



Bimaaji'owin (Way of life) A Time to Harvest

Gitchi Manito provided for the Anicinabe a way to govern themselves. Annual cycles of life in Anicinabe territory made way for the people to migrate to annual camps. Anicinabe way of life still is enjoyed today by many.

The teachings have guided us and continue to remind us of respect, balance, and living with one another in harmony.

This SEASONAL CALENDAR includes a snapshot of some of the cultural practices of the Anicinabe today. The time of year certain harvests takes place. It reminds us of our special relationship to the natural world, and our commitment to teaching our younger generations about the good life.

YOUTH TAKING ACTION is a partnership between Food Matters Manitoba, Brokenhead Ojibway Nation and Sagkeeng First Nation. Together, we assessed environmental contamination in some traditional Anicinabe foods. Youth from each community participated in the research and gained knowledge about Anicinabe foods from harvesters and community leaders. Through this project, Food Matters Manitoba aims to strengthen local knowledge in young people and develop skills to assist them as they become keepers of their cultural practices and traditional lands. We developed four educational posters to demonstrate some of the aspects of Anicinabe harvesting:

- 1 A Time to Harvest
- 2 Becoming an Anicinabe Harvester
- 3 Eating a Healthy Anicinabe Plate
- 4 Protecting our Anicinabe Harvesting Areas