

Ashi-niswi giizisoog (Thirteen Moons)

Binaakwe-giizis

Binaakwe-giizis is the Falling Leaves Moon. The new moon begins October 4.

Fall gardening ideas

By Danielle Diver,

Bimaaji'idiwin Ojibwe Garden Coordinator

Summers in northern Minnesota can be so short that some crops barely have time to mature. But with planning and proper crop selection, we can get a head start on the 2014 growing season by planting in the fall. Garlic and fava beans can be planted in late September up until the ground is frozen.

The ideal time for planting garlic is after the first light frost of the season. Garlic can be expensive to buy from seed companies if you are buying organic. But if you are not picky about the variety of garlic you want to grow it is cheaper to purchase organic garlic from the farmers' market or the grocery store. Local garlic is more likely to be adapted to our growing conditions. When ready to plant, separate the cloves leaving the skin on and the cloves intact, and plant 2 inches down (upright with flat end down and pointed end up if possible) and about 6 inches apart; Mulch heavily with loosened straw (about 6-12 inches) to insulate them from fluctuating temperatures. Garlic is ready for harvest around late June when it begins to "scape," or produce flower buds. Seed

Savers Exchange has more information on garlic cultivation on their weblog: www.blog.seedsavers.org/growing-garlic/.

Fava beans may be less familiar to gardeners in the western hemisphere. They are native to southern Europe and southwest Asia and less popular than their native cousins, the common beans (*Phaseolus vulgaris*), but their cold tolerance is legendary. They are reported to tolerate temperatures as low as 10F while actively growing. Their leaves are edible and sweet, their flowers are attractive to native pollinators, they nourish the soil in which they grow, and the beans are high in protein. If you had a chance to attend the Bimaaji'idiwin Ojibwe Garden Program's Garden to Table lunch in August, you may have sampled some of the purple fava beans that were grown in the demonstration garden this year. They were planted in April and they produced beautiful white and black speckled flowers that the bumble bees seemed to love; they were followed by a profusion of gorgeous, dark purple beans. I learned fava beans detest warm weather. If you visited the demonstration garden in July you may have noticed a row of dead, scraggly, brown plants among the corn. These are the remains of the

Norka fava beans planted in April. Since fava beans' aversion to warm weather seems to be extreme, I will plant next year's fava beans this fall so the plants can begin growing as soon as conditions are favorable. You can obtain fava beans for planting from Baker Creek Heirloom Seeds in Missouri (www.rareseeds.com), Sand Hill Preservation Center in Iowa (www.sandhillpreservation.com), and Southern Exposure Seed Exchange in Virginia (www.southernexposure.com). Alan Kapuler of Peace Seeds (www.peaceseeds.com) has developed a fava bean that fights Alzheimer's Disease because it produces high levels of dopamine. It is called Ianto's Fava or Ianto's Yellow Fava and it is also sold by Baker Creek Heirloom Seeds. Plant fava beans 10-12 inches apart after the first frost and mulch them with straw.

Garden clean-up is another activity that can be performed in fall. If you do not use mulch or cover crops to prevent soil erosion, it's a good idea to leave "crop stubble" in the garden. This means clipping dead plants off at or just above the soil level so the soil is not disturbed and the roots continue to hold soil in place. The roots will decompose and add organic matter and nutrients to

your soil. Completely remove disease or pest infected plant materials. Compost your dead crop plants and weeds that have not gone to seed to build your garden soil and reduce the need for outside inputs and fertility. Collect seeds from crops that performed well so you can grow more next year and develop crops that are well-adapted to your growing conditions. Save seeds in a cool, dry, dark place and do not store them in plastic until they are completely dried out.

Fall is a good time for planting perennials like trees, shrubs, and native wildflowers or other herbaceous perennials. You may find good deals on clearance perennials as garden centers close for winter. If you are in the market for perennial flowers, please avoid planting those that have been treated with the systemic pesticides known as neonicotinoids. Many "big box" stores sell neonicotinoid-treated plants, which have been found to damage the nervous systems of bees through the nectar or pollen from these plants. Be sure to protect young trees from animals by putting tree collars around their trunks. Remember to remove tree collars during the growing season. Find out what the growing needs and full size of your plants are

before you plant them so that you do not kill them or create future problems for yourself and your plants. For example, a tamarack tree likes wet soil so you wouldn't want to plant one in dry, sandy soil. And planting a basswood tree, which can grow up to eighty feet tall and fifty feet wide, next to your house or under power lines would also be a bad idea as it would have to be pruned constantly or cut down.

Even though days are getting shorter and nights are getting cooler, it doesn't have to mean the end of the garden season. Bring your garden indoors by planting shade-tolerant or tropical crops to grow in a sunny, south or west facing window. Study garden books or websites to get ideas for next year or projects to build over winter. Explore the exciting and colorful heirloom vegetable and flower varieties offered by responsible seed companies like the ones listed above. Become a master gardener through online courses offered by the University of Minnesota. Preserve your harvest so you can have a taste of summer in the dead of winter.

Upcoming Events:

Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing thirteenmoons@fdlrez.com Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words. All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Phrases

Come here! - Ondaas

Come in - Bendigen

Hello - Boozhoo or Aaniin

My name is (your name) - Niin (your name) nindizhinikaaz.

Please - Daga

Say it again(repeat) - Ikidon mi-inawaa

See you again - Giga-waabamin

menawaa

See you later - Giga-waabamin naagaj

Thank you - Miigwech

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

I A M A I J A A T O G N I N B G Y Z W R
 O B A Z I D A A N A W I I G N I N D W N
 E T D U X B N K K H M X A R D D M D Q R
 M I N O E I W N K K C X V U A K M L T F
 N D E A Y A P I I V Q F U Z B W A N B Q
 I U N D V V I N D U O V C B O R I U W R
 N U A M C A W O I I K O N A D N I N A Y
 D Y A E V G F O A A Y A O N I M I N D A
 A N M P B P D N I P D Q T S N Q W S F P
 A I I Y E D L D R H M J H I E Y T G Y Q
 K N N Z W D Q E P R X K N B D C O N Q H
 O W D P N V Q M Y A A D Y D A A T E Z X
 Z E R N A B P I Y A A P U Y K N R N N Z
 K U R M D H B N D Y T T F M A D J S O Z
 O B Z T N H M I E J P K N E B L O Y G V
 Z V K V I Z Z K I X F V Y P M Z C Z Y R
 P R N E N E O W J M J A K I I G N I N A
 P Q G K N Z D E A E W O F D N L U O M P
 I M A D N E K H S A G N I N B M P S F C
 J Z O O H Z I I G N I N F Z E B U N H J

Ojibwe Wordlist

Afraid.....Ningotaaj
 Cold.....Ningiikaj
 CrazyNingiiwanaadiz
 Hungry.....Nimbakade
 Mad.....Ninishkaadiz
 Resting.....Nindanweb
 Sad..... Ningashkendam
 Sick..... Nindaakoz
 Sorry..... Nimaanendam
 Thirsty..... Ninoondeminikwe
 Tired Nindayekoz
 Warm Ningiizhooz
 Well Nimino-ayaa
 WorkingNindanokii

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf