## TRADITIONAL/ANCESTRAL HARVESTING IN AND AROUND ANIMBIIGOO ZAAGI'IGAN AND ANISHINAABEWI GITCHI-GAMI

Historically the Anishinaabe / Anishinaabeg / Anishinabek of the Lake Nipigon and Lake Superior regions used the sun, moons, planets and stars to guide community practices around time, harvesting, gathering, storing and preparing food and medicines. Most common is the use of the thirteen moons to guide seasonal cycles and community practices.

This poster includes a snapshot of some of the cultural practices of the Anishinaabe / Anishinaabeg / Anishinabek in the past and present. Every community and region has their own way of recognizing the moon cycles and the time of year certain harvests take place. This harvesting map represents more of a broad example of the teachings that surround the lakes. These cycles remind us of our special relationship to the natural world and our commitment to teaching younger generations about the good life.

Respect the land no matter where you travel and only take what you need. These teachings have guided and continue to remind us of respect, balance and living with one another in harmony.

In the spirit of reclamation, reconnection and shared learning, the project team worked closely with four local Elders and Knowledge Keepers:

Marcel Bananish from Long Lake #58 First Nation Gene Nowegejick from Kiashke Zaaging Anishinaabek Marlene Tsun from Alderville First Nation and Gerry Martin from Mattagami First Nation











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