This seasonal food guide is a Haudenosaunee representation of how you can choose to eat and harvest foods in your Nations. Think about the foods and ceremonies that are happening in your Nations and map them out in a season fashion utilizing the four directions, medicines, life cycles and food availability.

You can focus your monthly events or outings to honor one or two of the prominent foods in your Nations. Let us know here at the Aboriginal Nutrition Network if you would like help developing your own seasonal food guide for your Nation today! Email us at aboriginal@dietitians-network.ca
Iron Rich Baby Food

**PHYSICAL**
Iron plays a very important part in your child’s growth and development. From 6-12 months of age your infants Iron needs significantly increase.

**DIRECTIONS**
1. Wash and clean the meat (fish, rabbit, wild turkey, venison, moose, elk, etc).
2. Place in a pot of boiling water with the meat and fat attached or into a roasting pan covered to keep in the moisture and not dry out the meat.
3. Cook until the meat is cooked through completely. Use a meat thermometer if unsure. 74°C is safe for most meats.
4. Remove the meat from the pot/pan and pick the entire meat from the bone and place in a sieve or food processor to grind the meat into a fine paste.
5. To thin out the paste to make it a thickness that the baby can easily swallow use the water/juice from cooking or breastmilk when/if reheating.
6. If you take one day to make two to three portions (6-9oz of meat or alternatives) you can spread the puree into ice cube trays and freeze into individual portions to be put into freezer bags for quick and easy access.

**NUTRITION**
Continue breastfeeding and start offering your baby iron rich foods EVERY day. Iron from breastmilk, meat, poultry or fish is better absorbed by the body than iron from plant foods.

**MENTAL**
Preparing your own baby food means that you are always ready to meet the increased nutrient needs of your growing baby, and that is piece of mind.

**SPIRITUAL**
Introducing Traditional foods as babies’ first foods allows them to build a flavour and taste connection along with the foods nutritional value to nourish their physical body.

**EMOTIONAL**
Sharing a meal with baby helps to promote bonding and modeling of healthy eating habits.

Iron rich traditional meat and bean alternatives are the first foods to introduce to baby at around 6 months of age. Iron is a mineral. Iron stores in babies’ bodies need to be replenished as they continue to grow and develop and Iron rich Traditional Meat and Beans have been doing this since the beginning of time.

**Did you know?**

Iron rich traditional meat and bean alternatives are the first foods to introduce to baby at around 6 months of age. Iron is a mineral. Iron stores in babies’ bodies need to be replenished as they continue to grow and develop and Iron rich Traditional Meat and Beans have been doing this since the beginning of time.

**Ganráhdahgah | Rustling Leaves**

**SUNDAY** **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

| HEART MONTH            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Groundhog Day          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Family Day (BC)        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Valentine’s Day (YT)   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| National Flag of Canada Day |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| National Flag of Canada Day |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Family Day (BC)        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Family Day (NS)        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Family Day (AB, SK, ON)|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Louis Riel Day (MB)    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Family Day (BC)        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| National Flag of Canada Day |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

**FEBRUARY 2017**
SPIRITUAL
The trees are grateful to share this relationship of tapping trees. When connecting with the food outside your door you can share the teachings of our ancestors with the generations that are yet to come.

PHYSICAL
Producing maple syrup is a labour intensive job, have family or Nation members support you throughout, there will be lots of this reward to share.

1 To tap the trees you should find the side that the sun is hitting for most of the day and tap your spout there.
2 Best to cover your pails once hung to prevent bugs and rain water from getting into sap.
3 Once the pail is full transfer to a pot to boil away the water.
4 Watch this process very careful and control the heat until you are familiar with the process as the water can boil away quickly and you can “burn” the sap.
5 You will be able to pick up the syrup with a spoon and it will run slowly off the tip when it is ready.
6 Bottle and enjoy your Maple Syrup – ohwahda^otsehsda^.
7 Drying up the trees Ceremony – Ehadiyaǫdata^t will take place when the tree is finished giving sap and or the bugs begin to fill up your pails.
8 Be thankful for another year to enjoy this sweet treat.

