

[Home](#) > [Nature](#) > [Plants](#) > [Aquatic Plants](#) > [Emergent Plants](#) >

## Plants

- [Aquatic plants](#)
- [Ferns, lichens, mosses](#)
- [Trees & shrubs](#)
- [Wildflowers](#)
- [Gardens & landscaping](#)
- [Rare plants](#)

## More information

- [Nature viewing](#)
- [Rare Species Guide](#)
- [Research Reports](#)
- [AniMap - Animal Maps](#)
- [Nuisance animals](#)

[Minnesota's Symbols](#)  
[Coloring Book](#)

[PDF](#)

# Wild Rice (*Zizania aquatica*)

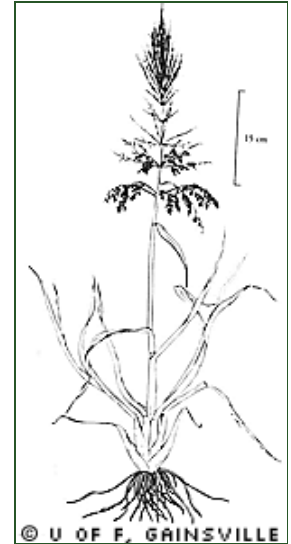


**Location:** Northern Minnesota lakes, marshes, and streams; water 6 inches to 3 feet deep.

**Description:** Grows above water surface; is rooted in soft, mucky sediment; clusters of green, ribbon-like leaves are tapered; leaves float on the surface during late spring and early summer; stalks grow 3 to 10 feet tall by early July.

**Hints to identify:** Wild rice generally grows in calm, clear water, in soft mucky lake or stream bottom; grains are yellow or red and appear at the tip of the stalk in August.

**Importance of plant:** Wild rice has a higher protein content than most cereal grains, making it a good food for wildlife and humans. Wild rice attracts many wild birds, especially waterfowl and red-winged blackbirds, and it also provides nesting cover for waterfowl.



**Management strategy:** See [DNR regulations](#). It is best to let wild rice grow. In addition to providing good habitat for wildlife, wild rice is a substantial food crop worth at least \$2 million to the state's economy each year.

**Harvest report:** [This report](#) examines the characteristics of Minnesota wild rice harvesters; assess current harvest levels and harvester satisfaction; assess current natural wild rice harvest use of Minnesota lakes and rivers; solicits wild rice harvester opinions of current state regulations and proposed revisions; determines factors that limit wild rice harvesting; identifies information needs of wild rice harvesters and the best means to deliver that information; and determines support for natural wild rice management priorities.