

# RICE

## V O C A B U L A R Y

**Long Grain:** This kernel size of rice is long and slender; around three to four times longer than it is wide. Long grain rice works well in salad, stir-fry and soups.

**Medium Grain:** Rice that is two to three times longer than its width. Cooked medium grain rice is moist and tender, with a tendency to cling together.

**Short Grain:** This kernel size of rice is short and slightly round. When cooked it is softer and stickier than other rice varieties.

**Whole Grain:** Rice that has the hull removed during the milling process, leaving the bran layer intact. It is 100% whole grain when the bran, endosperm and germ are left on the kernel.

**Rough Rice:** Completely unprocessed rice grain that includes the hard fibrous hull. Rough rice is not edible.

**White Rice:** Opposite of whole grain, white rice is the endosperm of the kernel and has had the outer hull, bran layer and germ removed.

**Brown Rice:** A whole grain rice with the outer hull removed, but the bran and germ layer remain. Brown rice takes longer than white rice to cook, and once it's cooked, brown rice has a nutty and chewy texture

**Kernel:** The part of a seed which acts as a food store for the developing plant embryo, usually containing starch with protein and other nutrients. For rice, this is the the edible portion of the grain.

**Hull:** The portion of the grain that keeps everything protected. This part of the grain is the first thing removed from the rice grain in the milling process.

**Bran:** The outer layer of the grain that is a rich source of protein, vitamins and minerals

**Germ:** The reproductive part that germinates to grow into a plant; it is the embryo of the seed that is responsible for the growth of the grain.

**Planting:** The process of putting a seed in the ground to grow into a crop. In rice farming, a drill planter is pulled by a tractor and plants the rice seed directly into the ground.

**Harvest:** The task of separating the mature crop from its stalk by using a piece of machinery called a combine. Rice is harvested 120-150 days after being planted.

**Milling:** After harvest, rice is taken to a mill where the hull is removed to produce an edible brown kernel or it is further milled to remove the bran layer to produce an edible, white kernel.

**Flood:** Farmers flood their rice fields mainly to control weeds. Rice is a semiaquatic plant meaning it can tolerate wet conditions well, where as weeds do not tolerate wet conditions.

**Paddy:** A small, level, flooded field in which rice is grown. Over 1.2 million acres of rice are grown in Arkansas each year.

**Ducks:** Various species of ducks flocks to rice fields in the fall after harvest to feed on the rice grains and stalks left behind from harvest.

**Rice:** A swamp grass that is grown and used as a nutritious food source. Rice serves as a primary protein source for over half of the world's population.

**Arkansas:** Ranking number one in rice production, Arkansas produces more then 40% of the U.S. rice production.

**Aromatic:** A variety of rice that provides a natural aroma when cooked and has a flavor similar to roasted nuts or popcorn. Arkansas has it's very own aromatic rice variety called ARoma-22.