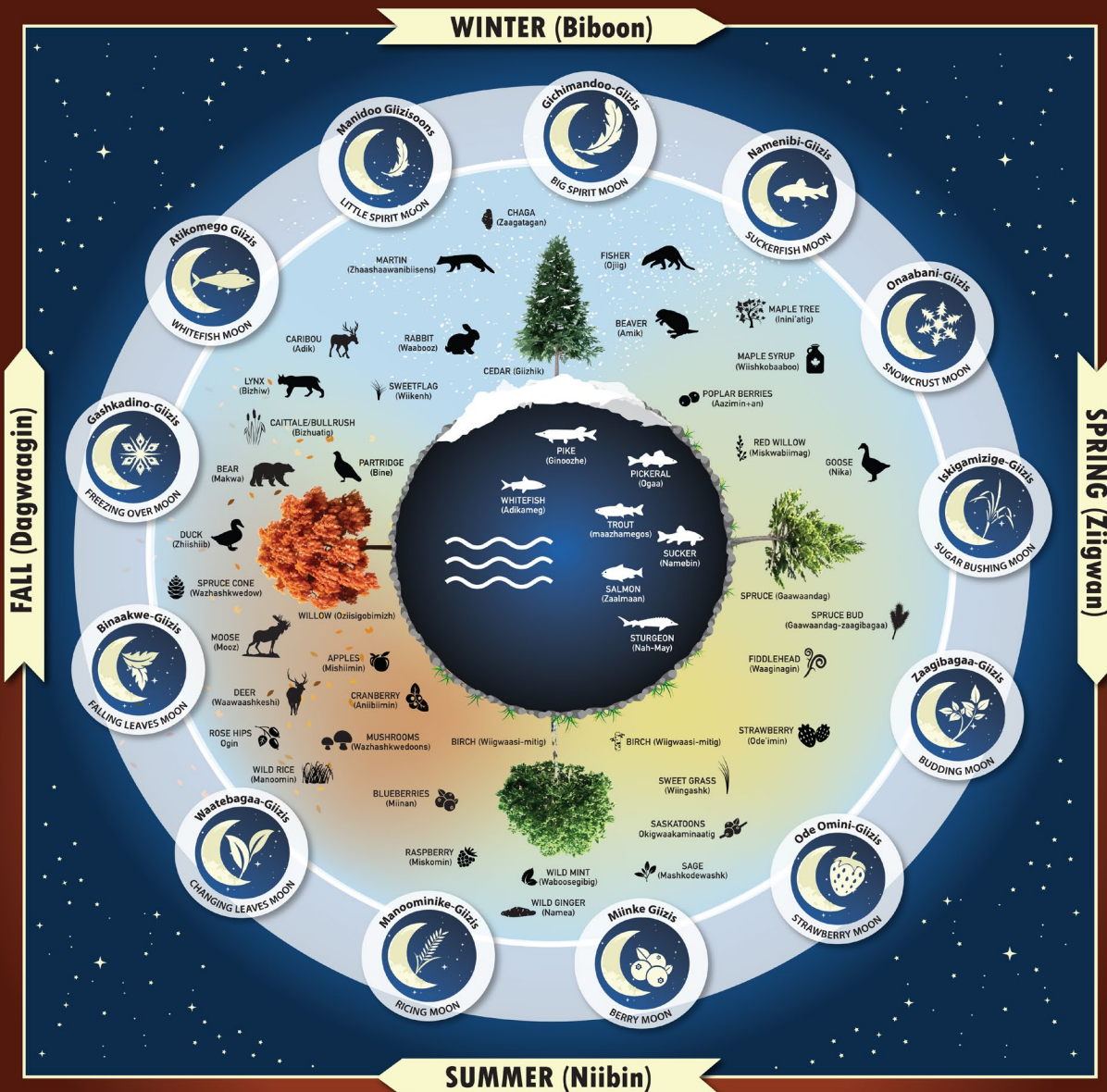


FOODS OF THE 13 MOONS  
COLOURING BOOK



ORIGINAL ARTWORK BY SHELBY GAGNON



## TRADITIONAL/ANCESTRAL HARVESTING IN AND AROUND ANIMBIIGOO ZAAGI'IGAN AND ANISHINAABEWI GITCHI-GAMI

Historically the Anishinaabe / Anishinaabeg / Anishinabek of the Lake Nipigon and Lake Superior regions used the sun, moons, planets and stars to guide community practices around time, harvesting, gathering, storing and preparing food and medicines. Most common is the use of the thirteen-moons to guide seasonal cycles and community practices.

