



How We Talk About our Earth: Manoomin

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Manoomin: Ojibwe Spirit Food

Opening Prayer

- Roger LaBine

Presentation

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Closing Questions

- All present welcome to participate.



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Responsibilities
to Mother
Earth:

Creation Story

Migration Story



Manoomin

- ▶ Manoomin, the Ojibwe word for wild rice, directly translates into “**the good berry.**” This word reflects the importance of this healthy staple food to the Ojibwe diet. An aquatic grass rich in protein and low in fat, Manoomin has been an important part Ojibwe life since their arrival to the Great Lakes from the East Coast.



Cultural Importance of this sacred gift from the creator's Manitou Getegaan/Spirit Garden

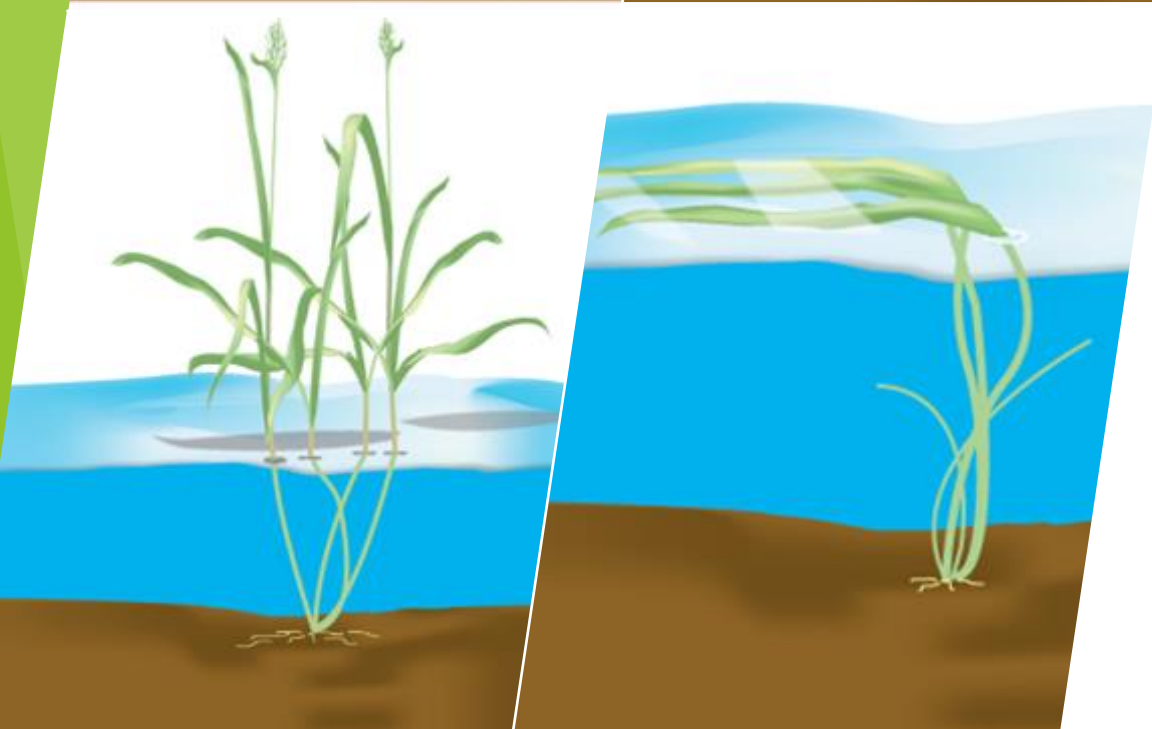
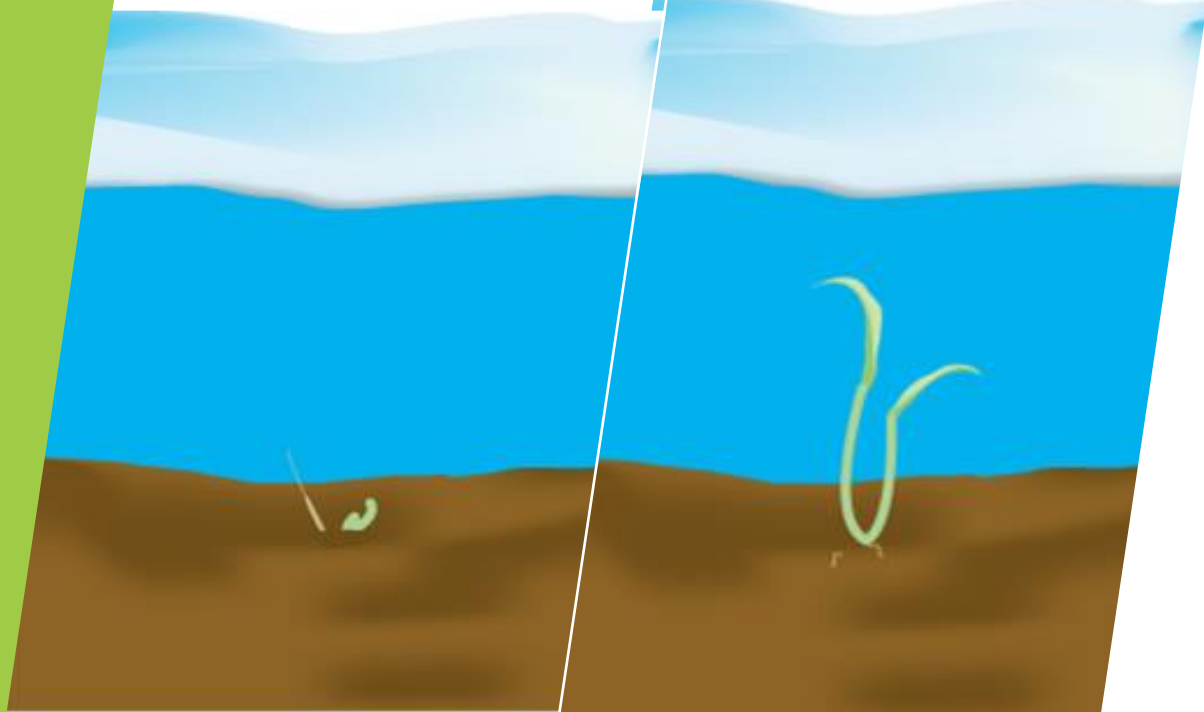
- ▶ The wild rice not only fulfilled the great prophecy and helped to sustain the people through harsh winters, but also became a staple at feasts and ceremonies being offered on spirit plates to those just beyond. As well as being eaten by those in attendance.
- ▶ Manoomin harvest was and remains a time of celebration and thanksgiving, a time for the community to come together in harmony to work, laugh, gather and store
- ▶ It is a source of daily nutrients, a gift given in thanks and a cherished item to be used in bartering.
- ▶ Manoomin also plays a key role in where reservations are found

