

Mēn Kēsoq

August

Mēn (blueberry) or Wāpamen (corn)
Kēsoq (moon) is the last warm month
of the summer and harvest time for
gardens and wild foods in the forest.

“Kēspen mānāēk payīcikaeh
maskāhkihiwik ā-mesek omus sākiyah,
kēspen mānāētuaq mēnan
mesek taeh anōhkanak
mesek taeh māwaw new kāēkoh
‘s kew-aqsekenamah,
kataēw-sanākat ‘s pepōnōwek.”

“If there is plenty of vegetable growth
where there is a hardwood forest
as well as here in the brush,
if there are plenty of blueberries,
and blackberries
and all the things
that we harvest,
it will be hard times when it is winter.”

Predictor 509 - An Anthology of Menominee Sayings - Guile

Wāweyakew

Siqsekwanakaesew Kēsoq kēs-anīh Wāweyakew

Āhpetaw-Kēsoq āēc-kanah Kēsoq Kēs Nepuaw

Siqsekwanakaesew Kēsoq āēc-kanah Kēsoq Kēs Nepuaw

Kēsoq Kēs Nepuaw

Siqsekwanakaesew Kēsoq kēs-anīh Kēsoq Kēs Nepuaw

Āhpetaw-Kēsoq āēc-kanah Wāweyakew

Siqsekwanakaesew Kēsoq āēc-kanah Wāweyakew

Wāweyakew



Kemāmaceqtaq
Harvest of the Moon

The different colors of fruits and veggies have different nutrients, and we need all of them to grow, be healthy and be strong.
For example, blue foods help our brains.

Blueberries are low in fat and packed with vitamin C, which helps with healthy gums and immune system. They are a good source of fiber and help the body be regular, the heart be healthy and keeps cholesterol in check. The blue of the blueberry was used by early Menominee as a fiber dye.

Ask students if they have any ideas what these fibers were used to make? Discuss.
Explain to students that they will be using the blueberry in a similar manner today.

- Take blueberries and put them in a bowl or cup for each student. Add water and instruct students to mash it up.
- Hand out paintbrushes and paper to students. Using the blueberry/water mixture have students paint a picture of their liking.
- After students are done with their picture, have them gather in a circle. Discuss students' favorite ways to eat them.
- Students can discuss/share their art and other uses of blueberries.



Mēnan

blueberries

In our Menominee Language, we speak of blueberries as inanimate objects.

**Aneh mēnan
nekēs-nawēnāēmenaw
onākow.**

**Those blueberries
we picked
yesterday.**

Wild Rice Corn Pudding with Berries

- 1 ½ quarts skim milk
 - ¼ unsalted butter
 - 1 cup maple syrup
 - 1 ½ cups yellow cornmeal
 - 1 ½ cups wild rice meal
 - ½ teaspoon ground ginger
 - ½ teaspoon ground nutmeg
 - ½ teaspoon salt
 - 2 cups whole, frozen blueberries
 - ½ cup skim milk
1. Preheat oven to 325°
 2. Heat milk, butter, and syrup in large saucepan over medium-high heat, stirring occasionally, about 15 minutes
 3. In a medium bowl, mix together cornmeal, wild rice meal, ginger, nutmeg, and salt
 4. Once milk mixture has barely reached a simmer, sprinkle in cornmeal mixture a little at a time, whisking constantly. Whisk cornmeal until pudding begins to thicken, then switch to a wooden spoon and continue stirring.
 5. When pudding reaches a thick consistency, about 5 minutes, transfer the mixture to a large bowl and mix in berries and additional milk.
 6. Pour corn pudding into the buttered 9"x13" baking pan and bake pudding until set, about 30 minutes
 7. Serve warm with additional maple syrup in equal amounts.

Recipe from Mino Wiisinidaa!