

Mississippi Rice



Mississippi ranks fourth in production among the major U.S. rice-producing states. Rice production is concentrated in the northeast area of the state. Mississippi rice producers grow long-grain rice, which is versatile and widely used.

Economy

Agriculture is Mississippi's number one industry. The economic activity generated by Mississippi rice production is vital to the state and its rural communities. Mississippi rice producers plant nearly 200,000 acres of rice each year. The annual rice crop contributes more than \$144 million in value to the state's economy and accounts for thousands of jobs, both on and off the farm. Rice also ranks among the state's top agricultural exports.

History

Rex L. Kimbriel, originally a cotton farmer, is credited with launching the commercial rice industry in Mississippi in the late 1940s. By 1953, Mississippi farmers were planting 70,000 acres, producing more than 1.8 million hundredweight of rice. Farmers who moved to the Mississippi Delta from the rice-producing areas of Arkansas, Louisiana and



Texas, produced some early rice. Rice production practices had to be adapted for the Mississippi growing conditions. Research begun at the Delta Branch Experiment Station led to the development of optimal varieties and cultural practices for Mississippi rice production. Mississippi rice production was expanding rapidly by the mid 1970s.

Conservation



Mississippi's rice crop is harvested in the fall. The winter flooding of the harvested rice fields provides excellent feeding and resting habitat for waterfowl. In the Delta, flooded rice fields serve the essential needs of migratory birds following the Mississippi Flyway.

All About Rice

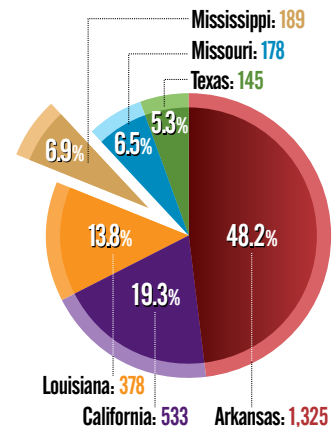
According to the U.S. Dietary Guidelines for Americans, grains should form the foundation of a healthy diet (six servings or six ounces per day based on a 2,000 calorie per day diet, with half of the grain consumption coming from whole grains and the other half from enriched.) Enriched rice contains 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



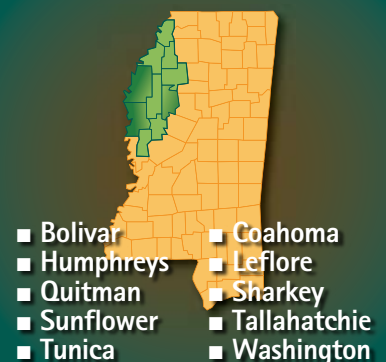
STATE NUMBERS ARE IN THOUSANDS OF ACRES
Source: USDA NASS Crop Production 2007 Annual Summary

MISSISSIPPI RICE FACTS

- 13,892,000 hundredweight of rice grown in the state in 2007
- Top rice producing counties ranked by acreage:
 1. Bolivar
 2. Sunflower
 3. Washington
 4. Tunica
 5. Leflore

Source: Mississippi Department of Agriculture and Commerce Market Development Division, 2007

MISSISSIPPI RICE COUNTIES



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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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Mini Crab Cakes with Roasted Red Pepper Sauce

MAKES 2 DOZEN CAKES



INGREDIENTS

- 2 eggs, lightly beaten
- 1 tablespoon plus 1 teaspoon seafood seasoning, divided
- 1 pound crabmeat, shredded
- 3 cups cooked medium grain rice
- 3/4 cup light mayonnaise
- 2 teaspoons roasted garlic
- 1/4 cup roasted red peppers, pureed
- 2 to 3 tablespoons vegetable oil, divided

Rice is a natural, wholesome grain packed with vitamins, minerals, iron, potassium and fiber.

NUTRITION FACTS

Each cake provides:

- Calories 90
- Total Fat 5 g
- Cholesterol 40 mg
- Sodium 260 mg
- Dietary Fiber 0 g
- Protein 6 g
- Total Carbohydrates 6 g

Meal Part: Appetizers, Snacks

Preparation: Quick and Easy

Main Ingredient: Vegetables, Eggs, Fish/Seafood

Cuisine Type: American

DIRECTIONS

- Combine eggs and one tablespoon seafood seasoning in medium bowl; whisk until blended. Stir in crabmeat and rice. Form two tablespoons mixture into 2-1/2-inch patty; repeat with remaining mixture.
- Heat one tablespoon oil in large, heavy skillet over medium-high heat. Add crab cakes in batches; cook about 2-1/2 to three minutes on each side or until browned. Add more oil to skillet as necessary. Drain well on paper towels. Serve hot or at room temperature with Roasted Red Pepper Mayonnaise.
- Roasted Red Pepper Mayonnaise: combine mayonnaise, garlic, roasted red peppers and remaining one teaspoon seafood seasoning; mix well. Makes one cup sauce.

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