This poster includes a snapshot of some of the cultural practices of the Anishinaabe / Anishinaabeg / Anishinabek in the past and present. Every community and region have their own way of recognizing the moon cycles and the time of year certain harvests take place. This harvesting map represents more of a broad example of the teachings that surround the lakes. These cycles remind us of our special relationship to the natural world and our commitment to teaching younger generations about the good life.

Respect, the land no matter where you travel and only take what you need. These teachings have guided and continue to remind us of respect, balance and living with one another in harmony.

*In the spirit of reclamation, reconnection and shared learning, the project team worked closely with four local Elders and Knowledge Keepers:*

Marcel Bananish from Long Lake #58 First Nation  
Gene Nowegejick from Kiashe Zaaging Anishinaabek  
Marlene Tsun from Allderville First Nation  
and Gerry Martin from Mattagamit First Nation



[www.understandingourfoodsystems.com](http://www.understandingourfoodsystems.com)



## **UNDERSTANDING OUR FOOD SYSTEMS PROJECT**

Understanding Our Food Systems is a participatory, community-engaged and action focused project working with fourteen First Nation Communities in Northwestern Ontario. This team of researchers, facilitators and community development professionals work to build a deeper understanding of Indigenous food sovereignty. Coordinated out of the Thunder Bay District Health Unit, we aim to support the communities and people we work with to determine their own food systems through community-led initiatives and projects.

In 2020, the Understanding our Food Systems project worked to develop a Traditional/Ancestral Harvesting Resource commonly referred to as the 13 Moons Calendar. Historically the Anishinaabe / Anishinaabeg / Anishinabek of the Lake Nipigon and Lake Superior regions used the sun, moons, planets and stars to guide community practices around time, harvesting, gathering, storing and preparing food and medicines. Most common is the use of the 13 moons to guide seasonal cycles and community practices.

## **FOR EDUCATORS AND PARENTS**

Indigenous food sovereignty refers to the right of Indigenous peoples to control their own food systems, including growing, harvesting, distributing and consuming food that is culturally appropriate and sustainable. It is a way for Indigenous communities to maintain their cultural traditions and practices, while also having control over their own food sources and food security. This can involve reviving traditional farming practices, hunting, gathering and fishing, as well as adapting to modern agriculture and food distribution systems in a way that reflects the values and cultural practices of the community. Indigenous food sovereignty also involves the right to protect and preserve traditional food sources, such as plants and animals, that are important to Indigenous cultures.

This resource includes a snapshot of some of the cultural practices of the Anishinaabe / Anishinaabeg / Anishinabek in the past and present. Every community and region has their own way of recognizing the moon cycles and the time of year certain harvests take place. This harvesting tool represents more of a broad example of the teachings that surround the lakes. These cycles remind us of our special relationship to the natural world and our commitment to teaching younger generations about the good life. Respect the land no matter where you travel and only take what you need. These teachings have guided and continue to remind us of respect, balance and living with one another in harmony.

This colouring book is a way to expand this work by bringing the teachings to children in the communities around our region and beyond.

