

A decorative border of green floral and leaf patterns surrounds the text. The border consists of repeating motifs of leaves and small flowers, connected by thin, curved lines.

Mijim (Food)

Cards

"me-jim"

Thank you to the Sault Tribe YEA Program youth, Sault Schools 13 Moons students, and to Brimley Bay Mills Farmers Market youth helpers for these wonderful featured drawings. Miigwech!

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. *This institution is an equal opportunity provider.



aamoo- ziinzibaakwad

"aw-moo-zeen-zi-baw-kwad"



(honey)



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aniibiishens(an)

"uh-nee-bee-shens (un)"



(lettuce)



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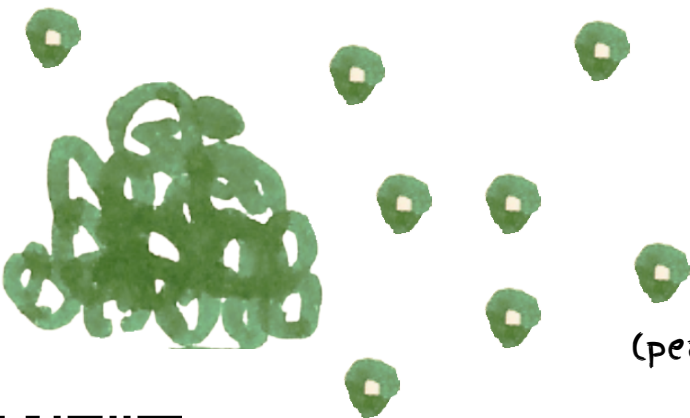
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anijiimin (an)

"uh-ni-jee-min (un)"



(pea)



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apaabowe-miinjashk

"uh-paw-bo-way-meen-jushk"



(herbs)



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baaka'aakwenh- wiiyaas

"baw-kuh-aw-kway-wee-yaws"



(chicken meat)



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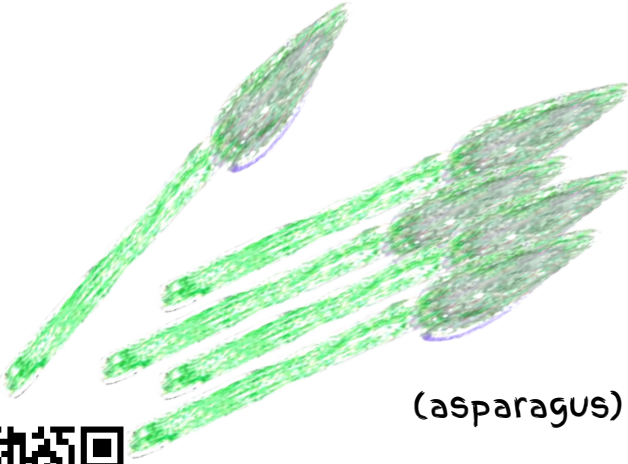
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bezhigogaawanzh (iin)

"bay-zhig-oh-gaw-wunzh (een)"



(asparagus)



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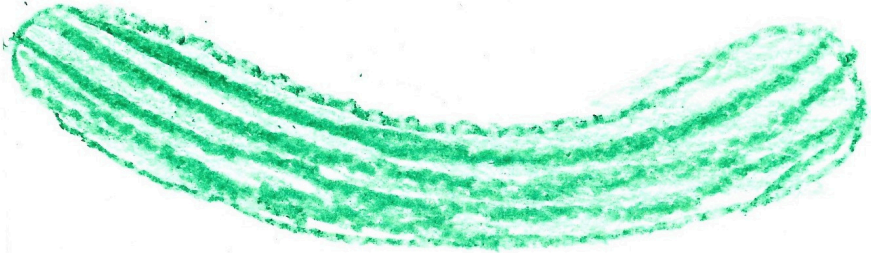
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bipakoombens (an)

"bi-puh-koom-bayns (un)"



(cucumber)



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bizhiki-wiiyaas

"bi-zhi-ki-wee-yaws"



