

WILD RICE

THE FOOD THAT GROWS ON WATER

Mature Wild Rice¹



As far as we know, wild rice has always existed in Eastern Ontario. The "rice bowl" historically looked something like this but current rice locations are largely unknown.

Manoomin is the only native grain to North America. It's not classified as rice, but as a grass that grows yearly in shallow waters.

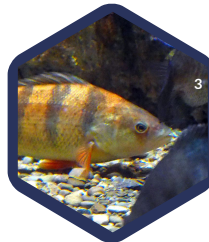
Wild Rice Is...



Manoomin (man-oh-min). Its grains have been used by Indigenous peoples of North America for thousands of years.

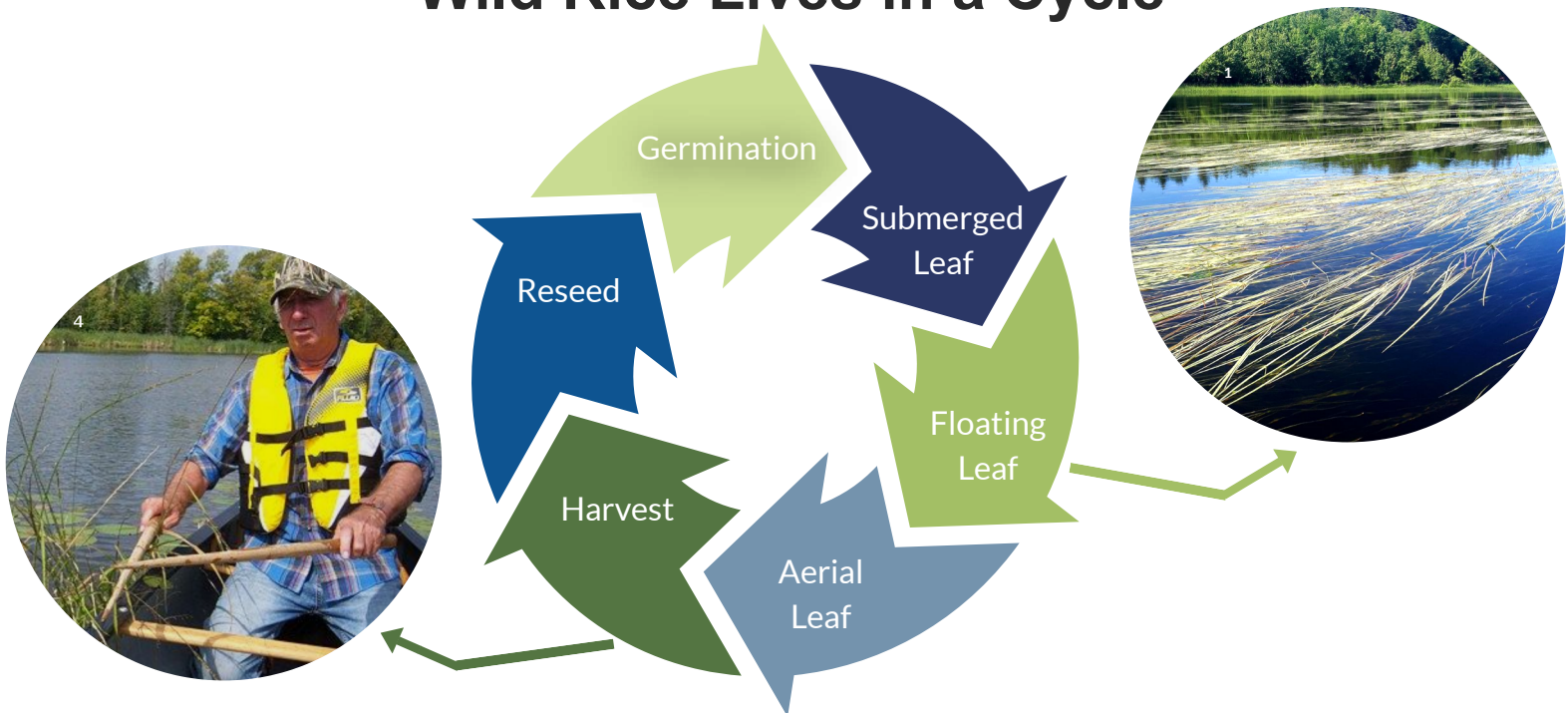


Important food and shelter for many species of birds and fish, including species at risk like the least bittern and black terns.

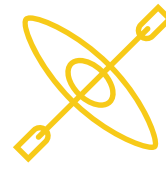


Improving water quality where it is present. This makes the water not only better for fish like yellow perch, but for humans as well.

Wild Rice Lives in a Cycle



Long ago, a prophet with a vision from the Creator called the Anishinaabe to **move west** until they found the place **"where food grows on the water"**



Indigenous Peoples and wild rice have been taking care of one another since time immemorial. The relationships wild rice shares with humans and non humans alike will keep our ecosystem healthy for generations to come.



5

"Wild rice was never signed off on any treaty, so it was always protected for Indigenous peoples"⁸



6



"All peoples should be able to access and use healthy, sustainable and culturally appropriate foods"⁹

THREATS TO WILD RICE



Boat wakes can tear up young and mature wild rice plants

Extreme flooding by lock systems or drought can be fatal to rice



Common Carp invade rice beds and uproot rice plants

Shoreline development and shallow water clearing can damage potential habitat



Once removed, other plants like water lilies can overgrow the area, outcompeting rice

Small separated patches are more vulnerable than large beds



PHOTO CREDITS

¹Alicia Mckeough, ²Immogen Warren via Shutterstock, ³David Ellis via Flickr, ⁴Valerie Macdonald, ⁵Leslie Seaton via Flickr, ⁶Iola Oshoweetok, ⁷Eli Sagor via Flickr

QUOTATION CREDITS

⁸ Beaver, J. (n.d.) Personal communication
⁹Blinick, G. (2012). Manoomin (wild rice) in the Kiji Sibi (Ottawa River) Valley: An exploration of traditional food, development, and decolonization [Master's Thesis]

ADAPTATION OF

Cameron, J. (2020). Manoomin: The food that grows on water. Lanark, ON: Plenty Canada



613 278 2215

info@plentycanada.com

www.plentycanada.com

