

Louisiana Rice

Rice is an integral part of Louisiana culture and cuisine. The state is the nation's third-largest rice-producer, with primary rice production and milling centered in the southwestern part of the state, although significant rice acreage is grown in the northeastern sector. Louisiana grows mostly long-grain rice, which has cooked grains that are separate and fluffy. Celebrated for its versatility, long-grain rice is often used for recipes that require rice grains with a distinct shape and texture.

Economy

Louisiana's rice growers produce rice on nearly 400,000 acres each year. Rice production and processing play important roles in the state, with an industry estimated total value of more than \$300 million and accounting for thousands of jobs. Rice is the state's second-largest agricultural export — valued at \$144 million in 2007, according to the U.S. Department of Agriculture.

History

Rice traveled south from the Carolinas to Louisiana with Acadian settlers. Louisiana rice was originally grown for home consumption by utilizing areas that couldn't be plowed. Farmers tossed rice seed into the wetlands near bayous or ponds. What grew from this casual method was termed "providence rice" by its thankful harvesters. Commercial rice production began in earnest in the second half of the 19th century, helped along by the railroad, which transported the crop to New Orleans. The annual International Rice Festival, hosted in Crowley since 1936, draws more than 150,000 visitors from around the world.

Conservation

Louisiana's rice farmers combine the best of rice farming practices with conservation stewardship. In winter, water can be held on rice fields, providing vital resting areas and a food source for migratory waterfowl. Louisiana rice fields also support a number of other wetland-dependent wildlife species.



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."

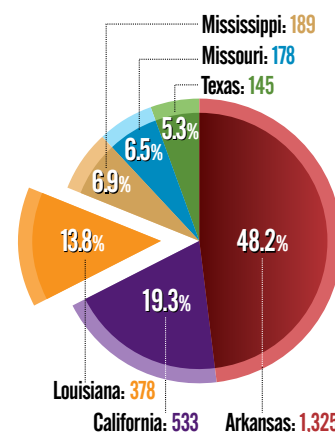
Rice offers unsurpassed versatility and is perfect for soups, salads, main dishes and desserts. It is an easily prepared, economical base for gourmet recipes and home cooking, and is a staple of the many international cuisines, which have become increasingly popular in recent years. Best of all, rice 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



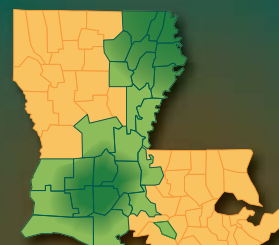
STATE NUMBERS ARE IN THOUSANDS OF ACRES
Source: USDA NASS *Crop Production 2007 Annual Summary*

2007 LOUISIANA RICE INDUSTRY STATISTICS

- Parishes Growing Rice 29
 - Acres Planted 378,000
 - Medium-Grain 5.9%
 - Long-Grain 94.1%
 - Average Yield (Hundred Weights/Acre) 64.23
- Total value to the state: \$318,316,124**

Source: Louisiana State University Agricultural Center Cooperative Extension Service, 2007
USDA NASS *Crop Production 2007 Annual Summary*

LOUISIANA RICE COUNTIES



Acadia, Allen, Avoyelles, Beauregard, Calcasieu, Caldwell, Cameron, Catahoula, Concordia, East Carroll, Evangeline, Franklin, Jefferson Davis, Lafayette, Madison, Morehouse, Natchitoches, Quachita, Pointe Coupee, Rapides, Richland, St. Landry, St. Martin, Tensas, Vermillion and West Carroll

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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

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USA

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Shrimp Creole with Sausage and Rice

MAKES SIX SERVINGS



INGREDIENTS

- 1 tablespoon vegetable oil
- 1/2 pound andouille or smoked sausage, sliced
- 1 cup chopped celery
- 1 medium onion, chopped
- 1 small green bell pepper, chopped
- 3 cloves garlic, minced
- 1 (14 oz.) can low-sodium chicken broth
- 1 (14 oz.) can diced tomatoes with chiles
- 3 tablespoons tomato paste
- 1/2 tablespoon dried oregano leaves
- 1/4 tablespoon dried thyme leaves
- 1/2 tablespoon ground black pepper
- 1/4 tablespoon ground red pepper
- 1 pound large shrimp, peeled and deveined
- 4 cups cooked long grain rice

NUTRITION FACTS

- Calories 390
- Total Fat 14 g
- Cholesterol 140 mg
- Sodium 770 mg
- Dietary Fiber 2 g
- Protein 26 g
- Total Carbohydrates 40 g

Meal Part: Main Dish

Preparation: One-Dish Meal

Main Ingredient: Vegetables, Seafood, Pork

Cuisine Type: Cajun/Creole

DIRECTIONS

- Preheat oven to 400 degrees.
- Heat oil in saucepan; add Andouille sausage, celery, onion, bell pepper and garlic and cook over medium-high heat five minutes or until tender.
- Add chicken broth, tomatoes, tomato paste, oregano, thyme, black pepper and ground red pepper.
- Cook; stirring occasionally, five to 10 minutes or until sauce is thickened.
- Add shrimp, cook five minutes or until shrimp is tender and flavors are blended. Serve over rice.

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

The cost of a single half-cup serving of white or brown rice is only 10 cents.