

# manomin

"mun-oo-min"



(wild rice)



Students from several schools in the Eastern Upper Peninsula of Michigan, joined together to research and create Miijim (Food) Cards as a classroom project. Each card features a hand-drawn miijim item available at the Brimley Bay Mills Farmer's Market, paired with the names of each food item in Anishinaabemowin. This project came about after the students visited their local market, which left them wondering if there was a way to incorporate their culture and language more fully into this important hub for the community.

This project was created in partnership with the Sault Ste. Marie Tribe of Chippewa Indians, MSU Extension and the Tribal Food Sovereignty Collaborative, with translation services and voice recordings generously provided by "Aamookwe," Amy McCoy.

The QR code will take you directly to the miijim printed on the front of this card, where you will find further information such as an Anishinaabemowin vocalization and nutrition facts.

For more information about this project and other projects across Michigan go to: [https://www.canr.msu.edu/tribal\\_education/](https://www.canr.msu.edu/tribal_education/)

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# MIJIM (FOOD) CARDS: MANOOMIN (WILD RICE)

## How is it our relative?

Manoomin means the “good berry,” and “it is a food that has long provided both physical and spiritual sustenance to the Ojibwe people. Some teachings relate that the Ojibwe people migrated from the East having been told to settle when they find the food that grows upon the water, which they discovered in the waters of the Lake Superior region. Highly nutritious, manoomin remains important to the Ojibwe diet today and is also one of several feast foods, traditionally served during ceremonies or community feasts.” – Great Lakes Indian Fish & Wildlife Commission



Image created by students from Eastern UP schools.

## Why eat it?

- A low-fat, high-fiber whole grain
- Has more protein than white rice
- Good source of iron, potassium and phosphorus
- It's Michigan's official state grain!



Scan here to hear how manoomin is pronounced!

# RECIPE: STOVETOP WILD RICE

## Ingredients

- 1 c. wild rice
- 3 c. water or broth (use 2 c. if using rice cooker)
- Pinch of salt for taste

## Directions

1. Wash wild rice
2. Heat rice, water, and salt to boiling. Reduce heat and cover.
3. Simmer until wild rice has absorbed the water, about 20 minutes. Wild rice should be tender but not “rolled back”

Recipe adapted from “A Taste of Red Lake Cookbook”

**Nutrition Facts** servings per container 6, **Serving Size 1/2 cup cooked**, Amount per serving: **Calories 83**, **Total Fat .28g (0%DV)**, **Saturated Fat .04g (0%DV)**, **Cholesterol 0mg (0%DV)**, **Sodium 2.5mg (0%DV)**, **Total Carbohydrate 17.5g (6%DV)**, **Dietary Fiber 1.5g (5%DV)**, **Total Sugars .6g**, **Includes 0g added sugars**, **Protein 3.3g (7%DV)**. **Vitamin D 0mcg (0%DV)**, **Calcium 2.5mg (0%DV)**, **Iron .49mg (3%DV)**, **Potassium 82.8mg (2%DV)**, **Phosphorous 67.2mg (5%)**. %DV = % Daily Value based on a 2000 calorie/day diet.

## COOKING TIP

This whole grain has a robust, nutty flavor. When cooked it will triple in volume.

