

WILD RICE

Zizania palustris



WILD RICE

Dakota: Psín

Anishinaabe: Maanoomin

ABOUT

Wild rice is a unique aquatic grass native to North America. Despite its name, wild rice is not actually a true rice but a type of grass that grows in shallow lakes and rivers, particularly in the northern parts of what is now the United States and Canada. Wild rice has long, slender stems and produces long grains that are dark brown, gray, or black when harvested.

These grains are delicious, with a distinct, nutty flavor and a chewy texture.

HARVEST / PREP

- After harvest, rice is laid to dry on hides or tarps, then parched over a fire in a large kettle
- Parched rice is “danced” on to slide hulls off the grains
- Rice is then winnowed to separate chaff

BENEFITS

- Good source of complex carbs, protein, and fiber
- Rich in vitamin B6, magnesium, and phosphorus
- Can help soothe upset stomach and balance blood sugar levels