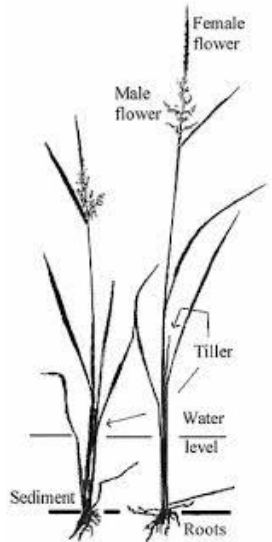




# Northern Wild Rice Species Fact Sheet



Official State Grain of Minnesota!



## What is Northern Wild Rice?

- ✦ An aquatic, annual grass native to North America that grows in our lake and river systems.
- ✦ There are four species of wild rice. *Zizania palustris* is the species commonly cultivated for grain.

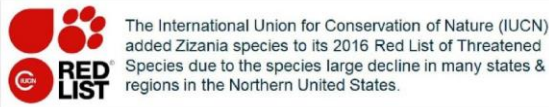
## Nutritional Content

- ✦ Not only tasty but very nutritious!

Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	103	124
Protein, g	3.27	2.13	2.77
Fat, g	0.28	0.22	0.98
Dietary Fiber, g	1.50	0.30	1.60
Total Carbohydrate, g	17.50	22.25	25.84
<b>Minerals</b>			
Phosphorus, mg	67.00	34.00	104.00
Iron, mg	0.49	0.95	0.57
Potassium, mg	83.00	28.00	87.00
Zinc, mg	1.10	0.39	0.72
<b>Vitamins</b>			
Riboflavin, mg	0.07	0.01	0.07
Niacin, mg	1.06	1.17	2.59
Vitamin E, mg	0.20	0.03	0.17

Source: USDA National Nutrient Database for Standard Reference, Leacy Release (2018).

## A Species in Decline?



- ✦ Some native stands have been lost, highlighting the importance of conservation efforts for the species

## An Important Grain

### A human food source

- ✦ hand-harvested in canoes on Minnesota waterways
- ✦ Grown in managed paddies



### A sacred gift

- ✦ integral to the culture and identity of Anishinaabeg and Dakota peoples
- ✦ aka manoomin and psin



### A natural resource

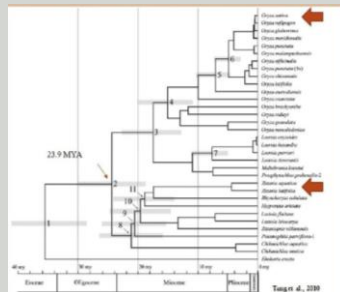
- ✦ Important habitat and food source for wildlife species including fish and waterfowl



## Scientific Classification

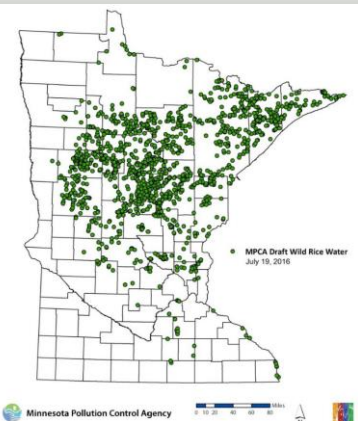
Kingdom: Plantae  
 Clade: Angiosperms  
 Clade: Monocots  
 Order: Poales  
 Family: Poaceae  
 Subfamily: Oryzoideae  
 Tribe: Oryzeae  
 Subtribe: Zizaniinae  
 Genus: *Zizania*  
 Species: *Zizania aquatica* L.  
*Zizania latifolia* Turcz.  
*Zizania palustris* L.  
*Zizania texana* Hitchc.

## Northern Wild Rice is Closely Related to White Rice



## Distribution and maintenance of natural stands

- ✦ Located on both state and tribal lands
- ✦ Annual fluctuations are common
- ✦ Harvesting permits are required



## Popular Wild Rice Recipes



Wild rice chicken soup



Wild rice pilaf



Wild rice vegan burger



Wild rice, cranberry, orange muffins

## References:

Tang, L., et al. (2010). Phylogeny and biogeography of the rice tribe (Oryzoae): Evidence from the combined analysis of 20 chloroplast fragments. *Molecular Phylogenetics and Evolution* 54(1):266-277.

Oelke, E.A. et al., (1997). Wild rice: new interest in an old crop. *Cereal Foods World* 43:234-247.