(beef, bison, buffalo)



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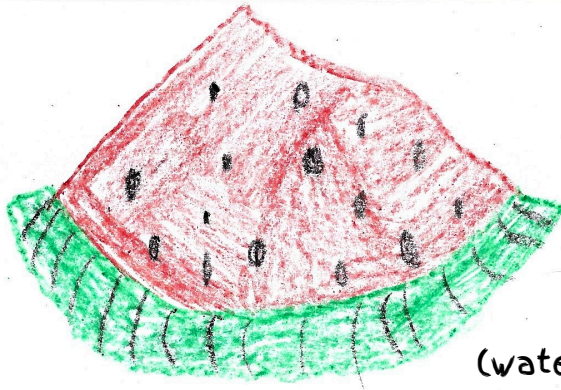
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eshkandamin (an)

"aysh-kun-duh-min (un)"



(watermelon)



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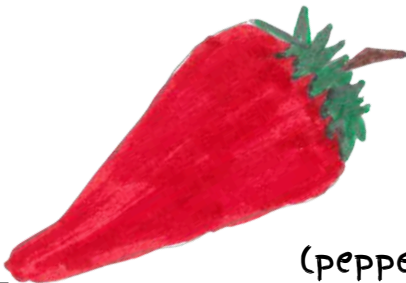
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gaa-wiisagang- goodotaagan (an)

"gaw-wee-suh-gung
goo-doe-taw-gun (un)"



(pepper)



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gichi-aniibiish (an)

"gi-chi-uh-nee-beesh (un)"



(cabbage)



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gichi-ogin (iin)

"gi-chi-oh-gin (een)"



(tomato)



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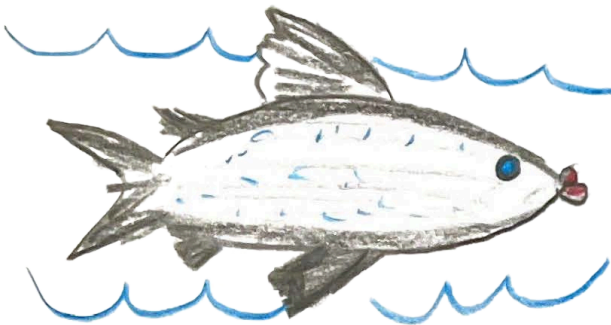
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giigoonh (yag)

"gee-goon (yug)"



(fish)



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giinwaako- kosimaan (an)

"geen-wah-ko-ko-si-mawn (un)"



(zucchini)



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gookooshi-wiiyaas

"goo-koo-shi-wee-yaws"



(pork)



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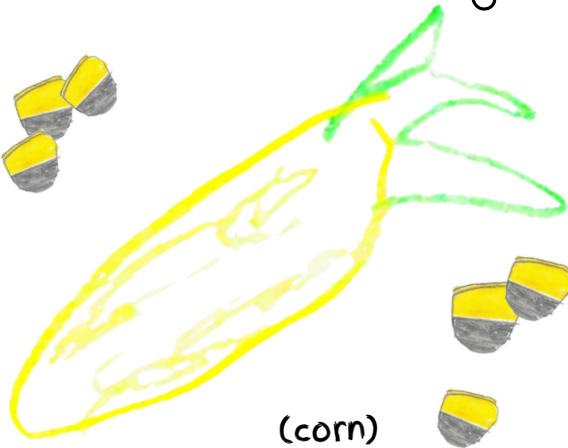
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mandaamin (ag)

"mun-daw-min (ug)"



(corn)



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manomin

"mun-oo-min"



(wild rice)



