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NEWS RELEASE

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CELEBRATE NATIONAL RICE MONTH BY GOING “WILD”

Voice Your Choice for the Culinary Winner

In 1991, President Bush endorsed September as National Rice Month, celebrating the harvest and recognizing the contributions the U.S. rice industry makes to America’s economy. So this year, as the leaves start to turn and a morning chill returns to the air, it’s the perfect time to go “wild” and celebrate National Rice Month with the great taste of wild rice.

Often referred to as the “Caviar of Grains™,” wild rice has long been a favorite of cooks who use it in soups, salads, sides, main dishes, and even desserts. Wild rice, a natural food with no preservatives or additives, is a whole grain containing no sodium, sugar, saturated fat or cholesterol and is a better source of protein than white or brown rice. Wild rice is gluten-free and a great source of dietary fiber, phosphorus, calcium, and iron...all part of a healthy, well balanced diet.

In celebration of September's National Rice Month, voice your choice in the 3rd Annual “*Get Wild with Wild Rice*” Recipe Contest. Ten finalists are vying for your vote for the People’s Choice Award. Cast your vote by September 30th by visiting www.mnwildrice.org and help one lucky winner bring home the cash prize!

2013 finalists include:

Thai Wild Rice & Chicken Soup – Julie DeMatteo, Clementon, NJ
Santa Fe Chicken & Wild Rice Soup – Mary Shivers, Ada, OK
Mediterranean Wild Rice Salad – Gilda Lester, Millsboro, DE
Raging Bourbon BBQ Beef & Wild Rice Salad – Mary Shivers, Ada, OK
Spirited Wild Rice Sliders – Lisa Keys, Kennett Square, PA
Zesty Wild Rice Skillet – Katie Schlick, St. Cloud, MN
Sweet ‘n Spicy Pork & Plum Skillet – Rozanne Chan, Albany, CA
“Hit the Road” Wild Rice Burritos – Anne Lauer, Hugo, MN
Wild West Manoomin Pizza – Laurie Figone, Petaluma, CA
Tex-Mex Spinach, Chicken, & Wild Rice Casserole – Lauren Wyler, Dripping Springs, TX

For past contest winner's recipes and the world's largest online collection of wild rice recipes, visit www.mnwildrice.org/search.php.