

Texas Rice, Endless Possibilities



Texas is the fifth largest producer of rice in the U.S. The upper Texas coast, known as the Texas Rice Belt, is home to most of the state's rice production and milling industry, covering nearly 75,000 hectares (184,000 acres).

The Texas Rice Belt plays an important environmental and agricultural role in the health of the coastal prairie. Rice farmers are committed to being good stewards of their resources, while rice fields offer forage and roosting habitats for resident, wintering and migrating waterfowl and shorebirds, as well as other wetland-dependent wildlife species.

Tiny Grain, Mighty Health Benefits

Rice provides more than 15 essential vitamins and minerals including folic acid, B vitamins, potassium, magnesium, selenium, fiber, iron and zinc. Whole grains, such as brown rice, help reduce the risk of heart disease, diabetes, and certain cancers.

Rice is gluten-free, highly digestible, and the least allergenic of all grains, making it ideal for those with food sensitivities. It's also a nutrient-dense, complex carbohydrate, meaning the body will slowly digest it to help you stay energized throughout the day.



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Fill Your Plate

As a staple in diets around the world, Texas-grown rice can be found in a wide variety of dishes, from sweet to savory and everything in between.

Long grain rice works well in pilafs, stir-fries, salads and soups, while medium grain is ideal for dishes with a creamy consistency like paella. Jasmine is a major ingredient in Thai cuisine and basmati rice is often used in Indian and Mediterranean dishes. Either variety can also be substituted for long grain. Arborio rice has an exceptional ability to absorb flavors and is used primarily in risotto and desserts.



SHRIMP CURRY MASALA OVER BASMATI RICE

No matter which Texas rice variety you choose, it will serve as the perfect bed for just about every dish or can be mixed with protein and vegetables for a delectable meal. Combine Texas rice with your favorite flavors to round out every dish.

Texas Rice Varieties

Texas produces mostly long grain rice, but also grows medium grain, jasmine, basmati and arborio rice varieties.



LONG GRAIN RICE

has a long, slender kernel, three to four times longer than its width. Due to its starch composition, cooked grains are lighter, fluffier, and more separated than their medium or short grain counterparts.



MEDIUM GRAIN RICE

has a shorter, wider kernel than long grain rice, two to three times longer than its width. Cooked grains are moist and tender, with a tendency to cling together.



TEXAS JASMINE

is an aromatic long grain rice with a distinct flavor. Cooked grains are soft, moist, and cling together.



TEXAS BASMATI

is an aromatic long grain rice with its own distinctive aroma and flavor. While cooking, the grains become longer, not wider. Cooked grains are long, separate, and fluffy with slightly chewy texture and a savory, nutty flavor.



TEXAS ARBORIO

is a medium grain rice with a characteristic white dot at the center of the grain and a higher protein content than other medium grain varieties. This rice develops a creamy texture when cooked.

More Information

Contact the Texas Department of Agriculture for more information about Texas agricultural products at GoGlobal@TexasAgriculture.gov.