

# The Story of Organic Brown Rice

What's the big deal about **organic** foods? **Organic** farming can help out Mother Nature and help out the people who eat the food, too. **Organic** brown rice is a great example as it makes its way from the farm to your plate.



## Rice is a Water Plant

Rice is a water plant, so the farmland must be flooded. At first look, this can seem like a lot of water. The good news is that when the rice is ready to harvest, the water is returned to the surrounding streams and rivers. Also, the flooded farmland creates wetland habitat that is perfect for many kinds of birds and other animals. **Organic** farming means that chemicals fertilizers and pesticides are not used. Therefore, the animals are able to safely drink the water. The water that is drained into the nearby streams and rivers will be free of chemicals, as well.



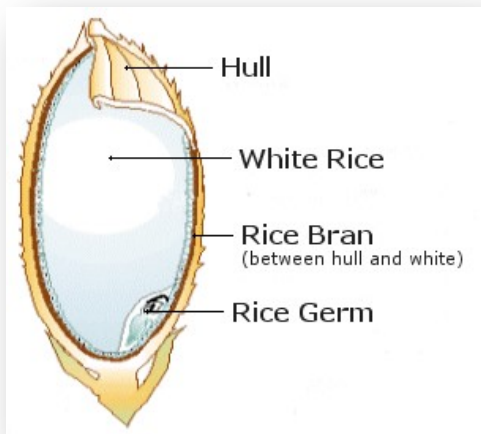
## Rice Harvest

After draining the water off of the land, the rice is harvested with special farm equipment called harvesters that remove the grains from the plants. The rice is loaded into trucks and taken to nearby mills to dry.



After the rice is dry, the hulls are taken off. Hulls are hard shells on the outside of the grains of rice. What is left is brown rice. White rice requires extra steps to remove more parts of the grain. Brown rice does not go through the extra steps. The outer layer called the bran is

left on the rice. Brown rice also retains the part of the seed that could sprout into a new plant called the germ. The bran and the germ are full of nutrients.



## Enjoying Organic Rice

Finally the rice is packaged and put onto trucks to take to markets across the country. Most rice is grown in California and a few southern states, so this can be a long journey to get all the way to New York! The best part of organic brown rice is that the rest of the story is up to you. *You* decide how it gets to your plate! After boiling the rice in water, you can eat it plain. The bran and the germ give it more flavor than white rice. If you like, a little dash of seasoning or a pat of butter can add variety. Either way, you can eat your meal knowing that it will provide lots of tasty nutrition for you and healthy habitat for other animals.

