

Giigoonyag (Fish)

Maajii-Ojibwemowag (They Begin to Speak Ojibwe) – ANA Language Project
Teacher / Caregiver Supplemental Document

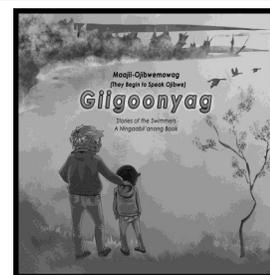
The Ojibwe and Giigoonyag

Fishing and eating giigoonyag (fish plural) are central to Anishinaabe culture, as oгаа (walleye), maashkinoozhe (muskellunge), adikameg (white fish), namegos (trout), and other giigoonh have provided the Ojibwe with a delicious and nutritious food source for thousands of years. The practice of harvesting, sharing, and consuming giigoonyag has been passed down from generation to generation and is still a vital part of bimaadiziwin (the Anishinaabe way of life). With plenty of fish and plenty of

streams and lakes to fish from, the Ojibwe found many ways to catch giigoonyag; such as spearfishing, netting fish, fish traps, hook and line fishing—all things Anishinaabe still do today.

Unfortunately, some giigoonyag throughout the Ceded Territory contain environmental contaminants which pose a threat to the health of Anishinaabeg. Since Anishinaabeg eat a lot of fish, they are disproportionately affected by these contaminants. Contaminated giigoonyag cause restrictions on

consumption, which threatens the traditional bimaadiziwin. The ability of the Ojibwe to fully exercise their treaty harvest rights is severely impacted because the natural resources need to be available in both quantity and quality. Giigoonh consumption is a very important part of the bimaadiziwin, therefore there is no substitute for giigoonh consumption within Anishinaabe culture. Thankfully, GLIFWC's mercury program has worked on mercury awareness and ways to reduce mercury exposure from giigoonyag.



Ningaabii'anong Set: Giigoonyag Book Ojibwe Language Word List

- **Nashke!**- Look!
- **Giizhigong**- sky
- **Mitigoog**- trees
- **Bingwi**- sand, ashes
- **Zaaga'igan**- lake
- **Ambe omaa!**- come on!
- **Akawe**- first
- **Jiimaan**- canoe
- **Waaseyaamagad**- Sunny day, it's sunny outside
- **Ininiwag**- male
- **Ikwewag**- female
- **Adikameg**- whitefish
- **Ginoozhe**- northern pike
- **Minawaanigoziwag**- happy, having a good time

Reducing Mercury Exposure in Oгаа & Maashkinoozhe

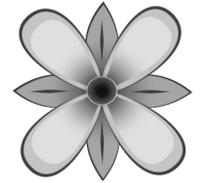


- Sort & label oгааawag before freezing
- Put oгаа under 20 inches in bags labeled "under 20 inches"
- Put oгаа over 20 inches in bags labeled "over 20 inches"
- Label the bags with the name of the lake where the oгааawag were harvested
- For the maximum safe number of oгаа meals per month, follow the advice provided on GLIFWC's mercury maps
- Eat smaller oгааawag (those under 20 inches) and oгааawag from lakes with lower mercury levels; Check for lakes color-coded blue or green on GLIFWC's mercury maps



- Sort & label maashkinoozheg before freezing
- Put maashkinoozhe under 46" in bags labeled "under 46 inches"
- Put maashkinoozhe over 46" in bags labeled "over 46 inches"
- Label bags with the name of the lake where the maashkinoozheg were harvested
- For the maximum safe number of maashkinoozhe meals per month, follow the advice provided on GLIFWC's mercury maps
- Eat smaller maashkinoozhe (those under 46" inches) and maashkinoozhe from lakes with lower mercury levels; Check for lakes color-coded blue or green on GLIFWC's mercury maps

Alternative Giigoonh to Eat



Fishing and consuming giigoonyag in the Great Lakes area has always been vital for Anishinabeg; and now with the help of GLIFWC's mercury maps, tribal members can now choose to eat giigoonh species known to contain less mercury if they wish to. Below are some safer alternatives for giigoonh consumption:



*Agwadaashi**
(Sunfish)



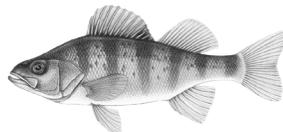
*Agwadashi**
(Bluegill)



Gidagwadaashi
(Crappie)



Adikameg
(White fish)



Asaawe
(Perch)



Adikamegoons
Herring

*The Ojibwe word for bluegill and sunfish are the same: *agwadaashi*

Extra Resources:

GLIFWC Mercury Program & Maps:
<https://sites.google.com/view/glifwcm Mercury/home>
 For more giigoonh recipes, check out GLIFWC's *Mino Wiisinidaa! Let's Eat Good* cookbook:
<http://glifwc.org/publications/#Cookbook>

Lemon Baked Fish (Excerpt from GLIFWC's cookbook *Mino Wiisinidaa! Let's Eat Good!*)
 Original concept from Biskakone Greg Johnson, Lac du Flambeau

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Serving Size: 4 ounces

Dagonigan (ingredients):

1 tablespoon of sunflower oil, divided

1 lemon, cut into ¼-inch slices, divided

1 shallot, diced, divided

1 tablespoon of fresh chives, minced, divided

1 tablespoon of fresh dill, divided

1 pound of skinless, boneless fish filet of your choosing— oгаа (walleye), ginoozhe (northern pike), namegos (lake trout), etc.

Directions:

Using a 9 x 13-inch pan, layer half the oil, lemon, shallot, herbs, and fillet and repeat.

Position the oven rack so that the giigoonh will be 4 to 5 inches below the broiler.

Broil on high heat for 10 to 15 minutes or until fish flakes easily

Note: If you are using an electric oven, preheat the boiler 5 to 10 minutes before broiling giigoonh. If you are using a gas oven there is no need to preheat the oven.

Recommended storage time:

3 to 4 days in the refrigerator, or 2 to 3 months in the freezer.



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