

Harvest of the Month

Wild Rice

Calories

101

Total Fat

0g

3.5
oz

Sodium

3mg

Sugars

1g

FUN FACTS:

Wild rice is the official state grain of Minnesota. It is harvested mainly in the U.S. and Canada. Minnesota produces a majority of the millions of pounds of rice each year.

Wild rice is not actually a type of rice. It is a water-grown grass seed.

It has a rich nutty flavor and is a delicious and nutritious addition to a meal.

With a little oil and a good shake, you can pop wild rice just like popcorn.

This institution is an equal opportunity provider.

