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FOR IMMEDIATE RELEASE
Contact: Beth Nelson, President

August 13, 2025

Wild Rice and the State Fair, a “Great Minnesota Get-Together”

Wild Rice \$5, “Wild Wear” T-shirts \$10, Trucker Hats \$5!

For many, the phrase “Great Minnesota Get-Together” conjures images of cheese curds, corn dogs, and all the classic favorites of the beloved Minnesota State Fair. But don’t forget about another essential “get-together” — you and Minnesota’s State Grain, wild rice. Be sure to visit the Minnesota Cultivated Wild Rice Council’s booth at the State Fair to stock up on affordably priced Minnesota wild rice, enjoy delicious recipe samples, and check out our ever-popular “wild wear” merchandise.

The Minnesota Cultivated Wild Rice Council’s booth has been a State Fair staple for decades, educating visitors on how cultivated wild rice is grown, highlighting its impressive nutritional benefits, and, most importantly, serving up delicious samples of new wild rice recipes.

The Council’s cooking school, one of the fair’s must-visit destinations, offers taste samples of the latest wild rice creations, all featured in the 2025–’26 edition of *Recipes and Answers to Often Asked Questions*. This year’s edition includes recipes across five categories: Soups, Salads, Appetizers, Entrées, and Desserts. Just a few highlights include Thai Chicken & Wild Rice Soup, Italian Sausage & Wild Rice Soup, Greek Chicken & Wild Rice Salad, Dill Pickle Wild Rice & Turkey Salad, and Minnesota Wild Rice Turkey Pinwheels. In total, the brochure features 15 brand-new, mouthwatering recipes, including 13 finalists from the Council’s 2025 “Get Wild with Wild Rice” recipe contest, two staff favorites, and the most requested wild rice recipe of all time, Classic Creamy Wild Rice Soup.

Also, be sure to check out the brochure's wild rice preparation instructions and answers to the most often asked questions about wild rice.

Located in the Dairy Building across the street from the Haunted House, the Minnesota Cultivated Wild Rice Council booth features its incredibly popular wild rice cooking school, where culinary specialists demonstrate and offer samples of its newest wild rice creations. Every hour on the hour from 10:00 a.m. to 4:00 p.m., these demonstrations offer great-tasting samples and little-known facts detailing the rich history of cultivated wild rice production in Minnesota.

The booth also features a wild rice informational video, a “grain” teaser to quiz fairgoers about their knowledge of wild rice, and our fashionable “wild wear” (*designs shown here*) bargain-priced t-shirts and caps promoting Minnesota's state grain!

The undeniable star of the Minnesota Cultivated Wild Rice Council's booth is the affordably priced, locally grown Minnesota cultivated wild rice. At just \$5.00 per pound, it's a deal that draws crowds so be sure to stock up early before it sells out!



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Notes to Editor:

Here's an offer for your listeners/readers/viewers who are unable to attend the State Fair:

New 2025-'26 Wild Rice Recipe Brochure. Each year new wild rice recipes are created and introduced at the State Fair. In addition to these exciting new recipes, the brochure contains interesting but little-known wild rice facts, nutritional information comparing wild rice with white and brown rice, and “frequently asked questions” about wild rice, including general cooking and storage tips. If you wish to offer this brochure to your listeners/readers/viewers who are unable to visit our State Fair booth, simply direct them to mnwildrice.org or have them send a self-addressed, stamped envelope to:

Wild Rice – MN's State Grain
4630 Churchill Street, #1
St. Paul, MN 55126

Please note – For your convenience, we are available for interviews daily from 10:00 a.m. to 4:00 p.m. and as prescheduled.