



# Rice



Rice is a staple grain for more than half of the world's population. The most common varieties are long-grain, medium-grain, and short-grain. Long-grain rice has slender grains that remain separate when cooked and include Basmati and Jasmine rice. Medium-grain rice grains are slightly shorter and stickier when cooked and are often used in dishes like sushi and risotto. Short-grain rice grains are round and become very sticky when cooked and are ideal for sushi and rice puddings.

Rice requires a warm and humid climate for cultivation. China and India are the top rice-producing countries. Arkansas, California, Louisiana, Missouri, Texas, and Mississippi produce the most rice in the United States.

Rice is often grown from seedlings that are transplanted into a rice field, which is typically flooded with water. Rice fields are maintained under flooded or saturated conditions for most of the growing season.

Rice is typically ready to harvest when the grains have matured and turned golden. Harvesting is done either by combine harvester or by hand. After harvest, the rice is dried to reduce the moisture content, making it suitable for storage and milling. To produce white rice, the outer husk is removed.

Rice is a good source of carbohydrates and provides essential nutrients like vitamin B, minerals, and some protein. Rice is used in a variety of dishes, including rice pilaf, sushi, and paella. It can be steamed, boiled, fried, or ground into rice flour.



<https://youtu.be/orwWM33drJw?si=6qhOybvy6ZOT5VzT>