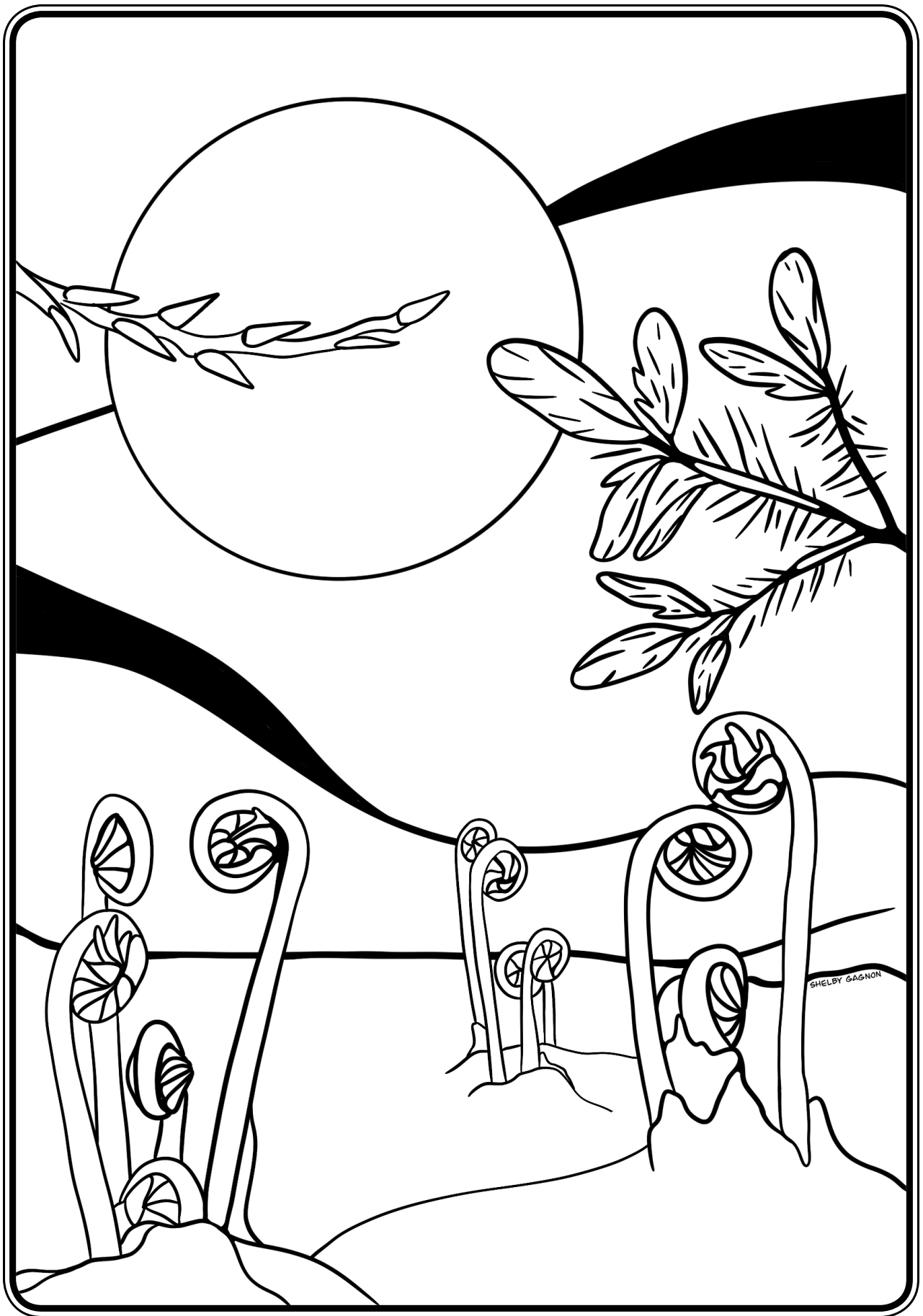
To learn more about our work, visit our website at:

