



Āpaehtaw Nēpen Kēsoq

Half Summer Moon/July

Vocabulary!

Māēhnow-pīcekaen
māēhkonetuaq anōhkanak
The raspberries are
growing well



Māēhkonetuaq Anōhkanak
Raspberries

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

*This project is supported by CDC's High Obesity
Program (HOP 1809) cooperative agreement*



WOJAPE

INGREDIENTS

- 26 cups fresh strawberries-chokecherries or a mix of blueberries, raspberries, strawberries, elderberries, cranberries, and blackberries
- 1 to 1 1/2 cups water
- Honey or maple syrup to taste

Recipe from Sioux Chef's
Indigenous Kitchen!

1. Put the berries and water into a saucepan and set over low heat.
2. Bring to a simmer and cook, stirring occasionally, until the mixture is thick.
3. Taste and season with honey or maple syrup as desired.