NUTRITION
Pure Maple Syrup has a glycemic index of 54 and impacts your blood sugar a bit less drastically than white cane sugar does. It’s packed with minerals and antioxidants in a small serving size, white sugar just doesn’t compare.

MENTAL
The sweet flavour of Maple Syrup is a treat to your taste buds and brain.

EMOTIONAL
Feelings of accomplishment when preparing your own “sugar” source. This hard preparation and small yield might ensure that this sugar source is consumed in a more controlled manner.

Did you know? Maple Syrup has minerals such as Manganese and Zinc which are important for immune function and to ward off sickness.

Ganęsgwaǫtá:^ ah | Month of a few frogs
Fiddleheads

As the frogs begin to awaken the greens in the woods are awaking as well.

This is also a good time to plan your medicine walk with your traditional knowledge keeper. Helpful ferns and sweet flag can be picked, dried and used throughout the year.

**PREPARATION**
1. Harvest in early spring the fiddlehead from the fern plant.
2. Wash very well with your hands and remove the brown husk and any visible dirt.
3. Once clean, cook in boiling water first, before other cooking methods.
4. Boil for 15-20 minutes and throw out water when done.
5. You can now sauté, bake or add to soups or stews.

**TIP**
You can freeze fiddleheads; after washing well, drop them in boiling water for 2 minutes only, you don’t want to fully cook, then quickly into cold water to cool and drain. Pack them in freezer bags or a vacuum sealer and store for up to one year.

**MENTAL**
Being mindful of how much to pick ensures that the plant is not over harvested and able to flourish and grow another year.

**PHYSICAL**
Picking and harvesting plants and medicines allows you to move and be active. This helps prevent “sitting disease” and keeps your body strong.

**SPIRITUAL**
Identification of when and where to pick these plants is a value that is passed on from generation to generation.

**EMOTIONAL**
Knowing when and what to pick to help care for your body, mind and spirit is a good feeling.

Wild Leeks are available in the early spring, they are great additions to soup, stews and salads as well.

**Did you know?**

Vimy Ridge Day

**Ganęsgwaqtá’gó: wah | Month of many frogs**

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**APRIL 2017**
Now all you all stand up as many that are here in the house.

díshwayǫh ęyetiwęnǫgóhda né dyunhéhgwih
Toh di ęswatwadáhseh
You all came in we will put it through our life supporters
There you will go around.

Naye ohni gwahawahsǫh agwé:gih ęswatwadáhseh
Also you our sons all you will all go around.

O:nęh I:ge^ O:nęh I:ge^ Now I'm Walking
Now I'm Walking

Nya:weh GadóżINE^ Nya:weh GadóżINE^ Thanks I'm saying
Thanks I'm saying

Saywegwëno:goht Saywegwëno:goht
They have put it through for me again
They have put it through for me again

Akiháwaksǫh Akiháwaksǫh
Our children Our children

Wa^ kewęnǫ́ dę dyunhéhgwih
I have spoke for them our life supporters

Gaǫ: tó:wihs
Seed Song

This song is contributed by Jemima Gibson – Onondaga Language
INGREDIENTS
• 250ml of water
• 1 tbl spoon of maple syrup or sap
• ½ cups of mashed in season berry

DIRECTIONS
1. Mash berries with fork in cup.
2. Add water and Maple Syrup or Sap.
3. Stir and Enjoy.

Did you know?
Adahyaheę: gathering of the fruit ceremony begins this month as we welcome in our first fruit of the season. The wild strawberry Jihsę:dahk (Cayuga language)
SPIRITUAL
Beans have seed memory and will flourish in the lands of their ancestors. Saving seeds and handing them down through generations is a spiritual practice that is still honoured today.