**[www.understandingourfoodsistemas.com](http://www.understandingourfoodsistemas.com)**

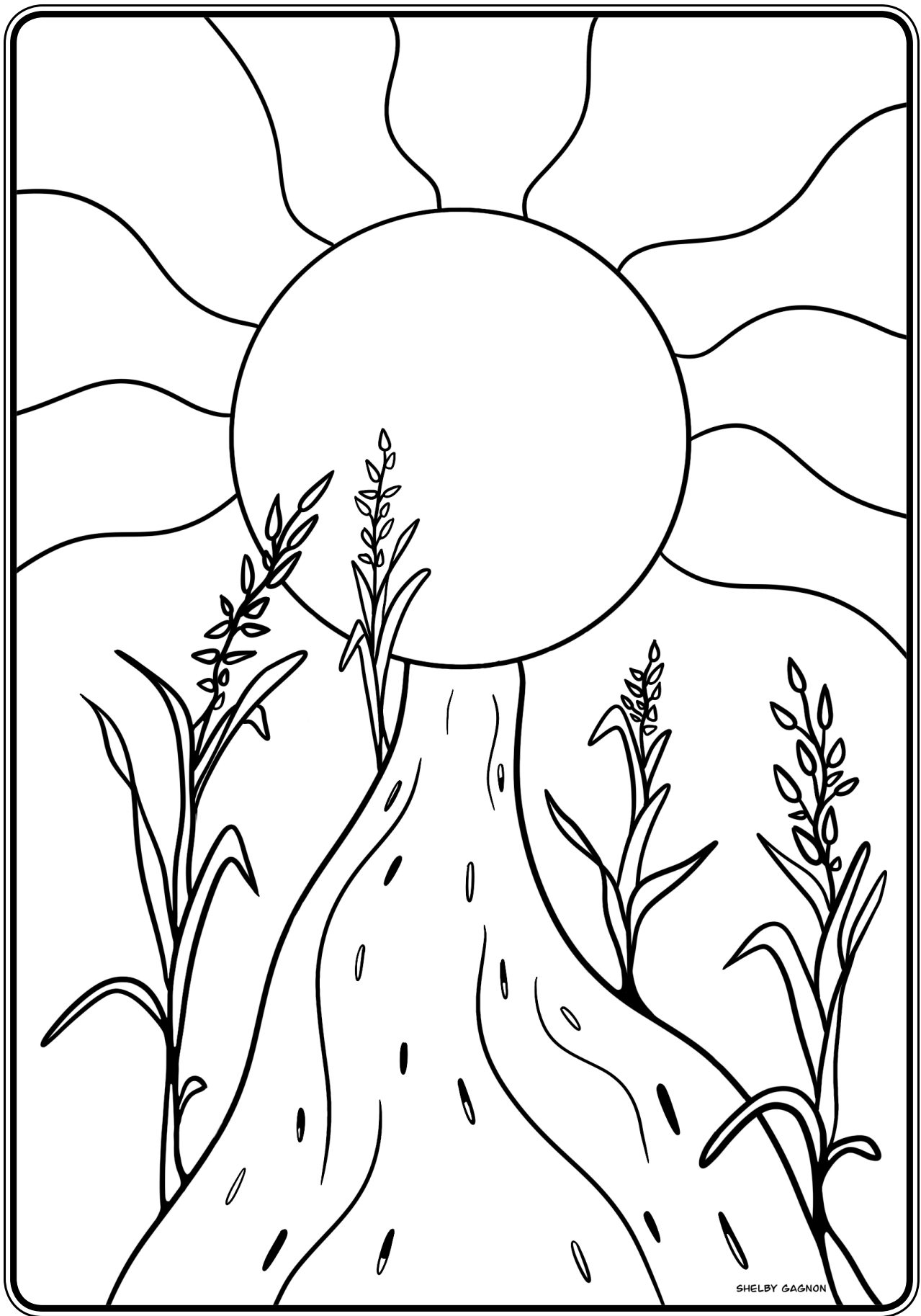




SPRING - ZIGWAAN



SPRING - ZIGWAAN

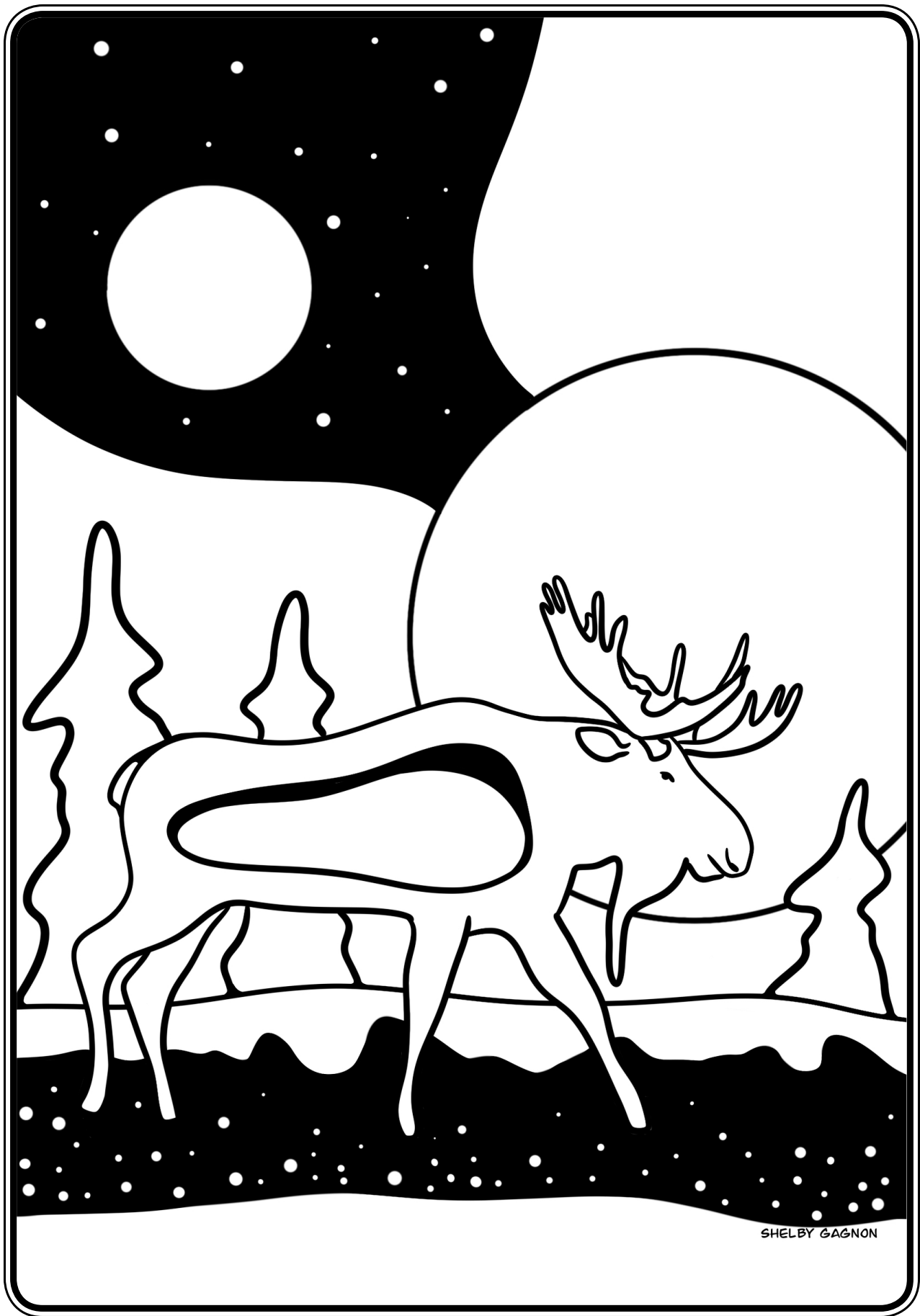


SHELBY GAGNON

SUMMER - NIIBIN



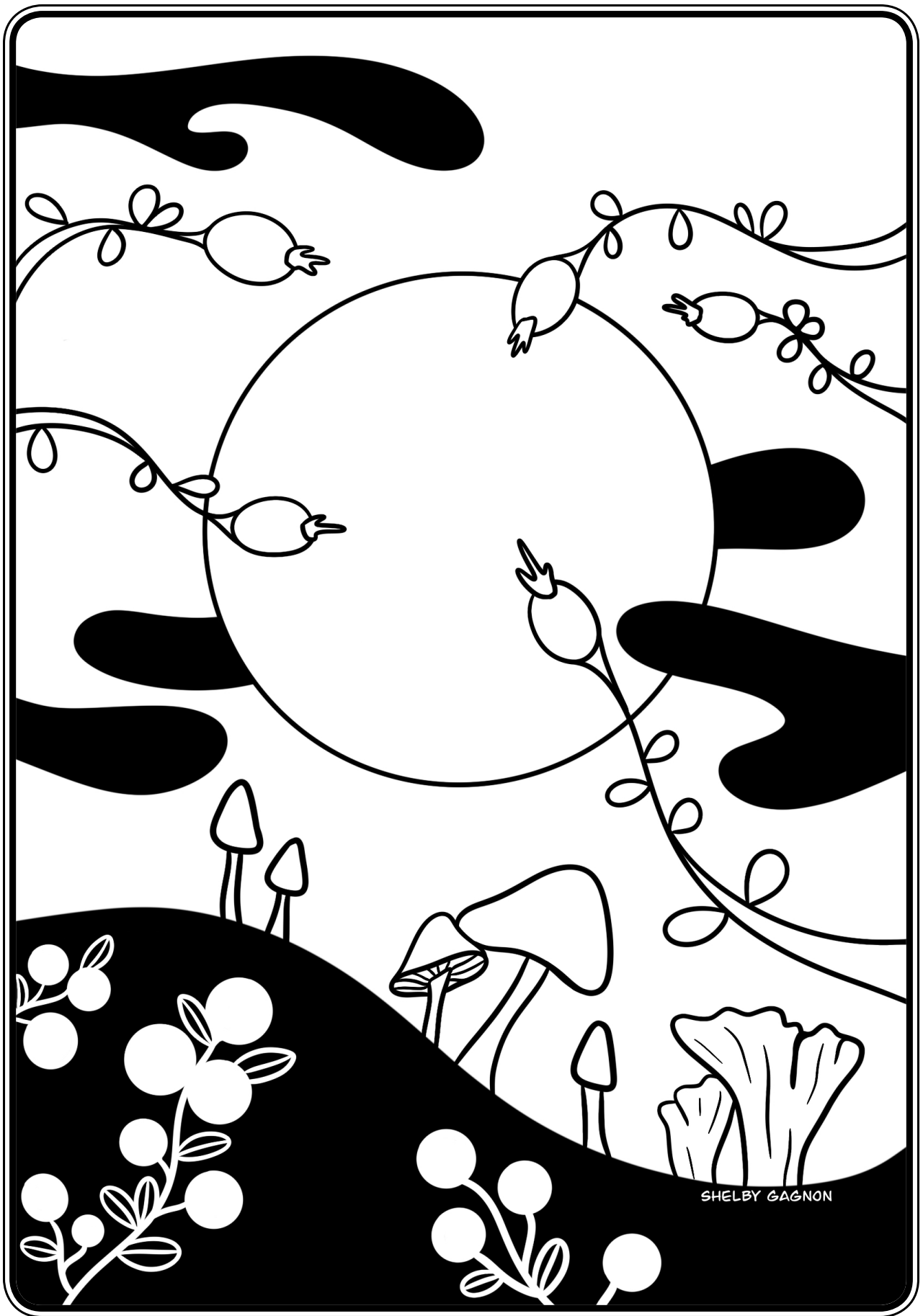
SUMMER - NIIBIN



SHELBY GAGNON

FALL - DAGWAAGING



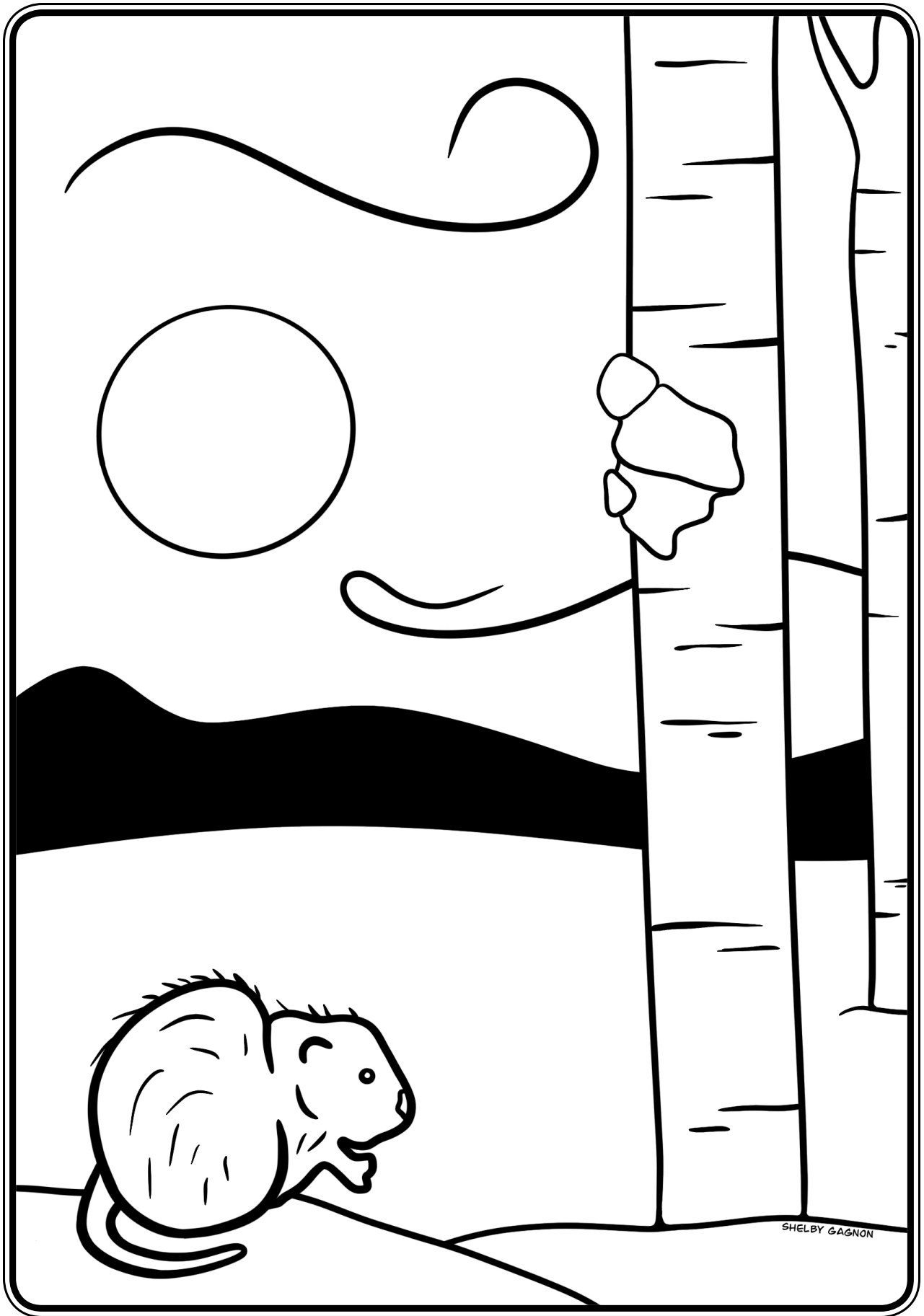


SHELBY GAGNON

FALL - DAGWAAGING



WINTER - BIBOON



SHELBY GAGNON

WINTER - BIBOON

**DRAW YOUR OWN PICTURE**

**DRAW YOUR OWN PICTURE**

## 13 MOONS WORD SEARCH

A Q C L A L S U M M E R S K X  
F P V X J P F W G E X J T F B  
