Wild Foods & More
Introductions

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**Agenda**

**Topic Areas:**
- Procurement
- Crediting
- Food Safety + Inspection Standards
- Meal Pattern
- Recipe + Menu Ideas

**Food Categories:**
- Mushrooms
- Wild Rice
- Berries, Fruit + Juice
- Weeds
- Maple Syrup
- Honey
- Microgreens
- Sprouts
Mushrooms

Cultivated or Wild
Cultivated mushrooms are product of the farm if sold by the farmer who grew them.

No license required.
Cultivated mushrooms sold by some other entity, such as a food hub:

That entity needs a food handler license from MDA.
Wild-harvested mushrooms:

More complicated!
Wild-harvested mushrooms

Summary:
- Seller harvests on own property or is a tribal member with gathering rights: no license
- Otherwise: food handler license
- Seller must be registered with MDA as a certified wild mushroom harvester
When sold to a school, the seller must be registered with the MDA as a certified wild mushroom harvester.
Certified wild mushroom harvester

- Take the accredited training with the Minnesota Mycological Society
- Register with MN Department of Agriculture
Certified wild mushroom harvester database:

www.mda.state.mn.us/certified-wild-mushroom-harvester-database
Wild-harvested mushrooms

- If harvested from land occupied and cultivated by the seller, mushrooms are product of the farm. No license required.
- Schools can only buy from a registered, certified wild mushroom harvester.
Wild-harvested mushrooms

- If the seller is a tribal member with gathering rights, they do not need a license to sell wild mushrooms.

- Schools can only buy from a registered, certified wild mushroom harvester.
Wild-harvested mushrooms

Summary:

- Seller harvests on own property or is a tribal member with gathering rights: no license
- Otherwise: food handler license
- Seller must be registered with MDA as a certified wild mushroom harvester
Crediting

- Credits toward the “other vegetable sub-group”
- Includes wild/foraged and cultivated mushrooms (morel, enoki, oyster, portabella)
- 1/2 cup, raw or cooked = 1/2 cup “other vegetable”
Recipes

• Mushrooms can be added to almost anything!
  • Pizza, salad bar, stir-fries, burger + sandwich toppings, tacos, burritos, the list goes on!
Wild Rice

Cultivated or Wild
Cultivated wild rice is product of the farm if sold by the farmer who grew it.

No license required.
Cultivated wild rice sold by some other entity, such as a food hub:

That entity needs a food handler license from MDA.
Wild-harvested wild rice: More complicated!
Wild-harvested wild rice

- Non-tribal harvester must have DNR license for harvest
- Non-tribal person must have MDA license for processing and sale of processed wild rice
Wild-harvested wild rice

- Tribal member must follow tribal laws regarding harvest of wild rice
- Sale of wild rice by a tribal member does not require a license
Crediting

- 1/2 cup cooked or 1 ounce dry = 1 oz equivalent grain
- Very helpful [Grain Crediting Guide](#)!

<table>
<thead>
<tr>
<th>Cereal grains (barley, quinoa, etc.)</th>
<th>1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast cereals 6,7 (cooked)</td>
<td></td>
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<tr>
<td>Bulgur or cracked wheat</td>
<td></td>
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<tr>
<td>Macaroni (all shapes)</td>
<td></td>
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<tr>
<td>Noodles (all varieties)</td>
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<tr>
<td>Pasta (all shapes)</td>
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<tr>
<td>Ravioli (noodle only)</td>
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<tr>
<td>Rice</td>
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</tbody>
</table>
Recipes

- Wild Rice Pilaf (Robbinsdale)
- Creamy Wild Rice Soup (Various Districts)
- Manoomin Salad (MPS)
Berries, Fruit, & Juice

Cultivated or Wild
Cultivated berries and fruit are product of the farm if sold by the farmer who grew them.

No license required.
Cultivated berries or fruit sold by some other entity, such as a food hub:

That entity needs a food handler license from MDA.
Wild-harvested Berries & Fruit

- From land occupied and cultivated by the seller: no license required
- Tribal member with gathering rights: no license required
- Otherwise: food handler license
Farmers or tribal members can do some processing without a license, if no off-farm ingredients are added.

- Freezing (whole, sliced, or mashed)
- Juice
Processed Berries & Fruit

Processing must be done according to Current Good Manufacturing Practices in a sanitary and adequately equipped facility.

21 CFR 117 Subpart B
Processed Berries & Fruit

Farmers or tribal members doing their own fruit processing with no added ingredients are not required to use a “licensed kitchen.”
Juice production for sale to a school requires compliance with federal juice HACCP.

21 CFR 120
Juice production in-house in a school food service:

- Inspector pre-approval and specific HACCP plan required if serving children age 9 or younger
- Serving raw juice is never recommended

*MN Food Code 4626.0447*
Crediting

- Local fruits credit same as commercially purchased
- Credits based on volume
  - \( \frac{1}{8} \) cup dried fruit = \( \frac{1}{4} \) cup fruit
  - \( \frac{1}{2} \) cup fresh = \( \frac{1}{2} \) cup eq
- All juice served and credited must be pasteurized and 100% juice
- Products that **do not** contribute toward the meal pattern
  - Snack-type foods made from fruits (for example: fried banana chips, fruit drops, fruit strips)
  - Freeze-dried fruits
- MDE Guide
Crediting

- **Minnesota’s Wild and Edible Fruits**
- How do you credit local berries or fruits that are NOT listed in the Food Buying Guide?
  - If traditionally indigenous foods, you can credit via the guidelines in the [USDA’s Indigenous Food Sovereignty guide](https://www.fns.usda.gov/tns/extension-information).
Recipes

- Aronia Berry Muffins (Hutchinson)
- Wild Grapes (Mesabi East)
- Fall Strawberries (Foley)
Weeds (not Weed)

- Purslane
- Nettles
- Dandelion
- Clover
- Lambsquarter
Some of these plants, such as dandelion and purslane, actually have named varieties that are intentionally grown as garden plants.

