

zhiwaagamizigan

"zhee-wah-gum-izi-gun"



(maple syrup)



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: ZHIIWAAGAMIZIGAN (MAPLE SYRUP)

How is it our relative?

Collecting sap from maple trees usually happens in late winter/early spring. It signals the start of a new season and a time of coming back together as a community to make maple sugar and syrup. For some Anishinaabeg, this time is called Iskigamizige Giizis (“Boiling Sap Moon”).

Why eat it?

- Consuming too much of any kind of sugar can increase your risk for some diseases, but maple syrup is a natural alternative to refined sugars, with some extra health benefits.
- Lower glycemic index than refined sugars
- No additives, coloring or preservatives are used in making maple syrup
- Contains vitamins such as potassium and calcium



Zhiiwaagami-Zigan

Image created by students from
Eastern UP schools.



Scan here to
hear how
zhiiwaagamizigan
is pronounced!

RECIPE: MAPLE-GLAZED SALMON

Ingredients

- 12 oz salmon
- 1/2 cup maple syrup
- 1 1/2 Tbs soy sauce
- 2 garlic cloves, minced

Directions

1. Preheat oven to 400 degrees F
2. Mix together maple syrup, soy sauce and garlic
3. Place salmon on foil-lined baking sheet with skin side down
4. Pour glaze over salmon
5. Bake for 15 minutes or until internal temperature reaches 165 degrees and fish is easily flaked with a fork

COOKING TIP

Swap out 1 cup white sugar with 3/4 cup maple syrup and reduce other liquids in the recipe by 1/4 cup.

Nutrition Facts servings per container 4, **Serving Size 3.5 oz**, Amount per serving:
Calories 193, **Total Fat 7g** (9% DV), **Saturated Fat 1.1g** (6% DV), **Trans Fat 0g**,
Cholesterol 60mg (20% DV), **Sodium 330mg** (14% DV), **Total Carbohydrate 9.1g**
(3% DV), **Dietary Fiber .1g** (0% DV), **Total Sugars 8.6g**, **Protein 22g** (44% DV).
Vitamin D 0mcg (0% DV), **Calcium 28mg** (2% DV), **Iron 1.1mg** (6% DV),
Potassium 541mg (12% DV), **Vitamin B12 2.59mcg** (108% DV), **Vitamin B6 .80**
mcg (47% DV). DV = % Daily Value based on a 2000 calorie/day diet.