PHYSICAL
Vitamins and Minerals from greens and colourful vegetables help to nourish your body to grow.

MENTAL
Corn, beans and squash are all foods that give us plenty of chewing satisfaction and with so many varieties they give us many flavours and cooking options.

EMOTIONAL
Corn, beans and squash depend on each other to grow. The large squash leaves protect the soil from drying out, the corn grows tall and strong so the beans have something to climb up and reach the nourishment of our brother the sun.

INGREDIENTS
• 1 tablespoon olive oil
• 1 large onion, chopped
• 2 cloves garlic, minced
• One 15- to 16-ounce can great northern beans, drained and rinsed
• ¼ cup oil-cured sun-dried tomatoes
• Juice of ½ lemon
• 2 to 3 tablespoons chopped fresh parsley
• ¼ teaspoon dried thyme
• Salt and freshly ground pepper to taste

DIRECTIONS
1 Heat the oil in a skillet. Add the onion and sauté over moderate heat until translucent. Add the garlic and continue to sauté until the onion is just beginning to brown.
2 Combine the onion mixture with all the remaining ingredients, except the salt and pepper, in the container of a food processor and process until completely smooth or just use a fork to mash up for a chunky consistency.
3 Drizzle in 2 tablespoons of water or so, to loosen the consistency. Stop and scrape down the sides.
4 Serve and enjoy.

Did you know?

Hyaknehgo:wah | Many Berries Ripening Month

SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY
---|---|---|---|---|---|---
JULY 16–23, 2017: NORTH AMERICAN INDIGENOUS GAMES 2017
Toronto, ON | www.naig2017.to

Canada Day (Observed)
Blueberry Corn Cobbler

PHYSICAL
Picking your own blueberries can help to ensure that you are active and connected to nature.

SPIRITUAL
Flint corn flour can be used in place of any grain flour to increase the traditional and nutritional value of your meal.

MENTAL
Thinking encouraging and loving thoughts as we pick and prepare our foods can spread the loving intent to those we share our food with.

EMOTIONAL
Being mindful of breath and spending time in nature can help us to connect.

INGREDIENTS
• 1/3 cup milk
• 1 egg
• 2 tablespoons unsalted butter melted
• ½ teaspoon salt
• 1 ¼ cups white corn
• ¾ cups of honey or maple syrup
• 4 cups of fresh or frozen unthawed blueberries

DIRECTIONS
1. Preheat the oven to 375°.
2. Beat the milk, egg, butter, baking powder, and salt in a mixing bowl.
3. Add the cornmeal and ½ cup of the honey, stirring well to break up any lumps.
4. Spread the berries in the bottom of a 9-inch baking dish.
5. Drizzle the remaining honey/syrup over the berries.
6. Drop the batter by tablespoons over the berries.
7. Bake until the crust is golden brown and the berries are bubbling, about 30 to 35 minutes.

NUTRITION
During the food processing of flint corn, the calcium content is naturally increased to make it a good source of calcium.

Jíhskęhneh | Corn Silk Month

Did you know?
Corn silk can be dried and used in a tea. It has a fragrant smell and earthy taste and is fantastic to share with everyone in the family.

AUGUST 2017
SPIRITUAL
The powerful moose is a symbol of self esteem and courage.

PHYSICAL
Cut down on screen time and make meal planning, preparation and clean up a part of your evening routine.

INGREDIENTS
• 3lbs of rump moose roast
• ¼ cup of soya sauce
• ½ tsp of garlic powder
• ½ tsp of salt
• ½ tsp of onion powder
• ½ tsp of pepper
• 2 tsp of hickory liquid smoke

DIRECTIONS
1 Slice Moose roast into ½ inch thick slices and trim fat from the edges.
2 In a large bowl combine soya sauce, garlic powder, salt, onion powder, pepper and hickory liquid smoke and toss until all meat is coated in marinade.
3 Marinade in refrigerator for 6 hours overnight is fine too.
4 Preheat oven to 200° F.
5 Cover 1 large pan with foil and spread strips of moose out. Bake for 2 hours.
6 Let jerky cool down in the oven.