“Weeds” - maybe not!
These edible plants are legally the same as any other produce:

- Product of the farm if harvested from property occupied and cultivated by the seller.
These edible plants are legally the same as any other produce:

- No license required if harvested and sold by a tribal member with gathering rights
Weeds

- Food handler license required if harvested on land not occupied and cultivated by the seller
- Food handler license required if sold by another entity
Crediting

- Depends on the nutrient composition; most credit similar to spinach (dark green leafy vegetable subgroup, DGLV)
- Some are listed in the FBG
- Based on volume and preparation
  - 1 cup cooked/ 2 cups fresh = 1 cup equivalent, dark leafy green
- Traditional Indigenous Wild Plants

<table>
<thead>
<tr>
<th>Dark-Green Vegetables</th>
<th>Amount that counts as 1 cup of vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bitter melon leaves, chrysanthemum leaves, escarole,</td>
<td>1 cup, cooked</td>
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<tr>
<td>lambsquarters, nettles, poke greens, taro leaves, turnip</td>
<td></td>
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<tr>
<td>greens</td>
<td></td>
</tr>
<tr>
<td>Amaranth leaves, beet greens, bok choy, broccoli rabe</td>
<td>1 cup, cooked</td>
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<tr>
<td>(rapini), chard, collards (collard greens), cress,</td>
<td></td>
</tr>
<tr>
<td>dandelion greens, kale, mustard greens, spinach, Swiss</td>
<td>2 cups, fresh</td>
</tr>
<tr>
<td>chard, watercress</td>
<td></td>
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<tr>
<td>Raw leafy greens: Arugula (rocket), basil, cilantro, dark</td>
<td>2 cups, fresh</td>
</tr>
<tr>
<td>green leafy lettuce, endive, escarole, mixed greens,</td>
<td></td>
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<tr>
<td>mesclun, romaine</td>
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</tbody>
</table>
Recipes

• **Bison Meatballs with Dandelion Tomato Sauce** (Indigenous Food Lab)
• **Chicken and Nettle Pozole** (Indigenous Food Lab)
Maple Syrup
Maple Syrup

Product of the farm and no license required if the sap is harvested from trees on property occupied and cultivated by the seller.

Follow CGMPs for processing.
No license required for sale of maple syrup made by a tribal person with gathering rights on land where sap is harvested.
If the maple syrup producer is purchasing sap from multiple sources, they need an MDA food license for processing and sale of the syrup.
If the maple syrup producer is adding ingredients they didn’t grow themselves, such as cinnamon or other flavoring, they need an MDA food license for processing and sale of the syrup.
If the finished maple syrup products are sold by an entity other than the producer, that entity needs a food handler license.
Crediting

- Does not contribute to the meal pattern
- Must be accounted for in the weekly nutrient analysis and count towards dietary specifications (i.e. calories, sugar and fats)
Recipes

• Maple Glazed Roasted Veggies (squash, carrots, root veggies)
• Salad Dressings
• Solo with breakfast items
Honey
Product of the farm and no license required if the honey comes from hives owned by the seller.
In the case of honey, the hive is the “farm.” Even if the hive travels to multiple states, the honey from that hive is still considered product of the farm for the hive’s owner.
Honey extraction, filtering, packaging must be done in accordance with CGMPs.
If a honey producer adds ingredients they did not grow themselves, such as purchased flavorings, they need a food license from MDA.
If the finished honey products are sold by an entity other than the producer, that entity needs a food handler license.
Crediting

• Does not contribute to the meal pattern
• Must be accounted for in the weekly nutrient analysis and count towards dietary specifications (i.e. calories, sugar and fats)
Recipes

- Sauces + Condiments- Hot Honey, Honey Mustard
- Honey Cornbread
Microgreens
Microgreens are not sprouts!
Microgreens

- Grown in soil or a soil-like medium
- Harvested above the soil line
- Legally the same as any other leafy green
Microgreens

- Product of the farm if grown by the seller
- No special food safety plan required
Sprouts

- Grown in moist, soil-free conditions
- Used with roots and seed coat attached
- Classed as potentially hazardous
School food services would require inspector pre-approval and a specific HACCP plan to grow & serve their own raw sprouts.

*MN Food Code 4626.0415*
Sprouts

Stringent requirements for safe production.

Still product of the farm and no license required if grown by the seller.
If sold by an entity other than the grower, that entity would need a food handler license from MDA.
Crediting

- Does not contribute to the meal pattern
- Must be accounted for in the weekly nutrient analysis and count towards dietary specifications
- Nutrient dense item
Crediting

- NOT creditable - Raw sprouts
  - Advised not to serve due to the elevated risk of foodborne illness;
- Creditable - Parboiled sprouts
  - Bean Sprouts, Fresh Mung/ Soybean
    - 1/4 cup parboiled, drained = ¼ cup equivalent, “Other Vegetable”
Microgreens

Recipes

• Salad/ Garden Bar Addition
• Garnish on Composed Dishes- Curries, Hispanic/ Asian Bowls
Questions, Clarifications or Comments?

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Food Safety Standards, Regulations,  
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Procurement, Meal Pattern Crediting,  
Recipes