



Indigenous Voices

Food Sovereignty

May 27, 4–5:30pm

As we move through the month of May and the new moon, we are reminded that this is the time for planting. Food is on our minds, when should we plant, what should we plant, what can we harvest, how can we best honour the gifts that Creator has given us? This month we welcome a special guest who has focused their ways of life on food sovereignty, living from the land and what it provides. Join us as they lead us through a cook-a-long followed by a presentation on their journey of reclaiming traditional food practices.



Kanina Terry

Kanina Terry is Anishinaabe (Ojibwe) from Obishikokaang (Lac Seul First Nation) and lives in the traditional territory of Obishikokaang, in Sioux Lookout, Ontario. She is passionate about her son and family, food, hide tanning, and creating things with her hands. Kanina is determined to reclaim knowledge and skills denied her as a result of assimilation, colonialism, and residential schools. A trained chef, former caterer, and culinary arts instructor, Kanina has been working with food, specifically Indigenous foods, recipe development, education, resources and systems since 2013.



See page 2 for the **Roccan Manoomin Salad** recipe to participate in the cook-a-long.

Presentation via Zoom. Register in advance for this meeting at:

[westernuniversity.zoom.us/meeting/register/tJYpdO2vqDIth9JGccP06DN4-DPG7cElfAcH](https://westernuniversity.zoom.us/join/91252802974)

After registering, you will receive a confirmation email containing information about joining the meeting.



INGREDIENTS

Salad:

2 cups cooked manoomin* (can substitute with cooked quinoa)

2 cups grated carrots

1 cup finely sliced kale

and/or 1 cup grated zucchini

1 apple, chopped

½ cup raw sunflower seeds

¼ cup chopped cilantro

Dressing:

½ cup vegetable oil or extra virgin olive oil

2 tbsp fresh lemon juice

2 tbsp apple cider vinegar

2 cloves garlic, crushed or minced

1 tsp ground cumin

½ tsp sweet or smoked paprika

¼ tsp salt (to taste)

Mix together salad ingredients in a large bowl. Add dressing ingredients to a small bowl and mix with a fork or whisk. Pour dressing over the salad ingredients and combine well. Cover and refrigerate for a minimum of 2 hours to let the flavours blend together.

Manoomin cooking tips:

1 cup of dried manoomin makes approximately 4 cups cooked manoomin. Add manoomin (1 cup) and water (3 cups) to a sauce pot and bring to a boil. Cover and reduce heat to a simmer and cook for 45-50 minutes or until manoomin is no longer crunchy and has bloomed (opened up). A pre-soak helps to increase the volume of the manoomin and reduce cooking time. To pre-soak, pour boiling water over manoomin and let sit for 30 minutes before cooking. Manoomin can be cooked ahead of time and stored in the refrigerator for 2 days or frozen.

**manoomin is wild rice in Anishinaabemowin*

