



Gitigaaning:

We acquaint ourselves with our Mother Earth and our Ancestors. In putting our hands into the soil and having a relationship to our mother, our foods, our land, we rekindle our ways of being in the world.

Ode'min:

The heart berry, the first food provided each Spring. With the blessing of the "Heart Berry", we are nurtured by our Mother Earth. The Strawberry is recognized as our first food, and is included in many ceremonies throughout the



These are our four Sacred Medicines.

Tobacco = Asemaa

Cedar = Giizhikaandag

Sage = Mashkodewashk

Sweet grass = Wiingashk

Take care of these sacred medicines, and they will take care of you.

Indigenous Peoples Task Force

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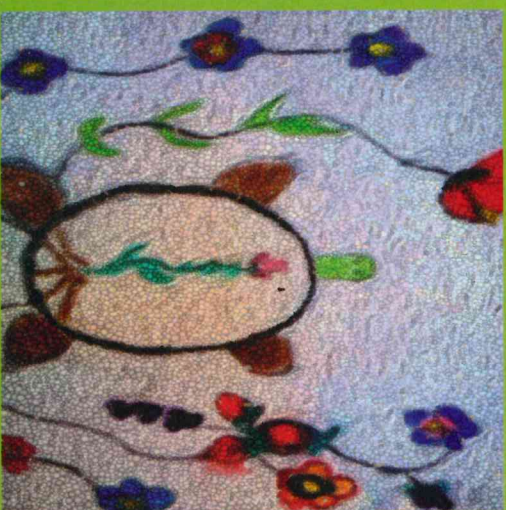
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Indigenous Peoples Task Force

Strengthening the Health and Education of Native People



Gitikinoo-amaage-gidiwin Gitigaan

"in Ojibwe, Means"
The Teaching Garden For Native American Youth 8-12 years old