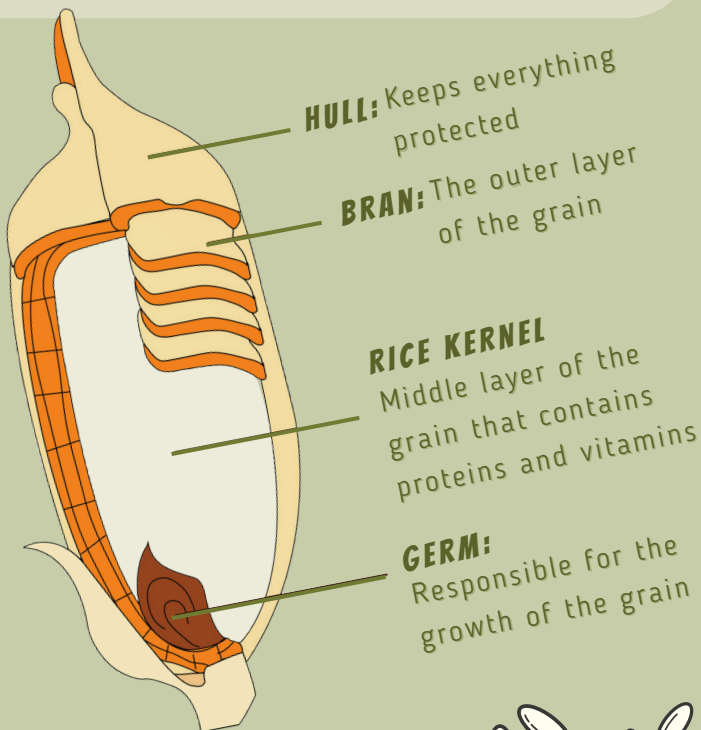


# RICE

The small but mighty grain

## ARKANSAS *RICE* FACTS

- Arkansas is the #1 producer of rice in the United States.
- In 1904, William Fuller became one of the first farmers to grow rice successfully in Carlisle, Arkansas. By 1910, rice production, research and milling were established in the state.
- Each year Arkansas farmers plant an average of 1.3 million acres of rice and harvest over 200 million bushels on 2,752 farms.
- The annual Arkansas rice crop contributes billions of dollars to the state's economy and accounts for approximately 25,000 jobs.



## WHAT ELSE IS *RICE*

USED FOR...



Fireworks



Pet Food



Fuel



Hot or Cold Pack



Card-Board

## RICE IS *RICE*, RIGHT?

Well, not exactly...

Rice goes through three stages before getting to your plate! **Rough rice** is rice straight from the field, and has the shell or hull still on it. After rough rice goes through the first stage of the milling process, the hull is removed and the grain is then considered **brown rice**, due to its color from the bran layer left on the grain. **White rice** has been through the full milling process to remove the hull and polish the bran layer off, resulting in that great white color.

## CAN YOU TELL WHICH IS WHICH?

White Rice

Rough Rice

Brown Rice



1. \_\_\_\_\_



2. \_\_\_\_\_

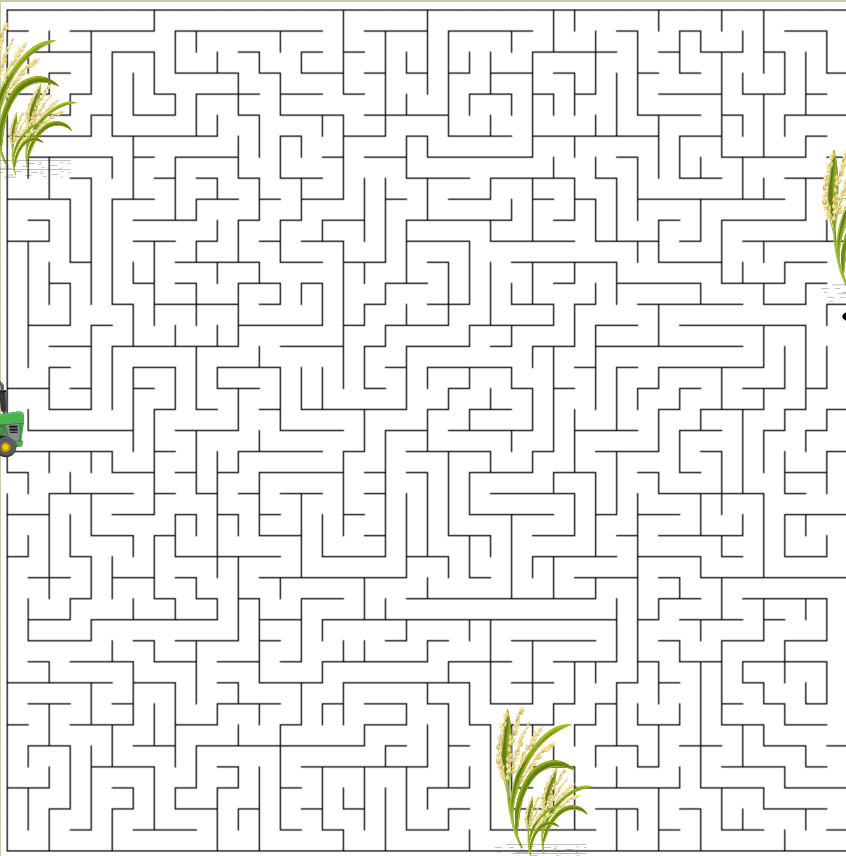


3. \_\_\_\_\_

Answer Key: 1. Rough Rice, 2. Brown Rice, 3. White Rice

# RICE MAZE

Help the farmer through the rice field



IS **RICE** A  
HEALTHY GRAIN?

1.5g FIBER

0g FAT

38g CARBS

200 CALORIES

4g PROTIEN

5% VITAMIN B6

(Per cup, cooked, white rice)

CHOLESTEROL FREE

SODIUM FREE | FAT FREE

GMO FREE | SUGAR FREE

YUP!!

## Perfect Rice

Yields: 4 servings | Total Time: 30 minutes

### Ingredients

2 cups water    1 cup white long grain rice  
1 tbsp. butter    1 pinch of salt

### Directions

- 1 | In a medium saucepan, add water, rice, butter and salt. Bring to a boil while stirring occasionally.
- 2 | Once boiling, reduce heat to a simmer. Cover and cook for 18 minutes or until rice is tender and water is absorbed. Adjust time as needed.
- 3 | Remove from heat and let sit covered for 5 minutes. Fluff with a fork and serve.

## Rice Treats

Yields: 12 servings | Total Time: 30 minutes

### Ingredients

3 tbsp butter  
1 package marshmallows  
6 cups puffed rice cereal (any brand)

### Directions

- 1 | In a large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
- 2 | Add rice cereal. Stir until well coated.
- 3 | Using buttered spatula or wax paper, evenly press mixture into 13x9x2-inch pan coated with cooking spray. Let cool. Cut into 2-inch squares. Best if served the same day.

