

Louisiana

HARVEST of the MONTH



Rice

Fun Facts About Rice!

- Rice is the seed of a grass called *Oryza sativa* and originated in Asia around 10,000 years ago.
- More than half of the world's population depends on rice as their main source of calories.
- Rice was introduced to Louisiana in the early 1700s by French explorers and grows well in Louisiana's often wet and even flooded soil.
- Rice is a staple in Louisiana cooking and is the mainstay for favorite dishes such as jambalaya, gumbo and boudin.



Rice Is Nutritious and Good for You!

- Rice can be part of a balanced diet; 1 cup provides 200 calories.
- Brown rice is a good source of B vitamins, protein and fiber.
- Brown rice is a whole grain, providing the same nutrients that are found in the original seed of the plant.



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