

# RICE FACTS

THE SMALL BUT MIGHTY GRAIN

★ 200 ★

MILLION

bushels of rice are harvested on average each year in Arkansas.

Arkansas is number one in rice production in the United States, while China is number one in the world.



**Did you know that The Great Wall of China is held together with sticky rice?**

The Great Wall of China was built in the 15th and 16th centuries where builders used porridge made with rice and calcium carbonates as a mortar to hold the stones of the wall together.



**Did you know that white rice is good for 10+ years?**

Uncooked white rice will stay edible and fresh for 10 to 30 years! On the other hand, the shelf life of uncooked brown rice is only 3 to 6 months. The natural bran coating left on brown rice becomes oxidized over time.



**Did you know that rice is grown on every continent except Antarctica?**

Rice is easy to grow, adaptable, and has a high yield, making it a great crop to grow and feed a large population. One seed of rice planted will yield around 3,000 grains of edible rice.



Fuel your brain and body while boosting your energy with the complex carbohydrates that the daily dose of rice provides!



Whole grain rice (e.g. brown rice) helps reduce the risk of high blood pressure, heart disease, diabetes, and certain cancers.



**Within the past 30 years, rice farmers have reduced water use by 52%, greenhouse gas emissions by 40%, and the amount of land needed to grow rice by 39%.**

USA Rice Federation

## FROM THE BEGINNING...

In 1904, William Fuller, from Carlisle, Arkansas, became one of the first farmers to grow rice successfully in the state. By 1910, rice production, research and milling sites were established across Arkansas.



The rice industry contributes to almost 25,000 jobs across Arkansas.