NUTRITION
Moose is a lean protein rich in iron. Iron is a mineral responsible for carrying oxygen to all parts of our body.

TIP
Pair iron rich foods like moose with Vitamin C containing foods (i.e, Strawberries, Broccoli Tomatoes) to improve iron absorption.

Bento Lunch Box featuring Moose Jerky!

MENTAL
Kids can feel empowered by making food choices while packing their own lunch.

EMOTIONAL
Bond with your family by preparing lunches and grocery shopping together.

Did you know?
Moose are herbivores, meaning they only eat plants! Encourage your children to try plant based foods like the mighty moose.

Wikumkewiku’s | Moose calling moon

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SEPTEMBER 2017

- Aboriginal Nutrition Network
- Dietitians of Canada
- National Aboriginal Diabetes Association
- American Diabetes Association
Pumpkin Spice
no bake balls

Use these snacks as refuel energy when exploring the great outdoors.

**INGREDIENTS**
- ½ cup of pureed pumpkin *not* pie filling
- ½ cup of creamy peanut butter
- 4 tbsp of pure maple syrup
- 1 ¼ cup of rolled oats
- 2 tbsp of chia seeds
- 1 tbsp of ground flax seed
- 1 cup of dried blueberries
- ½ tsp of pumpkin pie spice
- ½ cup of pumpkin seeds

**DIRECTIONS**
1. Combine all ingredients into a large bowl and mix until mixture is sticky.
2. Refrigerate for 15 minutes.
3. Wet hands and roll dough into balls.
4. Refrigerate for 20 minutes and enjoy.

**NUTRITION**
Use nuts and seeds to boost fiber, healthy fats and protein content in your baking.

**Fibre Fact:** Fibre is the part of the plant that our bodies cannot digest. Foods containing fibre can help improve blood sugars, blood pressure, cholesterol, regulate bowel movements and keep us feeling fuller for longer! Fibre is found in whole grains, fruits, vegetables, nuts and seeds. Look for Fibre on the Nutrition Label. Foods with > 6g of Fibre per serving are excellent sources of fibre.

**Mental**
The combo of fibre, fat and protein can keep you full for longer and fuel your mind.

**Emotional**
Enjoy this tasty nutrient dense snack to pick you up when you’re feeling down.

**Spiritual**
Savor the unique magic of the great pumpkin and its seeds.

Did you know?
Baking pumpkin seeds is a family tradition. Try different seasonings;

**Spicy**
salt, paprika, cayenne, cumin and crushed red pepper flakes.

**Sweet**
maple syrup (instead of olive oil) cinnamon and ginger.

**Savory**
garlic powder, onion powder, curry powder and salt.

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**Wikewiku’s**

Animal fattening moon

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**OCTOBER 2017**
INGREDIENTS
• 1 teaspoon coriander seeds
• 3 tbsp olive oil
• ½ tsp curry powder
• 1 tsp fresh ginger
• 1 tsp of black pepper
• 2 cloves of garlic
• 2 cups chopped onions
• 4 cups of squash (butternut, buttercup, or acorn), chopped.
• 6 cups (or more) low-salt chicken broth or vegetable broth
• ½ cup of plain Greek yogurt.
• ¾ cup plain Greek yogurt for garnish optional

DIRECTIONS
1. Heat oil in heavy large pot over medium-high heat. Add coriander seeds, ginger, pepper and curry powder; stir 1 minute.
2. Add onions and garlic; sauté until onions begin to soften, about 3 minutes. Add 5 cups broth and carrots; bring to boil (10-15 minutes).
3. Reduce heat to medium; simmer uncovered until squash are tender, about 30 minutes. Cool slightly.
4. Working in batches, puree in blender, or hand blender, until smooth. Return soup to pot. Add more broth by ¼ cup if too thick.
5. Ladle soup into bowls. Garnish with yogurt and serve.

