

dx"lilap dx"ləšucidəladx"

A calendar had no place in traditional life long ago.

For the people of the Puget Sound, the world itself was the calendar.

An awareness of seasons and the passage of time came in response to what was happening in the natural world. The calendar, for lack of a better term, was in response to an interactive relationship of the plants and animals around us, as well as the tides and stars.

Each year was unique and would have been described in its own terms, not in standard units of time measurement. For each season, or period of time, descriptions of what was happening in the world, referenced what plants were flowering, bearing fruit or resting. Because of unique characteristics from one year to the next, some months may have more than one name.

The Lushootseed Calendar is closely related to the Lunar calendar, meaning there are 12 or 13 months in a year, and several time periods cover more than one Gregorian calendar month. In 2018, there are 12 new moons. Next year, in 2019 there will be 13 new moons.

> The seasons, which the months are roughly based on are: Fall pəd?ulodx^w, silver salmon return. Winter pədťəs, cold weather. Spring ?uhi?hədəb, getting a little warmer. Summer pədhədəb, hot season.

Xiqs - January is known as a period in the winter when your stomach sticks to your backbone. səx^wpupuhiq^wəd - February is known as a windy time with many hard winds. wodwodus - March is known as the time when frogs sing. slihibus - April is known as a time when you hear the voices of migrating cranes and swans. pədča?əb - May is known as a time to dig roots. pədstəg ad - June is known as salmonberry season (lasts from early May to late June). pədg ədbix - July is known as the native blackberry season (part of July). pədťaga? - August is known as the salalberry season. pədk əx ic - September is known as the time the Silver Salmon returns (the run, not the 30 days). pədx^wiťx^wiťil - October is known as the time that many leaves fall. pəd¾x~oy? - November is known as the time when the chum salmon return (near Thanksgiving). səx^wšićəlwa?s or pədšićəlwa?s - December is known as the time to sheath the paddles. stuk alab - The thirteenth moon according to Chief William Shelton was called the "Little moon." pədx^wiwooc - The thirteenth moon according to Harriette Shelton was called the "Whistle of Robin. This moon was placed sometime in the middle of the year."

The days of the week, really came about after the introduction of

Christianity. The days of the week are based and related to Sunday.

×a?×a?ə4dat (sacred day) is Sunday.
pˈə4dj abac (the one after) is Monday.
scəbdatil (two days after) is Tuesday.
s4ix ə4datil (the third day) is Wednesday.
sbuusə4datil (the fourth day) is Thursday.
scəlacə4datil (the fifth day) is Friday.
čitabac (right next to) is Saturday.

JoAnn's Clam Fritters

1lb. butter clams and 1lb. geoduck, cleaned and ground up

1 medium-sized onion chopped

4 medium potatoes peeled

4 eggs

1 cup self-rising flour

1 tablespoon of Montreal steak seasoning

Oil for frying lard, coconut or palm oil)

Preparation

Combine all ingredients, to the consistency of heavy cookie dough. In a heavy frying pan, heat the oil. Spoon the mixture into the pan to make small cakes. Cook for five minutes on each side or until the fritter is brown around the edges.

clam

Xiģs

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31	Tribal Offices Closed x [°] i? k [°] i g [°] əs?ahčə4	2	3	4	5	6
Xiq́s moon continues	New Year's Day 4aŵt d ^z əlčə4dat			Hibulb Cultural Center		
7	dx ^w ləšucid 102 begins	9	10	Free Admission Day Open til 8pm	12	13
14	Tribal Offices 15 Closed x"i? k"i g"əs?ahčə4 ?aci4talbix" ti?ə? sləžil American Indian Day Martin Luther King Jr.	səx ^w pupuhig ^w əd moon begins	17	18	19	20
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XuXX vX - Oyster

Wild Mushroom and Nodding Onion Oyster Stew

4 tablespoons unsalted butter 1/2 cup finely chopped nodding onions 1/2 cup finely chopped celery 2 tablespoons finely chopped shallots 1 teaspoon minced garlic 1/2 pound wild mushrooms, wiped clean, stems removed, and chopped 1/2 teaspoon chopped fresh thyme leaves 3 tablespoons flour 4 cups half and half 1 pint oysters, drained, reserve liquid

