



## Ojibwe Menwaagamig Juice Drink

By Dylan Sabuco

**Prep Time** 5 / **Cook Time** 5 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**strain:** to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

### Equipment

### Ingredients

Ojibwe Menwaagamig Juice Drink

- 3 C water
- 2 C blueberries, strawberries, or raspberries (your choice!)
- 1/3 C honey or white sugar
- 2 C ice

### Food Allergen Substitutions

Ojibwe Menwaagamig Juice Drink

### Instructions

## Ojibwe Menwaagamig Juice Drink

### measure + blend + strain

Measure and combine **1 cup water**, **2 cups berries** of your choice, and **1/3 cup honey** in a pitcher. Blend the fruit mixture until smooth. While blending, slowly pour in the remaining **2 cups of water**. Pour over **2 cups of ice** as is, or first strain the juice to remove any pesky seeds. Enjoy!

### recipe tidbit

You can make this drink with any fruit! This recipe was the original way Native Americans made fruit juices.

## Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.