

# Indigenous Food Hubs

## 2025 Harvest of the Month



### AUGUST: WILD RICE

#### CULTURAL SIGNIFICANCE

- Manoomin (Anishinaabe for wild rice) means “the good berry.”
- Many tribes across the continent eat wild rice as a staple and use it in ceremony, social rituals and oral traditions.
- Historically, the super nutrient-dense food was used as a commodity and traded.
- Wild rice is used in soups, salads, and many side dishes and desserts.

#### WILD RICE MOONS

Many tribes refer to one month in late summer/early fall as the “Wild Rice Moon” in their language.

- Ojibwe/Potawatomi: Manoominike-giizis (Moon of Gathering Wild Rice)
- Dakota: Wasutun Wi (Ripe Rice Moon) and Psihnaketu Wi (Wild Rice Storing Moon)

#### WILD RICE HARVEST

Many Eastern Woodlands tribes gather wild rice by hand in a canoe. They use “knockers” as they float through a wild rice bed to gently brush the mature rice grains into the boat while allowing some to fall into the bed as seeds for the next year.

#### NUTRITION AND FUN FACTS

- Three species of wild rice grow in the United States, primarily in parts of the Great Lakes, Texas, Florida, and the Gulf and Atlantic Coasts.
- Wild rice thrives in streams, rivers, and lakes with shallow water, a slow current, and a muddy substrate. Marshes are ideal!
- Wild rice is food for migratory waterfowl, birds and other animals.
- About 99 percent of US-cultivated wild rice is grown in Minnesota and California.
- Wild rice grows up to 10 feet tall with a moderate fire tolerance. It thrives in direct sunlight.
- It is a whole grain and a good source of carbs, fiber, thiamin, niacin, vitamin E, vitamin K, iron, magnesium, potassium and zinc - a very nutrient-dense food!



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## WILD RICE & BERRY SALAD



#### COOK TIME

60 Minutes



#### SERVINGS

8

### INGREDIENTS

- 6 ears sweet corn (or 1½ cups frozen corn, thawed)
- 1 cup blueberries, fresh (or frozen, thawed)
- 1 small cucumber, finely diced
- ¼ cup red onion, finely chopped
- ¼ cup fresh cilantro, chopped
- 1 cup wild rice, cooked
- 1 jalapeno pepper, seeded and finely chopped (optional)
- 4 tbsp lime juice
- 4 tbsp vegetable oil
- 2 tbsp honey or maple syrup
- ½ tsp ground cumin
- ½ tsp salt

### DIRECTIONS

1. In a large saucepan, bring salted water to a boil.
2. Remove husks from corn and add to water.
3. Cook covered for 5 minutes, or until tender.
4. When cool enough to handle, cut corn from cobs.
5. In a serving bowl combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
6. Pour dressing over salad and toss.
7. Cover the salad and refrigerate overnight or up to 24 hours.

For dressing:

1. In a screw-top jar combine lime juice, oil, honey, cumin, and salt.
2. Cover and shake well to combine.

### NOTES

- Wash your rice in cold water. It becomes softer and more pliable.
- Cook on medium-high heat for 35 to 45 minutes until soft.

### DIFFICULTY:

☒ EASY ☐ MEDIUM ☐ HARD







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