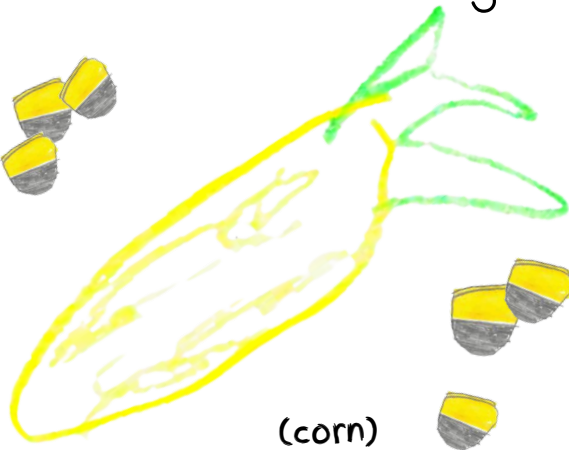


mandaamin (ag)

"mun-daw-min (ug)"



(corn)



Students from several schools in the Eastern Upper Peninsula of Michigan, joined together to research and create Miijim (Food) Cards as a classroom project. Each card features a hand-drawn miijim item available at the Brimley Bay Mills Farmer's Market, paired with the names of each food item in Anishinaabemowin. This project came about after the students visited their local market, which left them wondering if there was a way to incorporate their culture and language more fully into this important hub for the community.

This project was created in partnership with the Sault Ste. Marie Tribe of Chippewa Indians, MSU Extension and the Tribal Food Sovereignty Collaborative, with translation services and voice recordings generously provided by "Aamookwe," Amy McCoy.

The QR code will take you directly to the miijim printed on the front of this card, where you will find further information such as an Anishinaabemowin vocalization and nutrition facts.

For more information about this project and other projects across Michigan go to: https://www.canr.msu.edu/tribal_education/

MICHIGAN STATE
UNIVERSITY | **Extension**



MIJIM (FOOD) CARDS: MANDAAMIN (CORN)

How is it our relative?

Corn has been an important part of Anishinaabe diet, history and culture for many generations. Mandaamin is described in many stories as a corn spirit gifted to the people to provide a sustainable food source.

Why eat it?

Flint corn is a heartier, more nutrient-dense variety than the more common sweet corn. Potential health benefits include:

- Complex carbohydrates that provide energy
- High fiber, which can help digestion
- Rich in antioxidants that can help prevent chronic disease
- Contains B-vitamins and essential minerals that can support bone, heart and muscle health



Image created by students from Eastern UP schools.



Scan here to hear how mandaamin is pronounced!

RECIPE: STOVETOP POPCORN

Recipe from Elisa Grossman, Saginaw Chippewa Tribal College

- 1 Tbsp avocado oil or *refined coconut oil (or any other high heat cooking oil)
- 1 c. dried Indian corn
- 1 Tbsp Butter
- Sea salt (optional)
- Paper bag (optional)

*Refined coconut oil does not taste like coconut and it has a higher smoke point of 400 degrees.

1. Heat oil over medium heat in large pot. Add 2-3 kernels of corn to the heated skillet until they pop.
2. Add 1 cup kernels. Turn pot to lay all kernels to cover the bottom of pot.
3. Using oven mitts, shake the pot a few times to avoid burning any kernels. Cover with lid.
4. Once popping starts to slow down between pops, remove pan from heat.
5. Empty popcorn into the paper bag.
6. Heat butter in a separate pan.
7. Drizzle melted butter over popcorn and add salt to taste. Shake bag to evenly distribute butter and salt.

Nutrition Facts servings per container 8, **Serving Size 3 cups cooked**, Amount per serving: **Calories 81, Total Fat 4.5g (6%DV), Saturated Fat 1.3g (6%DV), Trans fat 0g, Cholesterol 3.8mg (1%DV), Sodium 241mg (10%DV), Total Carbohydrate 8.3g (3%DV), Dietary Fiber 2.6g (9%DV), Total Sugars 2.7g, Includes 0g added sugars, Protein 1.8g (4% DV). Vitamin D 0mcg (0% DV), Calcium 3.6mg (0%DV), Iron .3mg (2%DV), Potassium 97mg (2%DV). %DV = % Daily Value based on a 2000 calorie/day diet.**

