

# Missouri Rice

**S**outheast Missouri's bootheel region is home to the state's rice industry. Missouri produces mainly long-grain rice, which has cooked grains that are separate and fluffy. Long-grain rice is as versatile as Missouri agriculture is diverse. The "Show Me" state has a proud agricultural tradition. In fact, the statue adorning the dome of the state Capitol — often mistaken as Lady Liberty — is that of Ceres, goddess of growing vegetation.

## Economy

Missouri is the fifth largest U.S. rice-producing state and more than half of the state's rice farms are in Butler County. The county ranks consistently among the top twenty-two of the 110 rice-producing counties and parishes in the United States.

The value of Missouri rice production is estimated to be worth more than \$133 million annually and while the number of rice farmers in the region has decreased dramatically in the past decade, the average number of acres farmed by each farmer has increased, requiring larger equipment, more technical crop management, and better marketing and financial support.

## History

George Begley Jr. first began growing rice just north of Dudley in western Stoddard County in 1910. Most of the earliest Missouri rice was grown by Arkansas rice farmers who moved to newly drained and cleared lands in Butler and Ripley counties.



Lacking herbicides to control grass weeds and red rice, they sough and cleared new land continuously. In fact, the state's first rice growers were timber cutters through the late winter months. From the 1950s through 1973, Missouri's total allotted rice acreage varied from 3,000 to 6,000 acres. After allotments were lifted in 1973, that acreage increased immediately to 14,000 acres and today has grown to 178,000.

## Conservation



Southern Missouri lies at the bottleneck of the Mississippi Flyway, and the flooded rice fields here help to provide an essential stopping point for migrating and wintering waterfowl, as well as other wildlife. Readily available irrigation water, suitable topography and soils, favorable climate, and proximity to the Mississippi River all favor the production of rice. Judging by the soil types and water availability, there is a potential for more than twice the state's current rice acreage.

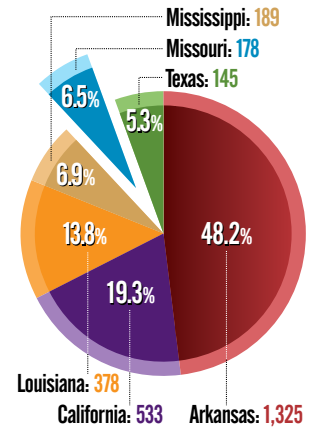
Over 80% of the rice consumed in the U.S. is American-grown.

For more information on U.S.-grown rice and the rice industry, visit [www.usarice.com](http://www.usarice.com).



## THE U.S. RICE INDUSTRY BY THE NUMBERS

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



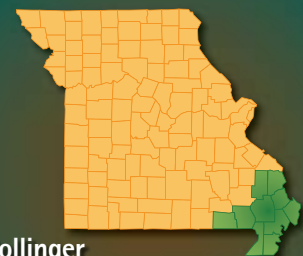
STATE NUMBERS ARE IN THOUSANDS OF ACRES  
Source: USDA NASS Crop Production 2007 Annual Summary

## MISSOURI RICE FACTS

- An estimated 40 percent of Missouri rice is dried and stored on the farm.
- Roughly half of the rice produced in Missouri is produced in Butler county, which ranks among the top 22 of the estimated 110 rice-producing counties or parishes in the US.
- 99 percent of the rice grown in Missouri is long-grain rice. The remainder is medium-grain.

Source: University of Missouri Extension, USDA National Agricultural Statistics Service.

## MISSOURI RICE COUNTIES



- Bollinger
- Butler
- Dunklin
- New Madrid
- Ripley
- Cape Girardeau
- Mississippi
- Pemiscot
- Stoddard

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**R**ice 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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## Grilled Beef Kabobs Over Rice

MAKES 4 SERVINGS



### INGREDIENTS

- 1 pound boneless beef sirloin steak, cut into 1 1/2 -inch cubes
- 1 cup Italian salad dressing
- 1 small onion, quartered
- 1 red bell pepper, cut into 8 squares
- 1 small zucchini, cut into chunks
- 1 small yellow squash cut into 4 chunks
- 1/2 green bell pepper, cut into 4 squares
- 2 cups hot cooked rice
- 2 tablespoons chopped parsley

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

### NUTRITION FACTS

- Calories 406
- Total Fat 20 g
- Cholesterol 77 mg
- Sodium 394 mg
- Dietary Fiber 2 g
- Protein 27 g
- Total Carbohydrates 29 g

**Meal Part:** Main Dish

**Preparation:** Quick and Easy

**Main Ingredient:** Vegetables, Beef

**Cuisine Type:** American

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

### DIRECTIONS

- Pour salad dressing over beef cubes in a shallow baking dish.
- Cover and marinate for four hours or overnight in refrigerator, turning occasionally.
- Alternate beef, onion, peppers, zucchini and yellow squash on skewers.
- Grill turning and basting with remaining marinate, five to seven minutes or to desired doneness.
- Combine rice and parsley; serve kabobs over hot 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