



MARCH 2019 - QUILTING GROUP

Traditional Foods - Potawatomi Berry Rice

Ingredients

- 1 cup of wild rice
- 2 1/2 cups of water
- 1/4 cup of dried cranberries
- 1 cup fresh berries
- 1/3 real maple syrup
- 1 teaspoon cinnamon

Instructions

- Add wild rice, water, and dried cranberries together in a pot and stir
- Cover and heat on medium for about 45 minutes (the rice is done when the water is gone)
- Once the rice is cooked, add fresh berries of your choice as well as real maple syrup and cinnamon and stir
- Serve warm or cold



Recipe from Citizen Potawatomi Nation
for more information:

<https://www.potawatomi.org/saving-the-good-seed/>

Wild rice

Manoomin - Anishinaabeg for "good berry"
Menomen - Potawatomi for "the good seed"

Wild rice is a part of many creation stories for tribal nations in the Great Lakes Region. Wild rice serves as a spiritual, ceremonial, and nutritional staple for tribal nations.

Wild rice is the only grain native to North America. Wild rice is actually a semi-aquatic grass.

Wild rice nutrients

One cup of wild rice contains:

- 165 calories
- 6.5 grams of protein
- .55 grams of fat
- 3 grams of fiber
- 21% daily value for folate
- 17% daily value for manganese
- 15% daily value for zinc
- 13% daily value for magnesium
- 11% daily values for phosphorus, magnesium and niacin
- 7% daily value for iron