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
3/4 c. Strawberries
3/4 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.