacher Engagement
Cafeteria Taste Tests
Tribal voices were within the revision and consultation of new social studies standards.

Soon professional development around updated Michigan Social Studies Standards will be created.
Increasing Tribal Food Access

Please refer to your handouts regarding Tribal Food Access
Available Resources to Teach About Food & Anishinaabek
Available Resources: Classroom

Michigan Open Books Project

Ancestors, Archaeology and the Anishinaabek: Bridging the Past into the Future

LTBB’s Nme Teachings Curriculum
Nme Teachings

12 lesson unit designed for 9th Grade Science classrooms

Students care for and study a sturgeon!

- Developed to teach students Odawa traditional ecological knowledge
- Gives students a comprehensive view of their community and environment
- Provides Indigenous history of local watersheds
- Interdisciplinary
- Expands opportunities for learners to engage with current field practices in natural science and tribal natural resource management
Available Resources: Classroom

- Local Tribal Departments with Educational Initiatives
  - LTBB Education Department
  - LTBB Department of Repatriation, Archives and Records
  - LTBB Department of Natural Resources
Available Resources: The Cafeteria

Include Anishinaabemowin words in school menus

Use decolonized recipes in school lunches or taste tests
Available Resources: The Cafeteria

[Logos for Ziibimijwang, Minogin Market, and Waishkey Bay Farm]
Taste Test!
Questions?
Miigwech!

Feel free to contact us with questions or to ask for any resources we mentioned during this session!

**Amanda Weinert**

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*(Teachings of the Earth)*

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