



## Māēc Awāētok Kēsoq

Old Bear Moon/January

## Anāmaehkatwan Kēsoq

Greeting Moon/January



**Maskūcīhsak**  
Beans

Original art created by Dan Grignon

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## Vocabulary!

**Kaeqsiw**  
It is cold

**Maskūcīhsak māek-anāēnw**  
**'s kataēw-nāwahkiyah**  
Beans, she is boiling some for  
our dinner



## BAKED BEANS

### INGREDIENTS

- 1 pound navy beans
- 1/2 pound salt pork

Recipe from Menominee  
Indian Cookery!

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