2 teaspoons fresh lemon juice Freshly ground white pepper and salt 1 tablespoon chopped fresh parsley Finely chopped chives, garnish

Preparation

In a large saucepan, melt the butter over medium-high heat. Add the onions, celery, and shallots, and cook, stirring, until soft, 3 minutes. Add the garlic and cook, stirring, for 30 seconds. Add the mushrooms and thyme, and cook, stirring, until the mushrooms are soft and give up their liquid but are not browned, 4 to 5 minutes. Sprinkle the flour over the vegetables and cook, stirring, for 2 to 3 minutes - do not allow the flour to color. Add the half and half and the reserved oyster liquid and cook, stirring, until slightly thickened and the flavors come together - 20 to 30 minutes. Add the lemon juice and oysters and cook until the oysters begin to curl, 2 to 3 minutes. Stir in the parsley and adjust the seasoning to taste.

Recipe by Veronica (Roni) Leahy

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18	Tribal Offices Closed x [°] i? k [°] i g [°] əs?ahčə4 President's Day	20	21 s₄ožil ?ə †i dx″ləšucid ?iišəd Lushootseed Family Night 5pm - 7pm @ Hibulb Cultural Center	22	PIRST 23	24
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sćad^{*}x - nettle sprouts

Nettle Pesto

6 cups young fresh nettles, washed and drained
1 bunch basil(stems removed), washed and drained
1/2 cup Parmesan or Romano cheese
1/3 cup walnuts or pine nuts
1/3 cup extra virgin olive oil
1-3 cloves garlic, chopped
1 teaspoon lemon/lime juice
Preparation

Boil nettles in a strainer for one minute, drain well, let cool, roughly chop. Place all ingredients into a food processor and blend until smooth. Add salt and pepper to taste. Place pesto into a jar and poor a little extra olive oil over the top. Cover with a lid. Should keep for two weeks. Toss pesto with pasta, potatoes or cooked vegetables. Can also be used as a spread with crackers.

Recipe by Elise Krohn



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11 Daylight Saving Time Begins	12	13	14 s4ažil ?ə ti dx‴ləšucid ?iišəd Lushootseed Family Night 5pm - 7m @ Hibulb Cultural Center	15	16	St. Patrick's Day slihib∪s/pədž‴iwooc moon begins
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25 Palm Sunday	26	27	Make up day if needed s∮axil ?∋ ti dx"ləšucid ?iišəd Lushootseed Family Night	29	Good Friday Passover Begins	FULL 31

Evergreen tree tip tea

Douglas fir, hemlock & spruce tips all have a lemony flavor, are high in vitamin C and electrolytes, and are sometimes called Nature's Gatorade.

Čəbidyalus - douglas fir tips

Harvesting Tips

Harvest young tips when they are limey green and tender, usually April-June. They can be eaten straight as a trail snack, put into salads, or made into tea. Tips can be preserved in the fridge for several days or in the freezer for several months. You can also dry them in a basket or a food dehydrator.

Sun Tea

Hot Tea

Add a large handful of evergreen tree tips per quart of water to a glass container with a lid. Cover and a lid, and let them steep for 15 let sit in the sun several hours to overnight. Strain and serve This tea tastes stronger and is chilled.

Use the same amount of tips to water, but pour boiled water over them in a pot, cover with minutes. Strain and serve hot. more astringent than sun tea.

Tree Tip Lemonade

Place 1-2 cups of tips in a large jar or pitcher with 6 cups of water. Cover and let steep in the sun or a warm place for 4-6 hours. Strain. Add the juice of 3 lemons or about 1/4 cup of lemon juice, and 2-3 tablespoons of honey. Mix and serve over ice.