Ecological Importance: The connection to all things

- ▶ Manoomin plays an integral part in the ecosystem in which it is found. Not only for the people who found their way to this good berry, but to all the creatures, plants and waters which surround it.
- ▶ The rice plant itself serves as cover for breeding winged ones, invertebrates, reptiles, amphibians, muskrats and other four-legged ones.
- ▶ The seeds are nutritious for waterfowl and migratory birds
- ▶ The roots of the plant help to maintain water quality and clarity, it brings together loose soil and gathers nutrients
- ▶ This plant helps with filtration and the prevention of algae blooms and higher temperatures in the water.
- ▶ We are the land, and the land is us, it is part of who we are. We are all connected, and we all have a role to play

Habitat Requirement

- ▶ Water:
 - ▶ Water Depth of .5 - 3.0 Ft.
 - ▶ Clear flowing water that can maintain steady levels during early growing phases
 - ▶ Water should fluctuate
 - ▶ Water clarity
 - ▶ With little competitive vegetation
 - ▶ Minimum shade to the bed
 - ▶ Black organic mucky/muddy soil



Manoomin Life Cycles

Manoomin Harvesting tools:





Manoomin Processing tools:





Hand Harvested vs. Paddy Rice

Comparing Wild Rice to White and Brown Rice:

Wild rice is a good source of dietary fiber, protein, niacin, folate and zinc.

Dietary fiber can help lower cholesterol, help control blood sugar levels, helps maintain the feeling of fullness after eating, and normalizes bowel movement.

Protein is important for adequate growth and development. However, wild rice is not a complete source of protein and should be consumed with legumes, dairy, or meat.

Niacin is a B vitamin that helps the skin, digestive and nerve systems function and plays a role in turning food into energy.

Folate or Folic Acid is a B vitamin that help tissues grow and cells to function. It is very important during pregnancy to prevent birth defects such as spinal bifida.

Zinc is a mineral that helps the immune system fight bacteria and viruses, plays a role in wound healing, and from pregnancy through childhood is needed to grow and develop properly.

