



South Carolina Family and Community Leaders

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide Rice – From the Kernel to the Table

Objectives:

1. Participants will learn the history of rice.
2. Participants will learn about the varieties of rice.
3. Participants will have the opportunity to share rice recipes.

Lesson Overview/Introduction:

Rice is an edible starchy cereal grain that is common in many countries. It is the main source of nourishment for over half the world's population. Annually approximately 585 million tons are produced in 50 countries around the world. With each American consuming 25 pounds of rice per year, rice is in every kitchen pantry. This lesson will explore the history and varieties of rice.

Lesson:

Rice Production

- 50% of the world's rice production is in China and India. Southeast Asian countries separately support an annual production rate of 9-23 million metric tons of which they export very little. Collectively, they are termed the Rice Bowl.
- Nearly 85% of the rice we eat in the USA is grown by American farmers. 18 to 20 billion pounds of rice is produced annually in Arkansas, California, Louisiana, Texas, Missouri, Mississippi and Texas. 48% is grown in Arkansas. During the Colonial Period, coastal South Carolina was the largest producer of rice in America. Carolina Plantation produces Carolina Gold Rice today in Darlington County along the Pee Dee River.

How does rice grow

Rice is an annual plant that is harvested once a year. The cultivation of rice is suited for countries with low labor costs and high rainfall as it is very labor intensive and requires large amounts of water for cultivation. Small rice seedlings are hand planted into rice paddies that are then filled with water. The seeds draw nutrients from the paddies water, which is also the same water...

In the early spring, rice is planted on a dry seed bed. As the rice matures, the water level is increased. Water is kept on the fields the entire growing season. The water is drained just before harvest to allow the soil to dry before harvesting in early fall. The rice grains are air-dried in grain bins, and then milled shortly thereafter.

Types of Rice

There are 120,000 varieties worldwide ----- only small number of commercial quality. These are the five basic types that are common in cooking today:

- **Converted or parboiled rice:** Basic white rice used for home cooking in much of the Western world; medium to long grain.
- **Long-grain rice:** Includes the Indian basmati.
- **Short-grain rice:** The family of Italian Arborio rice, used to make risotto; also used in sushi.



- **Wild rice:** Not really rice at all. Wild rice is a remote relative of white rice, actually a long-grain, aquatic grass.



- **Brown rice:** Healthful, unrefined rice (that means it still has the bran and germ that are removed from white rice) with a slightly nutty flavor.



Rice is a versatile grain used for main dishes, side dishes, or as a base for other ingredients. Each type has its textural and flavor differences, so experiment with them to find the ones that suit

What are the nutritional facts of rice?

Rice is:

- + Sodium, cholesterol and gluten-free.
- + Only a trace of fat
- + No trans-fat or saturated fat.
- ❖ Approximately 100 calories per half-cup cooked serving.
- ❖ Over 15 vitamins and minerals, including folic acid and other B-vitamins, iron and zinc.
- ❖ Is an energy food, supplying complex carbohydrates that the body and brain need to function.
- ❖ Triggers the production of serotonin in the brain, a chemical that helps regulate and improve mood.
- ❖ Brown rice is 100-percent whole grain. One cup of whole grain brown rice provides two of the three recommended daily servings of whole grains.

Suggested Activities:

- Have your group bring a recipe that includes rice with them to the meeting. Everyone can go home with a new recipe.
- Give the handout of rice recipes.

Lesson Summary:

The rice as a staple of the American diet, everyone can enjoy this food. Share a rice recipe with a friend.

Sources:

<https://www.carolinaplantationrice.com/index/>

<https://www.dummies.com/food-drink/cooking/ingredients-for-cooking/basic-types-of-rice/>

<http://www.thinkrice.com/on-the-farm/where-is-rice-grown/>

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Lesson Review by:

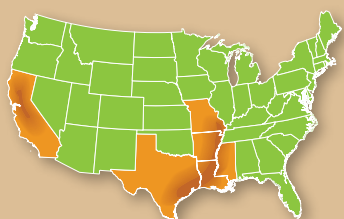
(Connie Lake will send the lesson to another professional for review)

The U.S. Rice Industry At-A-Glance



U.S. rice growers in the six major rice producing states — **Arkansas, California, Louisiana, Mississippi, Missouri** and **Texas** — produce enough high-quality rice to feed Americans and millions of people around the world. The U.S. rice industry is unique in its ability to produce all types of rice — long- medium- and short-grain, as well as aromatic and specialty varieties. Growers are committed to providing a safe, nutritious and abundant supply of one of the world's most important foods.

The Six Major Rice Producing States



Rice production, milling and marketing in the United States is a multi-billion dollar industry, generating a chain of activities across the economy that provides thousands of jobs, which are critical to the economic health of rural communities. The U.S. rice industry produces more than 19 billion pounds of rice on more than 2

million acres each year, approximately 50 percent of which supplies the domestic market. Although the United States produces less than two percent of the world's rice, it ranks among the top five rice-exporting nations.

