



As Seen In

# Chronicle

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## *The Burning History of the Charcoal Briquette*



**Grand Haven's Great Tree-Planting Bee**

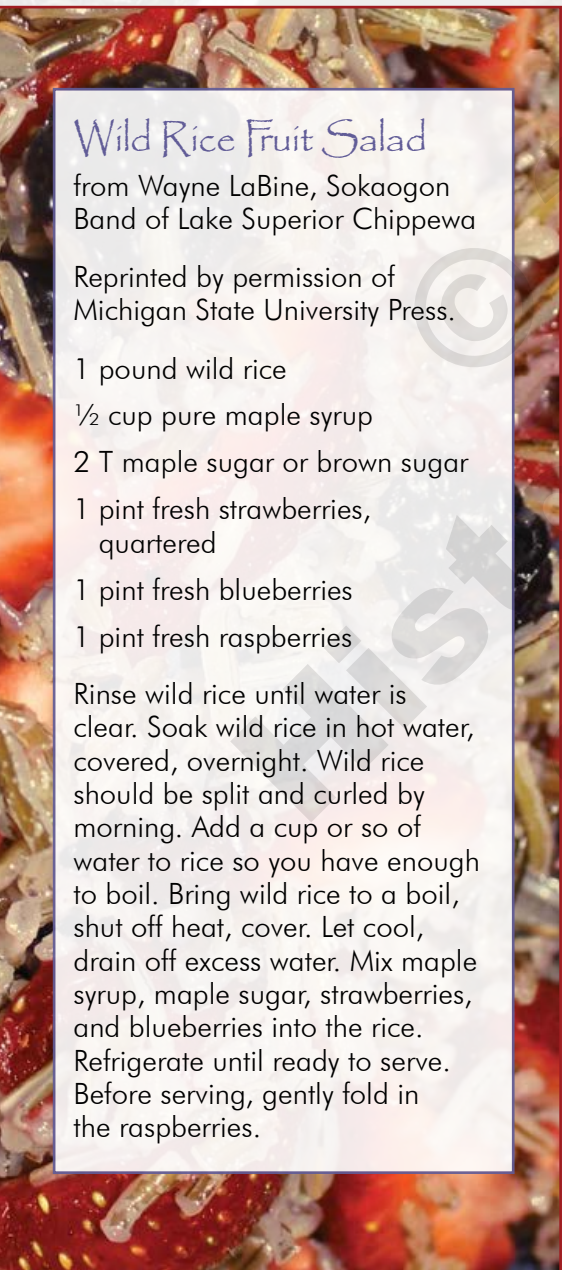
**Frank W. May's Spirit of Enterprise**

**Into the Fire and Flames: Bay City's Boys on the U.S.S. Maine**

**Manoomin: Michigan's Native Grain**



*Traditional ricers Charlie and Terry Fox harvesting in Rice Bay on Lac Vieux Desert in 2014. (Photo courtesy of Charles Rassmussen, Great Lakes Indian Fish and Wildlife Commission.) Recipe background image: Wild Rice Salad. (Photo courtesy of the Great Lakes Indian Fish and Wildlife Commission.) Page background image: A view of wild rice harvested inside a canoe. (Photo courtesy of the author.)*



### Wild Rice Fruit Salad

from Wayne LaBine, Sokaogon Band of Lake Superior Chippewa

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- 1 pound wild rice
- ½ cup pure maple syrup
- 2 T maple sugar or brown sugar
- 1 pint fresh strawberries, quartered
- 1 pint fresh blueberries
- 1 pint fresh raspberries

Rinse wild rice until water is clear. Soak wild rice in hot water, covered, overnight. Wild rice should be split and curled by morning. Add a cup or so of water to rice so you have enough to boil. Bring wild rice to a boil, shut off heat, cover. Let cool, drain off excess water. Mix maple syrup, maple sugar, strawberries, and blueberries into the rice. Refrigerate until ready to serve. Before serving, gently fold in the raspberries.

# MANOOMIN

## Michigan's Native Grain **by Barb Barton**

Michigan has an abundance of nutritious wild foods, including mushrooms, nuts, roots, a variety of fish and game species, maple sugar, berries, and greens. Those foods, often referred to as the first medicines, were historically the only nutrition for the Native peoples of this land. Many wild foods were incorporated into the diets of the European colonizers as they moved into the area—yet today, much of that precious knowledge of using wild foods has been lost. Our wild foods menu has been whittled down to just a small percentage of what we once enjoyed on our dinner tables.

Few people outside the tribal communities have heard about a protein-packed wild grain that grows in Michigan, perhaps because it was more abundant 100 years ago than it is today. The Anishinaabek—Ojibwe, Odawa, and Potawatomi—know about wild rice, or Manoomin “the good berry,” because it is central to their traditional migration story. Long ago, the People of the Three Fires lived on the northeast coast of what is now the United States. The story says that they were visited by several prophets, two of whom advised them to travel westward to the “place where food grows on water” or else they would be destroyed. And so, the Anishinaabek began their long journey toward the land of the setting sun. When they arrived in the Great Lakes region, they finally found the food that grows on water—wild rice.

It is difficult to find hand-harvested wild rice for sale in Michigan. Most of the places advertising it are actually offering paddy-grown rice, a domesticated version. True Michigan

wild rice is harvested from canoes, hand-parched, and “danced” on to remove the hulls—although today a machine is often used in place of “dancing.” Sadly, there are few ricing lakes left in the state, and thus the supply of wild rice available for sale is extremely limited.

The LaBine family, most of whom are members of the Lac Vieux Desert Band of Lake Superior Chippewa in the western Upper Peninsula, has riced for generations and cooks with Manoomin on a regular basis. Dishes are often made with whatever ingredients are available, with a pinch of this and a handful of that. A visit to the home of Terry Fox, nee LaBine, will almost always find a pot of Manoomin cooking on the stove to be used in soup or as a side dish. The oldest brother, Roger, is well-known for his tasty walleye recipe and also makes a delicious popped wild rice trail mix. By far, the family's favorite dish is wild rice fruit salad, a tasty recipe brought home from a Midewiwin ceremony in Roseau River, Manitoba, by Wayne LaBine, a member of the Sokaogon Band of Lake Superior Chippewa. The recipe uses seasonally available fruits and requires patience and great care. But it is well worth the effort for both taste and nutrition! 🍷

**Barb Barton** is an author, endangered species biologist, wild foods forager, and singer-songwriter. She has worked on wild rice conservation and education since 2008 and her new book *Manoomin: The History of Wild Rice in Michigan* (MSU Press) will be released June 2018.