

**Hearty Meals from the Garden with Minneapolis Edible Boulevards**

November 12, 2022: 11:00 a.m. - 12:00 p.m. on Zoom

**Berry Wild Rice Salad**  
**With Derek Nicholas**

**Grocery List/Ingredients** (10/6: in the next few days, this will be updated with the quantity of ingredients so you can purchase the correct amount.)

¼ c. Wild Rice\*  
¼ c. Quinoa  
¾ c. Strawberries  
¾ c. Blueberries  
1 c. Cucumber  
4 c. Mixed Salad Greens  
2 T. Sunflower Seeds  
2 T. Pepitas  
¾ c. Dried Cranberries  
1 1/3 c. Water  
1 1/2 T. Maple Syrup

\*If at all possible, we encourage you to purchase wild rice sold by the tribes and our Native relatives. The “cheap” paddy wild rice created by the U of M in the 60s has had a disastrous impact on the economy of our Native nations where wild rice still grows. Most local co-ops sell Manoomin from Minnesota Chippewa Tribes or Red Lake Nation.