



Posoh! Welcome to the Menominee Harvest of the Moon Program!

The Harvest of the Moon was created to strengthen connections to food through the integration of Menominee language, the Menominee Moons, Menominee art, and Indigenous recipes. Each of these components relates to each other and combined, a thriving and complex learning system exists. Within this learning system are the solutions to building a healthy and thriving community.

The Menominee Indian Reservation and what is now known as the State of Wisconsin are home for these original foods. These original foods are gifts; each food is full of stories, relationships, and incredible nutrition. We hope that with each passing moon, more knowledge is gained, and connections are made to the land. This work was inspired by all the Tribes and First Nations people working to strengthen their Indigenous food systems.

**The Menominee Harvest of the Moon materials include:**

- A Menominee Harvest of the Moon poster featuring all 13 moons and foods.
- A Menominee Harvest of the Moon learning guide for each month featuring the food, the Menominee and English name, the Menominee moon that correlates with the month and phases of the moon, traditional recipes, learning activities, and Menominee teachings around each food.
- Supplemental materials, including tips to adapt activities to virtual learning and coloring sheets.



Harvest of the Moon is part of *Kemāmacēqtaq: We're all moving*, a 5-year CDC grant awarded to the University of Wisconsin-Madison Division of Extension to improve the health of residents in Menominee County/Nation. For more information and to download Harvest of the Moon materials, visit: [healthyliving.extension.wisc.edu/programs/harvest-of-the-moon/](https://healthyliving.extension.wisc.edu/programs/harvest-of-the-moon/)



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

# Kemāmaḥeḡtaḡ

Harvest of the Moon

## Overview of Harvest of the Moon Learning Guides

**Māec Awāētok Kēsoḡ**  
January

Māec Awāētok (old bear) or Anāmaehkatwan (greeting) Kēsoḡ (moon) is a time for stories and Menominee legends while the ground is frozen.

Ēh-akom oskāhkok kēspen pīhkāhkocituaḡ, eneḡ taeh wenah wāēhḡetaw new 's kaeḡsīk.

As for these here trees, if they split, but that's when it will be really cold.

Source: A28 - An Anthology of Menominee Sayings - Gullie

January 6: Sīḡekwanakawew-Kōsoḡ āāc-kanaḡ Kāsoḡ Kōe Nəpəwew  
January 12: Oskātoḡen  
January 20: Sīḡekwanakawew-Kōsoḡ āāc-kanaḡ Wāwəḡəḡew  
January 28: Wāwəḡəḡew

**Kemāmaḥeḡtaḡ**  
Harvest of the Moon

Moon and Teaching

Traditional Menominee Predictor

Moon Phases

Learning Activity

Traditional Food and Teachings

Recipe

**guided activity Kaehkēnawapahtāēḡ**  
"we learn by observing"

Beans are one of the traditional Three Sisters that are planted together and traditionally were a mainstay of the Menominee diet. She climbs up the corn stalks and twists and turns every which way. She also pulls nitrogen from the air and provides nutrition to her sister plants. Summer beans were often dried and saved for the winter months. Today, dry beans are a very important source of protein not only for vegetarians, but also for those wishing to cut down on their cholesterol intake.

As a group examine some of these different dried beans today. On paper, create a chart:

| BEAN | SIZE | SHAPE | COLOR | USE/TASTE |
|------|------|-------|-------|-----------|
|------|------|-------|-------|-----------|

1. Look at each bean and fill in the information on the chart.  
Some possible bean types: Pinto Beans, Garbanzo Beans, Kidney Beans, Black Beans, Chili Beans, Navy Beans, and Cannellini Beans.  
2. If there is time to cook some of the beans in advance, allow students to taste them and put that information in the chart. If not, briefly talk about the types of recipes that the different beans are typically used in.

**Maskūḡsīsak**  
beans

In our Menominee Language, we speak of maskūḡsīsak as animate objects.

Maskūḡsīsak māēk-anāēw 's kataēw-nāwahkiyah.

Beans, she is boiling some for our dinner.

**Baked Beans**

- 1 pound navy beans
- ½ pound salt pork

- Wash beans, cover with water and cook until almost done.
- Put beans and diced salt pork in casserole, cover with water and bake until done.
- Season with pepper if you desire.

Recipe from Menominee Indian Cookery

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