Recipies by Elise Krohn

slihibus

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čobid - camas

Salish Spring Soup 3 tablespoons olive oil 1 large onion, chopped 3 cloves garlic, minced 6 cups of water or broth

3 cups fresh or frozen camas bulbs or 2 cups dried camas bulbs 1 grocery bag full of fresh spring nettles 2 cups of baked, canned or smoked salmon Salt and pepper to taste

Preparation

In a soup pot on medium heat, cook the onions and garlic in olive oil until they become translucent. Add water or broth and camas, and then bring to a boil. Turn down heat, cover with a lid and simmer for about 20 minutes. While the soup is simmering, wash nettles in a colander then cut them into small pieces with scissors. Once the camas is tender, add the nettles. Cook an additional 5 minutes. Add the salmon and then season with salt and pepper. Enjoy!

Recipe and photos by Elise Krohn





stix"ib - red huckleberry

Forest Berry Smoothie

1/2 cup red huckleberry 1/2 cup blackberry or salal berry 1 cup evergreen huckleberry 2 cups water 1/2cup yogurt (optional) 1/4 to1/2 teaspoon cinnamon Preparation Blend until smooth and pour in glasses. Serves two. Cinnamon and blueberries are especially helpful for diabetes prevention and treatment.

Recipe by Veronica (Roni) Leahy

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17 sləžil ?ə ti bod Father's Day Free Admission at HCC for Dads	18	19	FIRST 20	21 pədhədəb First Day of Summer	22	23
24	25	26	FULL 27	28	29	30

Salish Snack Mix

Dried Fruit: blueberries, cranberries, salal, currants, plums, raisins Nuts: hazelnuts, walnuts, almonds

Seeds: pumpkin seeds, sunflower seeds

Preparation

If you choose to roast your nuts, place them on a cookie sheet in the oven at 300°. Watch them carefully and remove them once they start to brown and smell roasted. Blend all ingredients together. Store in a cool dry place. You can also sprinkle this mix on salad or add it to hot cereal. Nuts are healthier when they are eaten raw, but their unique flavor is enhanced when they are roasted.

hazelnu

Recipe by Vanessa Cooper, Lummi

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swada?ž - evergreen huckleberry

FRUIT LEATHER

3 quarts of berries, cleaned 2-4 tablespoons honey 3 Tablespoons lemon juice

Preparation

Place all ingredients in a blender and blend well. Fit parchment paper over a cookie sheet with sides. Pour blended berries onto the sheet and use a spatula to smooth to an even consistency of about a quarter inch. Place in the oven (or food dehydrator) on the lowest temperature (usually about 170°). If you are using the oven, leave the door cracked so that water can evaporate off the berries. When the fruit leather is mostly dry (6-8 hours), place another piece of wax paper over the top and flip it over. Carefully peel off the wax paper and continue drying. If you have to leave, simply turn your oven off and place the berries in a warm spot and cover with cheesecloth or paper towels. Continue drying as needed. Store in plastic bags for up to a year.

Recipe by Elise Krohn

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	19	20	21	22	23	24	25
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Easy Rosehip Jam Dried, deseeded rosehips (about 1/2 cup) Apple cider or apple juice (about 1/3 cup) Optional ingredients: 1 T. honey to sweeten 1/4 teaspoon vanilla

1/4 teaspoon cinnamon

Preparation

De-seeded rosehips can be bought in most natural foods stores or herb stores in the bulk tea section. Remove any sticks or seeds that might be hard. Grind finely in a coffee grinder. Add apple cider or apple juice to the powder until it forms a jam consistency. You may need to add a bit more juice after several minutes. If you would like more of a sweet dessert flavor, add honey, vanilla and cinnamon. Place in a jar and refrigerate for up to 2 weeks.

