PLANT FACT SHEET

Zizania palustris L.

GENUS *Zizania* **FAMILY** Poaceae

COMMON NAMES Northern wild rice

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The grains are cooked and eaten like rice.

DESCRIPTION

A grass which grows in water. It grows each year from seed. It grows 60-70 cm tall. It can be 160 cm tall. It has a shallow rooting system. The stems tiller or form shoots from the base. There can be 50 tillers per plant. The leaf blade is narrow. It is 6-32 mm wide. There are often 5-6 leaves above the water. The flowers are on a slender, much branched panicle. The lower male spikelets hang down while the upper female spikelets are erect. The seed is like a cylinder and 8-16 mm long by 1.5-4.5 mm wide. They are dark brown to purple-black. The grain is tightly enclosed.

HABITAT

It is a temperate plant. It can be grown like water grown rice. It grows in deeper and cooler water.

PRODUCTION

Cultivation

The plants are grown from seed. The seed are dormant for 3 months before they will grow. Seed should be stored in water below 3°C to keep them viable.

Harvesting and Seed Production

Yields or 480-1250 kg/ha are average. The open grains are allowed to ferment in the open air for 4-7 days after harvest. The fermented grain is then dried in an oven for 2 hours at a temperature over 125°C.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7b08a696-0d81-4fca-9515-1722256874b1