

HUȚ WICONĪRA WIIRA
January: First Bear Moon

HARVEST OF THE MONTH

SIȚ (WILD RICE)



ABOUT

- Wild rice is the **seed** of an **aquatic grass** that grows in shallow lakes and marshes. It is native to North America.
- **Nutrition:** Wild rice provides 166 calories, 35 grams of carb, 3 grams of fiber, 6.5 grams of protein and 0.5 grams of fat per 1 cup serving

GATHERING

- Wild rice is traditionally harvested by **canoe** in early fall.
- Canoeing through the plants, the grain heads are bent and knocked using wooden poles or "flails" to **thresh** the seeds into the canoe.
- After harvesting, the wild rice is **parched**, the **hull removed**, and any remaining debris **cleaned out** by hand.



STORE

- Store **uncooked** wild rice in a dry and cool place in an air-tight container.
- Store **cooked** rice in the fridge for 3 to 4 days or in the freezer for 6 to 8 months.

WILD RICE PILAF

Ingredients

Makes 6 servings

- 1 tablespoon of oil
- 1 large onion, chopped
- 1 cup chopped carrot
- 1 cup sliced celery
- 1/2 tsp. garlic powder
- 1- 1/2 cups wild rice blend
- 3-1/2 cups of vegetable broth (or water)
- 2 tablespoons chopped fresh parsley (optional)



Directions

1. Heat the oil in a large saucepan.
2. Add the onion, carrots, and celery. Cook until tender.
3. Add the garlic powder, wild rice, and broth (or water).
4. Heat on medium high heat till it reaches a boil.
5. Cover and cook on low heat for 45 minutes or until rice is tender.
6. Stir in parsley if desired.

Nutrition

1 serving = 1/6 a recipe

Calories: 202

Total Fat: 3 g

Total Carbohydrate: 40 g

Protein: 5 g

For more Information
Contact a HCN Registered
Dietitian/ Nutritionist:

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<https://naldc.nal.usda.gov/download/29993/PDF>, <https://food.unl.edu/now-youre-cooking-brown-rice>

Recipe adapted from: White & Wild Rice
Pilaf Recipe - Food.com

