



**Pawāhan Kēsoq**  
Rice gathering moon

**Manōmaeh**  
wild rice

**Pawāham**  
He/she is gathering rice

**Pawāhekanāhtekan**  
Rice sticks

**Maeqtekōs**  
Canoe

**Pōskāqtam**  
He/she winnows rice



**Atāēhemen**  
Strawberry

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

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# WILD RICE BERRY SALAD

## INGREDIENTS

- 1 1/2 cups Wild Rice
- 4 1/2 cups hot water
- 1 quart fresh strawberries (about 4 cups)
- 1/4 cup dried cranberries
- 6 ounces fresh blueberries (about 1 1/4 cups)
- 6 ounces fresh blackberries (about 1 1/4 cups)
- 6 ounces fresh raspberries (about 1 1/4 cups)

Recipe from Mino Wiisinidaa!

1. Using a large sauce pan, combine rice and water, cover with a lid and allow to soak for at least 8 hours.
2. After soaking, uncover sauce pan and bring rice to a boil over high heat
3. Once boil starts, turn off heat and remove rice, cover, and let sit 10 minutes
4. Drain and rinse with cold water until cool. Drain well and add maple syrup and mix thoroughly
5. Refrigerate mixture until chilled, about 3 hours
6. Before serving, rinse strawberries and cut off leaves and stems. Cut strawberries into bite size pieces and place in a separate bowl. Mix in cranberries.
7. Remove rice from the refrigerator and gently fold in strawberry mixture until combined
8. Clean remaining berries, cutting any large berries in half. Gently combine in a medium bowl
9. In a large serving bowl, alternatively pour in portions of the rice and berry mixture to prevent the softer fruit from breaking into small pieces
10. Serve chilled