Conservation

Rice farming's conservation benefits have been well recognized. All of the major rice-producing areas of the United States serve as important habitats for waterfowl activity during winter months. In fact, rice-growing areas provide surrogate habitats for hundreds of wildlife species that rely on wetland conditions for survival, some of which are or could be threatened if not for the environments provided by flooded rice fields.



All About Rice

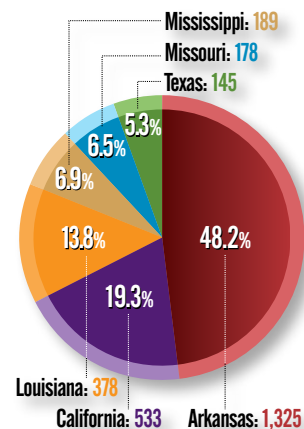
According to the U.S. Dietary Guidelines for Americans, grains should form the foundation of a healthy diet (six servings or six ounces per day based on a 2,000 calorie per day diet, with half of the grain consumption coming from whole grains and the other half from enriched.) Enriched rice contains thiamin, niacin and iron, making it a nutritious option for healthy meals. In addition, brown rice, a 100-percent whole-grain food, has been added to the list of U.S. Food and Drug Administration-approved whole grain foods that may now carry the claim: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."

Rice offers unsurpassed versatility and is perfect for soups, salads, main dishes and desserts. It is an easily prepared, economical base for gourmet recipes and home cooking, and is a staple of the many international cuisines, which have become increasingly popular in recent years. Best of all, rice is cholesterol- and sodium-free and has no trans or saturated fat. Rice is also gluten-free and is the least allergenic of all grains.

For more information on U.S.-grown rice and the rice industry, visit www.usarice.com.

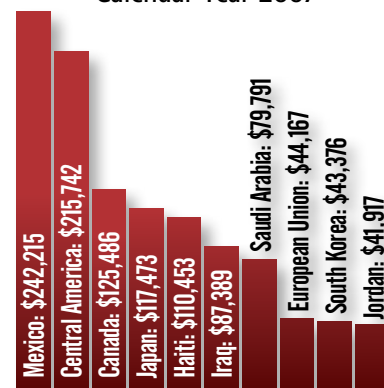
THE U.S. RICE INDUSTRY BY THE NUMBERS

THE U.S. RICE INDUSTRY DEDICATES 2,748,000 ACRES to PRODUCTION



STATE NUMBERS ARE IN THOUSANDS OF ACRES
Source: USDA NASS Crop Production 2007 Annual Summary

TOP TEN EXPORT MARKETS for U.S. RICE Calendar Year 2007



DOLLAR VALUE (,000)
Source: USDA/FAS BICO Report

FAST FACTS

- Americans consume an average of 25 pounds of rice per person per year.
- A single half-cup serving of rice is sodium-, cholesterol- and gluten-free, with only 100 calories per serving.
- Brown rice is a 100 percent whole grain. Studies have shown that eating whole grains may reduce the risk of heart disease and other illnesses.

Rice. A World of Great Ideas.®

GROWN IN THE USA



www.usarice.com

Rice is not only one of the world's most important foods; it is a part of many international and regional American cuisines because it is so versatile. The following recipe illustrates just one of the ways U.S.-grown rice can be used with delicious success.

USA RICE FEDERATION

4301 North Fairfax Drive, Suite 425
Arlington, VA 22203-1616

USA

(703) 236-2300 PHONE

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Southwest Salsa Rice Bites

MAKES 48 APPETIZERS (EIGHT SERVINGS)



NUTRITION FACTS

- | | |
|----------------------|---------------------|
| ■ Calories 287 | ■ Total Fat 14 g |
| ■ Cholesterol 123 mg | ■ Sodium 784 mg |
| ■ Carbohydrates 31 g | ■ Dietary Fiber 2 g |
| ■ Protein 10 g | |

Meal Part: Appetizers, Snacks

Preparation: Quick and Easy

Cuisine Type: Southwestern

Rice is an energy food, supplying complex carbohydrates that the brain and body need to function.

INGREDIENTS

- 3 cups cooked brown rice, cooled
- 1 cup shredded pepper jack cheese
- 4 eggs
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup crushed corn or tortilla chips
- 1 16-oz. jar medium (or hot) thick and chunky style salsa
- Additional salsa and sour cream for garnish (optional)

Over 80% of the rice consumed in the U.S. is American-grown.

DIRECTIONS

- Preheat oven to 350 degrees
- Combine rice and cheese in a large bowl; set aside. In a medium bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well.
- Spray miniature muffin pans with vegetable cooking spray. Spoon approximately 1-1/2 tablespoons rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling pressing slightly with back of a spoon.
- Bake 15 to 20 minutes or until lightly browned. Serve warm with additional salsa and sour cream if desired.

RICE EATERS ARE HEALTHIER EATERS:

Recent research shows that people who eat rice consume less sugar and saturated fat, have a lower risk of high blood pressure and obesity, and may be less likely to develop heart disease and type II diabetes.

SOURCE: HEALTHY RICE EATERS STUDY 2007