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NEWS RELEASE

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People's Choice Award Up for Grabs in Wild Rice Recipe Contest

Vote for your favorite wild rice recipe to help celebrate National Rice Month!

The Minnesota Cultivated Wild Rice Council is asking for your help in celebrating National Rice Month by voting for your favorite wild rice recipe in the "People's Choice" category of the "Get Wild with Wild Rice" recipe contest. Creative and mouth-watering wild rice recipes were submitted from all over the country in the categories of soups, salads, appetizers, sides, entrees, and desserts. Now we need your help in declaring a winner. "Run-offs" were held earlier this summer to determine 13 finalists which are competing for your vote, a cash prize, and the coveted title of "People's Choice Champion!" The delicious recipes are featured on the Council's website where you can also cast your vote! Visit mnwildrice.org to vote!

National Rice Month was established in 1990 to increase the awareness of rice and recognize the contribution the rice industry makes to America's economy. Preparing one of our new delicious wild rice finalist recipes is a perfect way to join in this annual celebration.

Often referred to as the "Caviar of Grains™," wild rice has long been a favorite of cooks who use it in soups, salads, appetizers, 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 has more protein and fewer calories 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.

Celebrate National Rice Month by voting for your favorite recipe in our "Get Wild with Wild Rice" recipe contest by visiting mnwildrice.org and helping one lucky finalist take home the cash prize! Voting begins September 1, and all votes must be cast by September 30th. (*One vote per person.*)

2025 finalists include:

Greek Chicken & Wild Rice Salad – Tiffany Aaron, Quitman AR
Thai Chicken & Wild Rice Soup – Daniel Carberg, Roxbury, NH
Andouille Fried Wild Rice Skillet – Teresa Cardin, Pyatt, AR
Italian Sausage & Wild Rice Soup – Alfred Eggermont, Binford, ND
Wild Rice & Turkey Chowder – Pamela Gelsomini, Miami, FL
Chipotle Chicken, Carrots, & Wild Rice – Emily Jenkins, Nixa, MO
Wildly Robust Beans & Rice Birria Bites – Laura Kurella, Wellston, MI
Wild Rice Dubai Chocolate Strawberry Cups – Michele Kusma, Columbus, OH
Minnesota Wild Rice Turkey Pinwheels – Cameron Miller, Blaine, MN
Wild Pork, Beet, & Apple Salad – Jamie Parchman, Harlingen, TX
Wild Mexican Fried Rice – Susan Mason, Puyallup, WA
Swedish Wild Rice Lingonberry Burgers – Natalie Yarbrough, Minnetonka, MN
Wild Rice Cheddar Bacon Hush Puppies – Natalie Yarbrough, Minnetonka, MN

For past contest winning recipes and the world's largest online collection of wild rice recipes, visit mnwildrice.org/search.php. Pictures available upon request.