



Honesty - Debwewin

Ga-ganawaabamidizon awiya jibwa dibaakonad ezhi-bimosed.

You should look at yourself before you judge the way he/she walks along.

• To learn more about Ojibwa traditions and culture and the work of

the KBIC Natural Resources Department visit:

nrd.kbic-nsn.gov

facebook.com/kbicnrd or scan one of the QR codes

1921 Snyder Act Funds American Indian healthcare.

did not relinquish tribal membership.

subject to state law.

1924 Indian Citizenship Act granted American Indians citizenship;

1930 People vs. Chosa Michigan Supreme Court determines KBIC

1842 Treaty rights to be null on grounds of U.S. citizenship; Indians

## **Sunflower Butter Cookies**

- 1 cup unsweetened sunflower seed butter
- 3 cups raw pumpkin seed, ground to a coarse meal
- 2/3 cup pecans, ground to a coarse meal
- 1 duck egg (or 2 chicken eggs)

Mix all ingredients, scoop sticky dough into small balls, place on baking sheet and bake at 350° F for 10 minutes.

## Wild Rice Porridge

- 1 tablespoon dried blueberries
- 1 tablespoon dried cranberries
- 3 cups water/milk/nutmilk (your preference)

Mix all ingredients together in a cooking pot and cook on stove for 15 minutes. Top with fresh berries if in season.

## Smoked Whitefish Chowder

- Salt, ground sumac, thyme, sage for seasoning

Boil 1 quart of water, add all ingredients except fish. Bring to a boil. Then add fish and boil for 1 more minute.

KBIC is dedicated to supporting Tribal Food Sovereignty through the efforts at our Debweyendon Indigenous Gardens, community garden plots, teaching center, fish processing facility, and partnerships with local food entities. Education and volunteer activities are available throughout the year. Visit the KBIC NRD site to learn more about how you can participate.

Take time each day to honor Nibi (water). Nibi is one of our most important spiritual medicines. Discover what you can do to be a Water Protector. Nibi heals, cleanses and purifies. For good health, drink many cups of water every day.