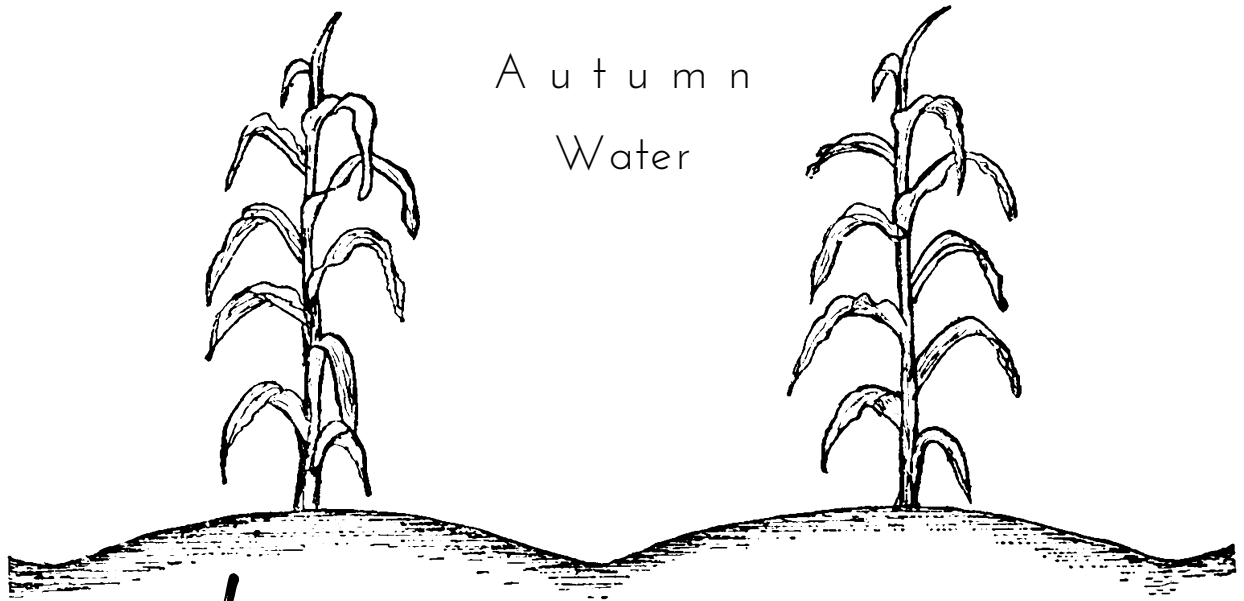


A u t u m n
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The Corn Moon



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The Corn Moon

Most years, the September Full Moon is a Harvest Moon as it falls closest to the autumnal equinox.

Once upon a time, the meaning of the Corn Moon, Fruit Moon, or Barley Moon would have needed no explanation. Many years ago, there wouldn't have been anyone who wasn't aware of what was happening in the fields. While corn was used to describe many grains in Europe, in the United States, the word corn refers to Zea Mays which is native to North and South America. It is one of the most important crops for human societies throughout much of the world.

Many Indigenous tribes tracked and named the moons by what was happening to the corn. There was a Planting Corn Moon, a Green Corn Moon, a Moon When Women Weed Corn, and a Moon When Corn is Silk.

In all parts of the world, community members of all ages would closely watch the crop's progress. When the grain was ripe, the hard work of gathering food for the next year began. It would have been well-known whether the harvest was early or late, abundant, or not. For any society dependent on grain, the Corn Moon meant sustenance, community, and survival.

The Corn Moon

Cereal grains are the world's single biggest source of food energy. The three most commonly consumed types are wheat, rice and corn. Despite widespread consumption, the health effects of grains have been debated.

Traditional and Indigenous cultures that relied on grains for sustenance recognized that grains are seeds. Seeds can be difficult to digest as they've evolved to protect themselves from digestion to increase the chances of reproduction. All whole grains such as wheat, barley, corn, oats, and rice can germinate given the right conditions.

Sprouted grains are seeds that have been triggered to germinate and are eaten before they develop into full-grown plants. This is similar to what we see squirrels do with acorns, bury them for a few days, then dig them up to eat. When grains, seeds, and legumes are soaked, we're initiating the growing process and awakening the nutrition. The idea is that by soaking and sprouting, it reduces phytates and increases mineral absorption, while unlocking nutritive properties, making it more bioavailable and easier to digest.

In many traditional foods, grains of all kinds are made by sprouting, soaking, souring, or fermenting. While our ancestors ate whole grains, they did not consume them as presented in our modern cookbooks. Our ancestors, and virtually all pre-industrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes and casseroles. Soaking and sprouting is one of those pieces of ancient wisdom that was almost forgotten.

Read: [How to soak or sprout seeds, nuts, grains, and legumes.](#)

Celebration Ideas

This cycle reminds us that we are about to go within ourselves.

- Have a feast of thanksgiving.
- Make a kitchen witch or grain doll for protection.
- Make corn foods.
- Make bread or other foods with grains.
- Begin planning the harvest or harvest activities.
- Get some mums or seasonal/early autumn flowers for your front porch.
- Organize your home knowing we will be spending a lot of time indoors soon.
- Notice the balance that comes with the equinox.
- Eat and make apple foods.
- Eat and make pear foods.
- Have a bonfire.

Sources

Sophia Center for Goddess Study Priestess Training Class handouts by Dr. Candace Kant, Professor of History

Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice

Stepping Into Ourselves: An anthology of Writings on Priestesses by Anne Key & Candace Kant

The Old Farmer's Almanac

...and various other sources collect over 20 years. Some are printed, some are handwritten, while others are scribbled on a napkin. I've had many teachers over the years and many of my biggest inspirations came from simple conversations and gatherings rather than formal lessons or rituals. Because of this, I may not always have every source of information but if you recognize something, I would be happy to include and/or link to the original source.