

# KEWEENAW GROWN FOOD

# WILD RICE



## PEAK SEASON

Late spring through early fall.

## HOW TO SELECT & STORE

Store in a cool dry area in a sealed airtight container. Uncooked wild rice can also be kept in a freezer. Cooked wild rice will generally stay good for four-to-six days in the refrigerator and six months in the freezer.

## HEALTH BENEFITS

Wild rice has an impressive nutritional profile and is a good source of protein, manganese, phosphorus, magnesium and zinc. It also contains more protein than other types of rice and has similar fiber content to brown rice.

Wild rice is rich in antioxidants, which may help reduce your risk of several diseases. It is considered a whole grain, which has been shown to reduce risk of heart disease and type 2 diabetes.



## CULTURAL SIGNIFICANCE

Wild rice, or Manoomin, carries cultural, spiritual and economic significance for the Anishinaabe people of the Upper Great Lakes region. It is found growing naturally in shallow aquatic wetlands, lakes and streams. Traditional harvesting occurs in late summer/early fall.



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You

can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



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FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**