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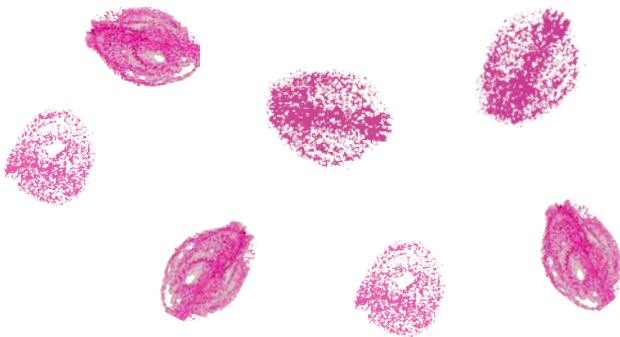
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mashkiigimin(an)

"mush-keeg-imin (un)"



(cranberry)



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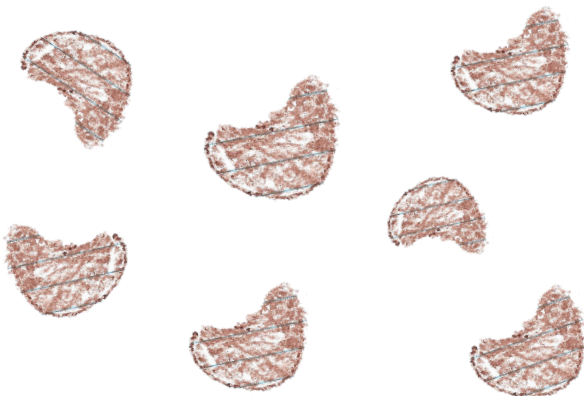
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mashkodesimin (ag)

"mush-ko-day-si-min (ug)"



(bean)



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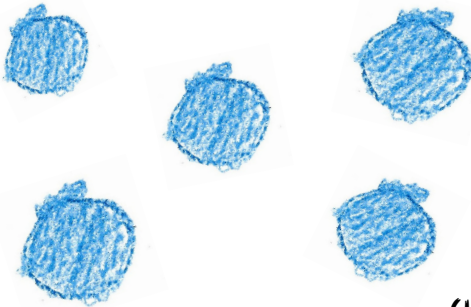
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miin (an)

"meen (un)"



(blueberry)



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mishiimin (ag)

"mi-shee-min (ug)"



(apple)



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miskokaadaak(oon)

"mis-koh-kaw-dawk (oon)"



(beet)



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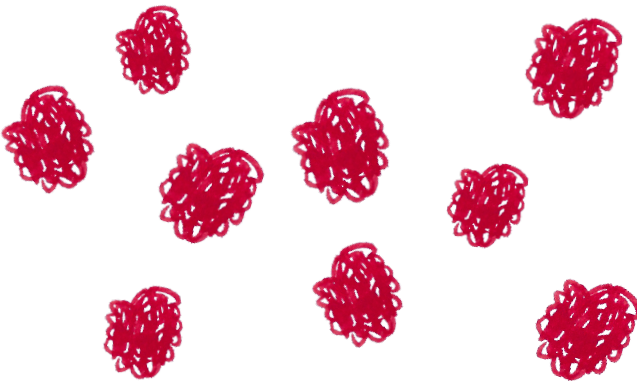
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miskomin (ag)

"mis-ko-min (ug)"



(raspberry)



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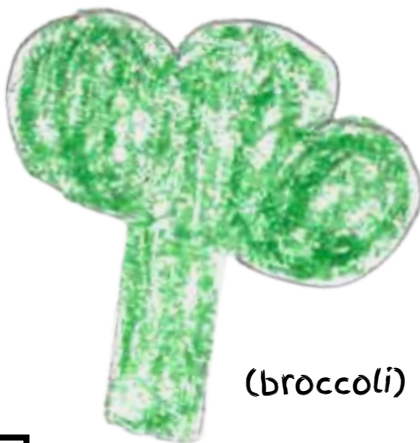
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mitigoons(ag)

"mi-tig-oons (ug)"



(broccoli)



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odatagaagomin(ag)

"oh-duh-tuh-gaw-go-min (ug)"



(blackberry)



