

## CSFP Newsletter

*Nutrition Information and Resources for Minnesota CSFP Clients*

### Minnesota Wild Rice: A Taste of the Wild



#### The History on Minnesota Grown Wild Rice

Minnesota wild rice, also known as Manoomin in the Ojibwe language, means “good berry” or “good seed” and is native to the state. It was adopted as the official state grain in 1977 and is a culturally significant food for the Ojibwe people and is found growing in the cool waters of northern Minnesota.

Although it is called “wild rice” due to its grain shape and aquatic nature, it is not a true rice grain. It is the seed of semi-aquatic grass with an edible grain. Minnesota has more natural wild rice acreage than any other state in the Union. It is mainly grown in Aitkin, Cass, Crow Wing, Itasca, and St. Louis counties.

Early in the summer, the plants bloom with tiny maroon and gold flowers, and by late summer, their seeds mature into dark brown kernels. The wild rice is harvested between mid-August through mid-September and is available at most Farmer’s Markets in the state.

#### Nutrition Profile and Possible Health Benefits

Its flavor profile is earthy, nutty, and slightly mineral-like and was recognized as a whole grain by the United States Food and Drug Administration (FDA) in 2006.

Wild rice is slightly higher in protein than white rice and brown rice and is a good source of fiber, folate, magnesium, phosphorus, manganese, zinc, Vitamin B6, and niacin. Research on the health benefits of wild rice is limited, because the grain contains such a small part of the food supply. The few studies that do exist, however, show great promise.

Wild rice is a balanced food source. It’s low in calories, is gluten free, and has protein and fiber. A nutrient of note is that it has manganese, which is an antioxidant and plays an important role in keeping cells healthy and maintaining a healthy metabolism.

**Wild Rice at Minnesota Farmer's Markets:** Minnesota wild rice can be found at farmers markets throughout Minnesota, especially at larger ones, as vendors like [Ojibwe Wild Rice](#) and [Autumn Harvest Ojibwe Wild Rice](#) are at local markets like the St. Paul Farmers' Market and the Stillwater Farmers Market.

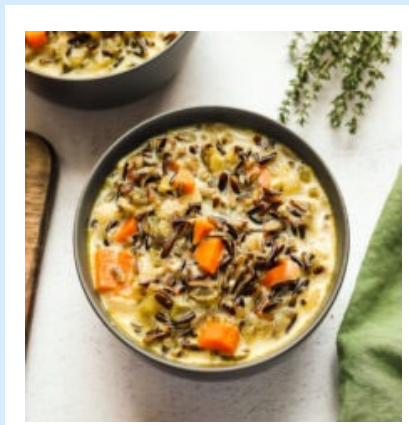
When selecting wild rice, be sure the wild rice is clearly labeled as being from Minnesota, as Minnesota law requires a specific labeling for wild rice sold in the state, per Minnesota Statute § 30.49.

## Minnesota Wild Rice Soup

**Yields:** 5 Servings

### Ingredients:

1/6 cup olive oil  
¼ cup minced onion  
¼ cup diced celery  
½ cup diced carrots (or CSFP canned carrots)  
1 tablespoon minced garlic  
½ cup all-purpose flour  
3 cups vegetable broth  
4 cups wild rice  
1 cup half and half



### How to Make It:

**Step 1:** Heat oil in a large pot over medium heat. Stir in garlic, onion, and celery, and cook until the onion has softened and turned translucent, about 5 minutes.

**Step 2:** Stir in flour and cook for 3 minutes more. Pour in the vegetable broth, then bring to a boil. Reduce heat to medium-low, and simmer for 10 minutes, stirring frequently. Stir in wild rice, carrots and return to simmer. Cook until the carrots are tender, about 5 minutes. Stir in half and half and cook until warmed through. Season with salt and pepper to taste before serving.

**Tip:** If using the CSFP canned vegetables, keep in mind they are already cooked. They can be added towards the end of the cooking process to prevent them from becoming mushy.

**Explore Different Options:** A variety of canned vegetables can be used in soups, including diced tomatoes, corn, green beans, carrots, potatoes, and beans. Use CSFP canned/pouch chicken to add heartiness to the soup.

### References:

1. *Wild rice management*. (n.d.). Minnesota Department of Natural Resources. <https://www.dnr.state.mn.us/wildlife/shallowlakes/wildrice.html>
2. *Office of the State of Minnesota Secretary of State*. (n.d.). <https://www.sos.mn.gov/about-minnesota/state-symbols/state-grain-wild-rice/>
3. *Sec. 30.49 MN Statutes*. (n.d.). <https://www.revisor.mn.gov/statutes/cite/30.49>
4. Yang, S., et al. (2025) A Comparative Nutrient Analysis of Multiple Saskatchewan Wild Rice (*Zizania palustris* L.) Populations and Commercially Available Grains. *Journal of Agriculture and Food Research*, 101866. <https://doi.org/10.1016/j.jafr.2025.101866>.