

aamoo- ziinzibaakwad

"aw-moo-zeen-zi-baw-kwud"



(honey)



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
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MIJIM (FOOD) CARDS: AAMOO-ZIINZIBAAKWAD (HONEY)

How is it our relative?

Many of the foods we eat, like fruits and vegetables, are dependent on pollinators like honey bees. Without them, flowering plants would not be able to produce the seeds and fruit needed to reproduce and continue providing nourishment.

Why eat it?

- Honey is a natural alternative to refined sugars with some extra health benefits.
- Honey is rich in nutrients and antioxidants
- Sweeter than sugar, so you can use less honey to get the same amount of sweetness
- Has a lower glycemic index than white sugar, so it has less effect on blood sugar
- Like any sugar, it should be eaten in moderation



Image created by students from Eastern UP schools.



Scan here to hear how aamoo-ziiinzibaakwad is pronounced!

RECIPE: HONEY LEMON TEA

Ingredients

- 2 Tbsp lemon juice or the juice from one fresh squeezed lemon
- 1-2 Tbsp honey
- 1 cup hot or boiling water

Directions

Combine ingredients, stirring until honey is dissolved

This recipe can be especially soothing for a cold or sore throat.



COOKING TIP

Honey can be used as a natural substitute for sugar in baking recipes. Just swap out 1 cup of white sugar with 2/3 cup of honey and reduce other liquids in the recipe by 1/4 cup.

Nutrition Facts servings per container 1, **Serving Size 8 oz**, Amount per serving: **Calories 352**, **Total Fat 1.6g** (2%DV), **Saturated Fat 1.6g** (8% DV), **Cholesterol 0mg** (0% DV), **Sodium 47mg** (2% DV), **Total Carbohydrate 86.6g** (31% DV), **Dietary Fiber 1g** (4% DV), **Total Sugars 86.3g**, **Protein 1.9g**. **Vitamin D 0mcg** (0% DV), **Calcium 23mg** (2% DV), **Iron 0mg** (0% DV), **Potassium 301mg** (6% DV). %DV = % Daily Value based on a 2000 calorie/day diet.

