



# RICE

**YEAR-ROUND**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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In the spring, farmers plant rice and build levees. Fields are flooded when plants reach 6 inches (in.) high. Water will remain 4 in. deep during the growing season. Mature fields are then drained and rice is harvested once it is dry. Harvested grains are transported to facilities for storage and milling.



# PREP

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Store uncooked rice in a dry, cool place for six months, or refrigerate or freeze for extended storage. Rice can be prepared in a rice cooker, on the stovetop, and in the microwave. Cooked rice can be stored in the refrigerator for 3 to 5 days.



# EAT

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Rice can be enjoyed by itself or topped with your favorite entrée. Risotto and pilaf are delicious rice-based side dishes. Try fried rice or sushi! Rice is also an excellent ingredient in casseroles, soups, and desserts.



# LEARN

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Rice is a **grain** that originated from China. Rice is high in many vitamins and nutrients including fiber, which supports healthy circulatory systems and aids in digestion. Historical records show that rice was grown in Arkansas before the Civil War. Arkansas has grown to be the leading producer of rice in the USA!

