Introduction
Who are the Abenaki (Alnôbak)?

The Abenaki are an Indigenous tribe that traditionally resided in what is now called New Hampshire, Maine, Vermont, and Canada. This population has inhabited the Northeast area since well before colonial contact. This Indigenous group were both a migratory group and hunter-gatherers. This means that the Abenaki regularly traveled from place to place. They foraged for foods provided to them by their creator. Colonization has left a huge mark on the way Indigenous populations are perceived today. Through use of words like “chief,” “tribe” and the other stereotypes surrounding Indigenous populations, the Indigenous culture has been colonialized. Throughout this lesson plan, it is critical to understand how colonialism has morphed the culture and history of the Abenaki.

Harvest Calendar

This curriculum calendar is divided into four seasons. The Abenaki did not traditionally use the Gregorian Calendar (what is used today in Western communities) but a 13 Moons calendar. The Abenaki did not have a monthly system the way that Western culture has now. The 13 Moons calendar was more linked to seasonal foods. The four seasons are:

- **Spring**
  - Siguan (See-g-wan)

- **Summer**
  - Niben (Nee-ben)

- **Autumn**
  - Tagw8go (Taag-wohn-go)

- **Winter**
  - Pebon (Pah-bon)
The 13 Moons calendar details the way in which Abenaki measured the passing of time. There are 13 moons in each cycle which corresponds to the 13 sections on a turtle’s shell. There is strong significance of the turtle for the Abenaki. The creation story of the Abenaki includes the land and mountains of the Earth being shaped on the back of the Great Turtle, Tôlba, by the Great Spirit. North America itself is sometimes known as Turtle Island. Furthermore, the 13 Moons are also closely linked to important yearly events, and line up with the Women’s Moon cycles (cycles of menstruation). To a people who are closely linked to nature and lunar events, these are logical bases to a calendar. The Moon and Sun are both called stars or Kizos in the Abenaki language. The Moon also is called the “All Night Walker” or Nanib8sad.
Indigenous NH Collaborative Collective

Follow [this link](#) to see how the Indigenous New Hampshire Collaborative uses teaching and cooperation with Indigenous populations to decolonize the perceptions of Indigenous cultures. This is a great tool for teachers to read prior to starting the lesson plan to better understand the social justice issues tied to Indigenous knowledge.

Supplemental Resources

**Indigenous NH Collaborative Collective**
This is a site that is run by the Indigenous New Hampshire Collaborative Collective which includes: University of New Hampshire staff and students, members of the Cowasuck Band of the Pennacook Abenaki, archeologists and community members. It details articles about Indigenous culture including but not limited to; recipes, podcasts, current event articles and an interactive map of New Hampshire sites of Indigenous significance.

**Cowasuck Band of the Pennacook Abenaki**
The site of the Cowasuck band of the Pennacook Abenaki is a great tool for teachers to do additional research. It lists some of the indigenous leaders in the New Hampshire community and has available resources to explore indigenous culture within the state.

**Evolving Beauty**
A website with many great lessons and activities surrounding nature, food and the Earth. The resources on the site have been created by Edith Pucci Couchman, who taught for over 25 years around southern New Hampshire and central Massachusetts. Edith is also a talented artist who illustrates her own lesson plans and created all the original art for the Harvest Calendar materials.

**Why Buy Organic and Local Foods?**
This link from Evolving Beauty discusses why buying local and organically is a good choice for health and nutrition. This is a great introductory discussion to have with students before proceeding with the curriculum. It also can be a good resource to give to parents for more information on the lessons and units being taught in the classroom.