NUTRITION
Squash is versatile and can be used in a variety of fall dishes for people of all ages (i.e, pureed baby food, in place of potato, stuffed squash and squash soup). It has antioxidants and fibre to keep us healthy and help prevent chronic diseases such as diabetes and heart disease.

Did you know? Canada’s Food Guide recommends eating 1 orange and 1 dark green vegetable each day!
INGREDIENTS
- Two 1 inch pieces of pork.
- 1 skinned and cleaned Partridge.
- ½ tsp of salt
- ½ tsp of garlic optional
- ¼ tsp of pepper optional

DIRECTIONS
1. Wash mason jar bottles and lids in hot water. Keep warm until ready to use.
2. Place 1 piece of pork in the bottom of the mason jar, followed by Partridge.
3. You may have to crack the bones to allow the Partridge to fit into the jar. You could also choose to separate the meat from the bones.
4. Fill Partridge to the neck of the jar, season and top with the other piece of pork.
5. Seal the lid tightly and place in boiling in water for 1.5 hours. Place lid on top of boiling pot. Ensure water is at least 1 inch above the jars.
6. Remove jars from boiling water and keep at room temperature until you hear the lids ‘pop’.
7. Store in a cool dark place for up to 12 months.

TIP
Water will evaporate so keep the kettle boiling to ensure you have scalding water to top up!

NUTRITION
- Partridge is a lean source of game meat and a great protein source. We should aim for protein to make up ¼ of our plate at meal times. Consuming adequate protein at each meal can help build, maintain and repair your body. It can help with weight management and maintaining lean mass.

Keskikewiku’s | The great month

DECEMBER 1–8, 2017: ABORIGINAL AIDS AWARENESS WEEK

Did you know? Protein Intake should be spaced throughout the day and consumed at each meal. Want to know more about the timing of protein intake? Talk to a Registered Dietitian! aboriginal@dietitians-network.ca
PHYSICAL
Nature welcomes you on a walk to obtain your medicines.

EMOTIONAL
The aroma of cedar will fill the air around you promoting relaxation.

SPIRITUAL
Thank the creator and lay tobacco for your medicines.

MENTAL
Wild cedar tea provides a calming sense to help you clear your mind.

INGREDIENTS
- 2 cups of freshly picked cedar
- 4 cups of water
- 2 tbsp of maple syrup or honey optional
- 2 Cinnamon sticks optional

DIRECTIONS
1. Bring water to boil in a medium sized pot.
2. Once boiling add fresh cedar, maple syrup and cinnamon sticks.
3. Boil for 10 minutes until you notice the water turning golden in colour.
4. Strain tea into a teapot or individual tea mugs.
5. Take a deep breath and enjoy.

NUTRITION
Cedar is high in Vitamin C, a vitamin that must be consumed through foods and medicines daily. Vitamin C helps prevent cell damage and may reduce your risk for certain cancers and other chronic diseases. It also helps keep your immune system healthy to prevent infections.

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Punamujuiku’s | Frosh fish moon

Did you know?
People who smoke need more Vitamin C than people who do not smoke!
The Aboriginal Nutrition Network was founded in 2001 as a professional practice group of Dietitians of Canada. The objectives of the Network are to network and share resources with communities; be informed and participate in continuing education opportunities; further develop dietetic training opportunities with a focus on Aboriginal nutrition; be identified as a resource group for government and others; and, raise awareness of Aboriginal Nutrition needs.

“I am very honoured to work in the Indigenous Health field. It is important to me to help our people live long healthy lives which includes a balance of mental, physical, spiritual and emotional aspects. Learning from Traditional Elders about our culture and language is essential for living in a healthy way.”

~ Laurie Ann Nicholas, Co-founder of the Aboriginal Nutrition Network

www.dietitians.ca/aboriginalnutrition