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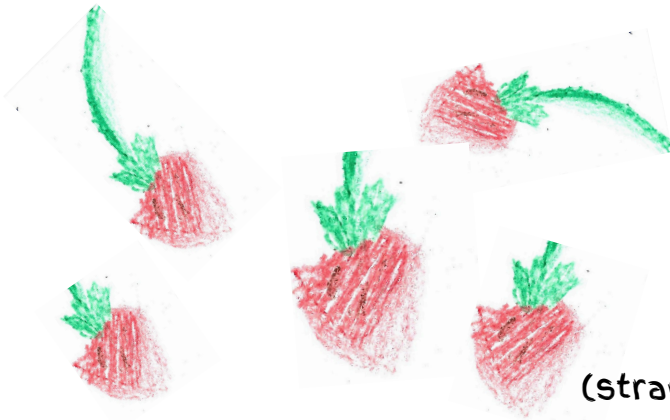
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ode'imín (an)

"oh-day-imin (un)"



(strawberry)



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ogosimaan (an)

"oh-go-si-mawn (un)"



(cantaloupe)



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ojiis (an)

"oh-jees (un)"



(rutabaga, turnip)



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okaadaak (oon)

"oh-kaw-dawk (oon)"



(carrot, parsnip)



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okosimaan(an)

"oh-ko-si-mawn (un)"



(squash)



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opin (iig)

"oh-pin (eeg)"



(potato)



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otaagabi- aniibiish (an)

"otaw-guh-bee-uh-nee-beesh (un)"



(spinach)



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ozaawi- kosimaan (an)

"oh-zaa-wi-ko-si-mawn (un)"



(pumpkin)



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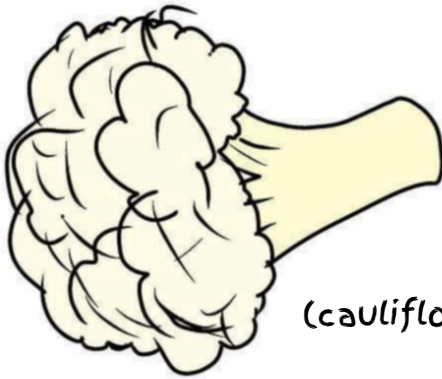
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waabi-mitigoons (ag)

"wah-bi-mi-tig-oons (ug)"



(cauliflower)



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waawaashkeshi- wiiyaas

"wah-wash-kay-shi-wee-yaws"



(venison)



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waawan (oon)

"wah-wun (oon)"



(egg)



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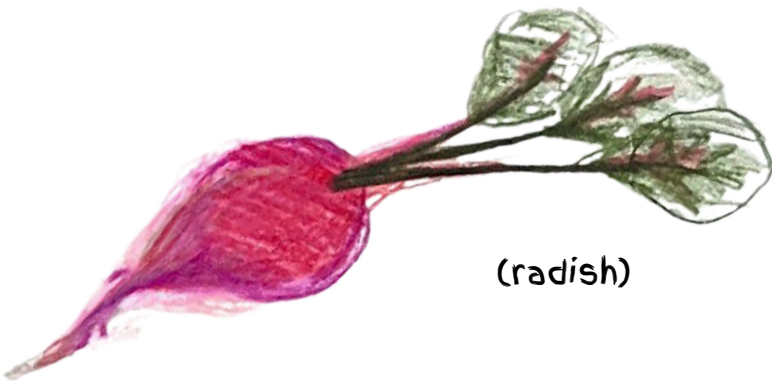
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wiisagi-jiisens (an)

"wee-suh-gi-jee-sens (un)"



(radish)



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wiishkobipin (iig)

"weesh-ko-bi-pin (eeg)"



(sweet potatoes)



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zhigaagawanzh (iig)

"zhi-gawg-uh-wunzh (eeg)"



(onion, garlic)



**TRIBAL
FOOD**
SOVEREIGNTY
COLLABORATIVE

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zhiwaagamizigan

"zhee-wah-gum-izi-gun"



(maple syrup)



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zhiwisijigaans- apaabowewin

"zhee-wi-siji-gawns-
uh-paw-bo-way-win"



(dill)



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