W I I M P Y I C O A M M R A P  
I W D C V S S M E W S O A L M  
L M S D K P H L Y I P O W L U  
D Q N D L E K Y M N R S B B S  
R A S P B E R R Y T I E E L K  
I V I V P N H E X E N Y R U R  
C I X F J Y R E L R G J R E A  
E A X M K B C U A E G A Y B T  
C D E D M I C H C D J M Z E Y  
Y C R E G T W X G I S R L R D  
D O Y I R O Q L N I N M E R R  
P K M U S H R O O M N X S Y C  
S Q Q M A P L E S Y R U P G J

blueberry  
fall  
fiddleheads  
fish  
maple syrup

mushroom  
muskrat  
moose  
pickerel  
raspberry

spring  
strawberry  
summer  
wild rice  
winter

# MATCHING GAME

**muskrat  
zhashk**

•

•



**pickerel  
ogaa**

•

•



**moose  
mooz**

•

•



**raspberry  
miskomin**

•

•



**maple syrup  
wiishkobaaboo**

•

•



**mushrooms  
washashkwedoons**

•

•



**blueberry  
miinan**

•

•



**fish  
giigoonh**

•

•



**fiddleheads  
waaginagin**

•

•



**wild rice  
manoomin**

•

•



**strawberries  
ode'imin**

•

•







**SHELBY** is an Anishinaabe/Cree artist from Aroland First Nation of the wolf clan. She is a graduate of the Fine Arts program at Lakehead University where she explored the reclamation of Indigenous traditions, identity and land. She is an arts educator, hide tanner, muralist and advocate for the lands and waters. Through involvement with community-engaged organizations and projects, she uses multi-disciplinary mediums to express and share her holistic feelings focused on land, water and all the spirits that call it their home.

*In the spirit of reclamation, reconnection and shared learning, the colouring book and its associated resources are created for the people, with shared ownership, and not to be used for personal or financial gain.*

*Anyone may, without charge or request for permission, reproduce all or part of this colouring book.*

# UNDERSTANDING OUR FOOD SYSTEMS



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