

Brown and Wild Rice

Country of Origin: Canada

Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g) / par 1/4 tasse (45 g)

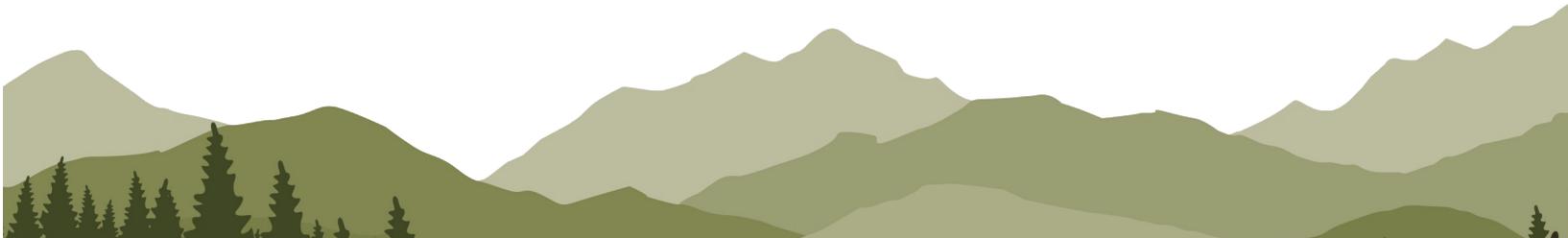
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1 g	2 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 3 mg	1 %
Carbohydrate / Glucides 34 g	11 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

Factoid:

Wild rice is comprised of four species of grasses which form the genus *Zizania*, and the grain which can be harvested from them. Historically, the grain has been gathered and eaten in North America and China. Today, in China, the plant's stem is eaten as a vegetable. Brown rice is brown because it retains its bran, which provides a hint of nutty flavour.

Ingredients:

Long grain brown rice and wild rice



Recipe:

Brown and Wild Rice Pilaf with Mushrooms

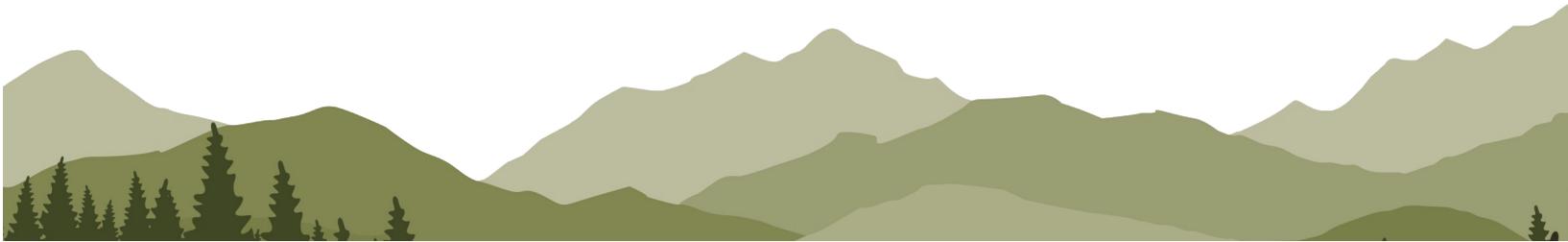
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ORGANICS

Ingredients:

- 2 Tbl extra virgin olive oil
- 1 small onion, diced
- 1/2 C mushrooms, sliced
- 2 cloves garlic, minced
- 1/4 C celery, chopped
- 1/4 C fresh parsley, chopped
- 1 tsp each dried sage, thyme and rosemary
- 2 C brown and wild rice
- 3 1/2 C water or gluten-free vegetable broth

Instructions:

1. In a large pot, heat olive oil and saute onion until soft.
2. Add mushrooms, garlic and celery and saute; until mushrooms are cooked.
3. Add parsley and dried herbs and stir to blend.
4. Add rice and stock or water and bring to a boil. reduce to a simmer, partially covered, and cook for 50 minutes or until rice is tender.
5. Fluff with a fork before serving.



Cooking Note:

1. Rinse 1 cup of rice.
2. Bring 3 cups of water/broth and pinch of salt to a boil.
3. Add rice. Cover, reduce heat, and simmer (over medium-low heat) 40-45 minutes, or until kernels puff open.
4. Uncover, fluff with a fork and simmer for 5 minutes. Drain off excess liquid.

Farmer:

Floating Leaf Wild Rice

The Ratuskis stick to the principles their forefathers built the company on: trust, loyalty, and the promise of providing the highest quality wild rice. Their great grandfather recognized a unique opportunity in wild rice in 1935, and ever since then, every generation of their family has contributed to this vision. As soon as children were old enough to start helping out, they would work alongside their cousins, uncles, aunts and grandparents to help with processing, roasting, and packing orders. Floating Leaf Wild Rice is committed to ecological sustainability because they believe wild rice is a precious Canadian resource—with sole samples dating back thousands of years! Rather than using heavy machinery, they employ traditional agricultural methods, and also never use chemical inputs such as synthetic fertilizers, herbicides and pesticides. They recognize Nature is a key player in their production as development of wild rice crops relies on the natural hydraulogy of the area. They believe in working with Nature as the harvest itself works to re-seed the next year's harvest and benefits local wildlife, water fowl, and fish spawning. Because wild rice is a keystone species, those working with the crops are able to gauge the overall health of the ecosystem and ensure they are doing their best to conserve it. As a company they are also dedicated to the economic sustainability of the northern communities they partner with. They have been able to provide an industry and jobs where not much else exists in the area, and value their relationships with local residents and First Nations groups. They have worked with locals for over 50 years—providing education on best practices and organic integrity—to secure certifications and manage crops to grow the wild rice industry. Through building these programs they hope to bring something to the table that is healthy, Canadian-grown, and exceptional in taste—all in a way that is sustainable for the Earth and for their community.