Comparison of Micronutrients of Wild Rice, Brown Rice, and White Rice

Nutrient	White Rice	Brown Rice	Wild Rice
Dietary Fiber	~10%	~15%	~12%
Protein	~10%	~15%	~12%
Thiamin	~10%	~15%	~12%
Riboflavin	~10%	~15%	~12%
Niacin	~10%	~15%	~120%
Vitamin B-6	~10%	~15%	~12%
Folate	~10%	~15%	~12%
Folate/Folic Acid	~10%	~15%	~12%
Iron	~10%	~15%	~12%
Zinc	~10%	~15%	~120%

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White Rice, Brown Rice, Wild Rice, What's the Difference?

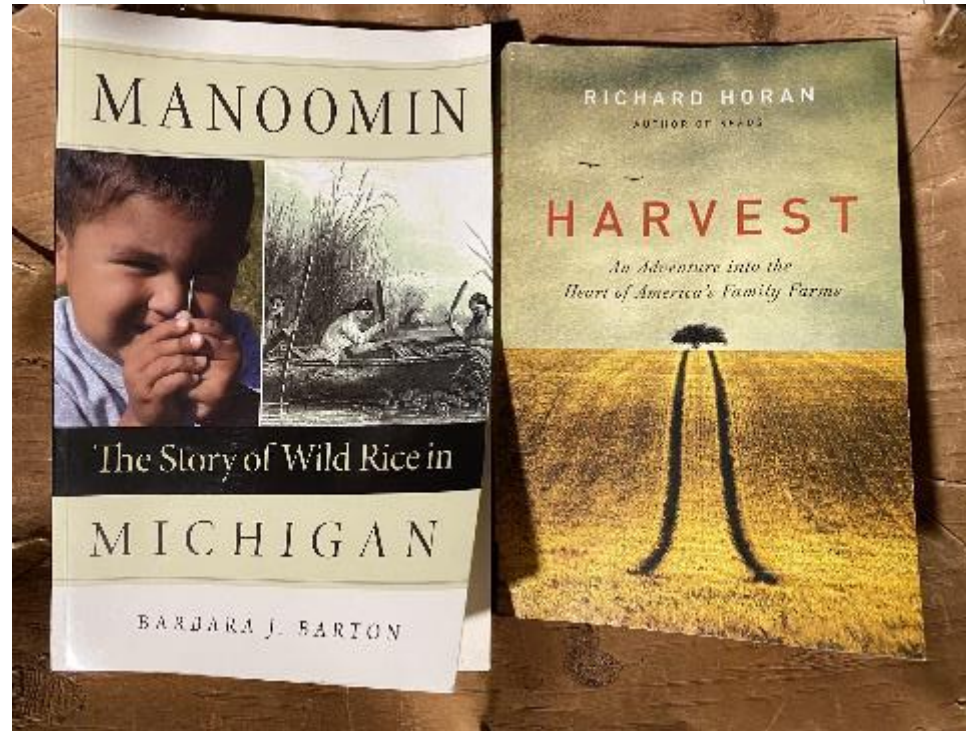
Wild rice is known as manoomin in Ojibwe and can be translated as "the good berry".

Nutritional Comparison of White Rice, Brown Rice, and Wild Rice

	White Rice	Brown Rice	Wild Rice
Dry Weight (Volume)	46.3g (1/2 cup)	46.3g (1/2 cup)	46.3g (1/2 cup)
Calories	170	170	165
Fat	0g (0% DV)	1.5g (2% DV)	0.5g (1% DV)
Cholesterol	0mg	0mg	0mg
Sodium	0mg	0mg	0mg
Total Carbohydrates	37g	36g	35g
Protein	7g	7g	14g

"Manoomin is an aquatic grain, or a cereal. A truly healthy natural food, uncooked wild rice contains more than 12 percent protein and is richer in protein than white rice and most other grains. Gluten free, low in fat... manoomin has more overall nutrition than any other food once available to the native diet." (manoomin.org)

Manoomin in Michigan



Threats to *Manoomin*:

- ▶ Hydraulic changes (Natural and manmade, Ditches and drainage)
- ▶ Water quality (Sulfate, Mercury, Phosphates, Acid rain, discharge)
- ▶ Climate Change (Increased storm activity, droughts, disease-fungal and bacterial)
- ▶ Water clarity
- ▶ Recreational and sporting vessels
- ▶ AIS
- ▶ Natural vegetation

Opportunities Regarding Manoomin:

- ▶ Restoration
- ▶ Enhancement
- ▶ Reintroduction
- ▶ Research
- ▶ Monitoring
- ▶ Inventory
- ▶ Management
- ▶ Outreach/Education
- ▶ Consulting
- ▶ MWRI
- ▶ NOAA
- ▶ Drafting regulations for harvesting and restoration

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