

## An Anishinabe Subsistence and Seasonal Medicine and Food Health Model

Preventing Disease that affect our communities by using Anishinabe (Ojibwe) cultural teachings but can include teachings from other cultural traditions on core values and use of traditional medicines in ceremonies and language.



MANOOMINIKE

Planting Traditional Asemaa,  
Gathering our sacred medicines,  
growing traditional foods, and  
restoring our language.

The curriculum is designed to teach about our worldview as Anishinabe, through our seasonal sustenance practices as well as cultural and traditional gardening knowledge. The Giikinoo-amaage-gidiwin Gitigaan Program Curriculum Sessions are as follows:

Session 1	Introduction to Curriculum & Relationship to Spirit
Session 2	Relationship to Community
Session 3	Purification, Return to Relationship with Spirit*
Session 4	Mother Earth, Relationship to World
Session 5	Relationship to Food through Culture
Session 6	Gitigaan Agaasi'-Family Garden Pot

Session 7	In the Garden, Songs and Activities
Session 8	Badakidoon Meejim-Planting Medicines and Foods
Session 9	Meshkwadoon, Barter, Trade, Exchange
Session 10	Community Celebration*

For more information on this program, please  
Contact: 612.722-6248

## Medicine Garden