čakapa? - Rose hips

Recipe by Elise Krohn



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	Labor Day			Free Admission Day Open til 8pm	4.4	
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FIRST 16	17	18	19	20	21	22
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00			00	07		First Day of Autumn
23	FULL 24	25	26	27	28	29
30						

kagičad - elk

Elk Roast

2-3 pound elk roast
1 tsp. mustard powder or 2 tsp. Dijon mustard
3 large camas bulbs
large onion, cut in large pieces
3 carrots, chopped
2 celery stalks, chopped
1/2 cup dried nettles or 1 tablespoon of nettle pesto
3 cloves of garlic, peeled and chopped
1 teaspoon each dried rosemary, sage & thyme
3 c. water, vegetable broth or beef broth
Salt and pepper to taste

Preparation

Rinse elk and drain. Rub mustard on each side. Place vegetables, garlic and herbs in the bottom of a slow cooker or roast pan. Put elk roast on top and cover with water or broth so the roast is just covered. Bring to a boil, then turn down to low and cook for 6-8 hours or until elk comes apart with a fork. Add salt and pepper to taste.

Cook time: 6-8 hours. Serves 4-6.

This easy recipe is the perfect solution to a busy schedule. When elk is cooked slowly, it falls apart and melts in your mouth. Deer or buffalo roast can also be prepared this way

Recipe by Sonja Gee

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spique - wild potato

BONE BROTH

Bones: from poultry, fish, shellfish wild game, beef, shellfish shells and whole fish carcasses. Cold Water: enough to cover the bones Vinegar: a splash, or 2 tablespoons per quart of water Vegetables: Wapato (wild potato), onions, garlic, carrots and celery are tasty additions Herbs: bay leaf, peppercorns and parsley add great flavor.

Preparation

Combine all ingredients in a large stockpot, ensuring everything is completely submerged under water, and bring to a boil. Reduce to a simmer and cook for up to 12 hours. Strain the bones and remnants out of the stock using a colander or sieve lined with cheesecloth. Allow to cool to room temperature and then store in the freezer for up to three months, or in the refrigerator for up to five days. Use your prepared broth as a base for soups or gravy, or as a cooking liquid to replace water. You can also warm it up and drink it like a tea.



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11	Tribal Office Closed * x [~] i? K [~] i g [~] əs?ahčə4 tubtubšadadə4dat Veteran's Day *	13	14	FIRST 15	16	17
18	19	20	21	Tribal Offices 222 Closed x'i? K'i g'əs?ahčə4 ?əst'ig'''idə4dat Thanksgiving Day	Tribal Offices Closed x [°] i? k [°] i g [°] əs?ahčə4 dx ^{°°} lilapə4dat Tulalip Day	24
25	26	27	28	LAST 29	30	 Hibulb Cultural Center Open Free Admission for Veterans

puaý – flounder

Baked Nettle Mushroom Flounder

8 large Mushrooms, sliced 8 ounces of nettles mixed with spinach, chopped 1 tablespoon of mild white jack cheese, finely shredded 10 ounces of flounder fillet

Preparation

Preheat oven to 350°.

Spray skillet with no stick spray and heat skillet over medium heat, add mushrooms and cook 5 minutes then add spinach and/or nettles until wilted. Sprinkle cheese over mixture and stir it all together. Place one quarter of spinach mixture onto the wide end of the fillet and carefully roll. Use a toothpick to hold the end of each fillet roll. Place in baking dish seam side down and add 2 tablespoons of water and 1/2 teaspoon of olive oil. Loosely cover with foil.

> Bake in preheated oven 20 minutes and place under broiler for 2 minutes until golden color. Recipe by Veronica (Roni) Leahy

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Photo Credits Cover: Tulalip Bay, Glen Gobin, Barry Hatch January: Clams in a Basket, Gilbert LE MOIGNE February: Oyster, Adobe Stock March: Nettle Sprouts, pixabay.com April: Douglas Fir Tips, Elise Krohn May: Camas, Elise Krohn June: Red Huckleberry, Elise Krohn July: Hazelnuts, Adobe Stock August: Evergreen Huckleberry, Elise Krohn September: Rosehip, Elise Krohn October: Elk, Ryan Hagerty November: Wild Potato, Elise Krohn, Abe Lloyd December: Starry Flounder, David Csepp Credit Page: Carlos Imani

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