



**UNITED TRIBES
TECHNICAL COLLEGE**
LAND GRANT EXTENSION

NUTRITION EDUCATION

13 Moons = A Year Full of Food Planning

Local Food Then And Now



United Tribes Technical College (UTTC) Extension's Food System Calendars are educational tools designed around the "MOONS" of a year. The MOON supported food systems of the indigenous tribes of this continent and guided timing to best gather, preserve, store, and share food. The MOON was recognized and honored as a time-keeper for food sustainability. The amount of food needed was based on the winter count (census) to ensure adequate food was available. The pictures in the center of the Food System Calendars depict the spiritual foods that were honored as important for survival. Using the MOON, makes the Food System Calendars understandable by all cultures, worldwide. Many tribes followed a 13 MOON lunar cycle. But, as an educational tool intended to prompt conversation between people of different cultures, UTTC's Food System Calendars are based on the modern-day 12 month calendar. UTTC Extension's philosophy is that "Food is more than something to eat!" They believe food calendars help people make the connection between food and physical, mental, emotional and spiritual health.

There are over 500 recognized indigenous tribes in the United States. Tribes, tribal nations, and communities each have distinct food ways, eating habits, and cultural practices. UTTC Extension offers the Calendars (www.uttc.edu/landgrant) as a glimpse at local food systems followed by indigenous people in their region. The Food System Calendars were designed for educational discussion, only. Please forgive them for the oversight of the many other tribes from the area. They will create similar calendars for other interested tribes, too. Words and foods mentioned are based on one individual's memories, culture, and traditions. UTTC Land Grant Extension appreciates the individuals who were willing to share and are aware that the educational model is not reflective of food ways, systems, cultures, or words for other tribes, families, or periods of time.

Anishinaabe (Anishinaabeg) – Ojibwa, Chippewa and Iroquois people.



Many bands continue to live on their ancestral lands around the Great Lakes and

water ways from the Atlantic Ocean through the north-central United States and southern Canada. They enjoy subsistence hunting, gathering of native foods, collecting maple syrup and spear fishing. Wild rice or in Anishnaabemowin; Mah-NO-min (min is pronounced to rhyme with "bit" and means seed and the first part of the word is a contraction of Manido or spirit giver) is a traditionally important and sacred food. Typically in early fall, the moon (month) Manoominike Giizis is harvest time - a time of fun and a time of hard work when grain is gathered and processed. Even with modern help of aluminum boats instead of birch bark canoes the gathering of good food is still hard work.

Sahnish (Arikara), Hidatsa and Mandan people (Three Affiliated Tribes)



Historically, the families in these tribes lived in earth lodges located along the

Missouri River. They planted and grew tremendous gardens with corn, beans, squash, pumpkin, sunflowers, watermelon and Indian tobacco. The three sisters of corn, beans and squash were important foods harvested from large fields using advanced agricultural systems including irrigation and seed saving. During the fall, they hunted and preserved buffalo, deer, elk, rabbits, birds and other small game animals to ensure adequate food throughout the year. They traded their produce with other tribes and explorers for meat, hides, shells, rice, and etc.

Lakota and Dakota Tribes.



The Lakota, Nakota and Dakota may be known as the Sioux Tribes. These nomadic people of

the Great Plains generally lived in tipis and often moved from summer to winter camps. They had a strong spiritual connection to Mother Earth and their relatives, the buffalo. They gathered edible plants, roots, and berries that grew native throughout the Plains and used their excellent hunting skills to support healthy lifestyles. In addition, as they moved their camps, they traded with people who practiced different foodways.

Local food visuals respect people and support Mother Earth's connection to health through the kitchen table. Tribal Foodway Calendars are included as culturally relevant educational resources and tools as part of the college coursework offered through the UTTC Nutrition and Foodservice Department (Culinary Arts/Foodservice AAS Degree and Community Health AAS Degree).