



4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • [wr@mnwildrice.org](mailto:wr@mnwildrice.org) • [www.mnwildrice.org](http://www.mnwildrice.org)

FOOD EDITORS RELEASE

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Contact: Beth C. W. Nelson, President; Chelsea Russell, Associate Director

## **Discover the Only Cereal Grain Native to North America – Wild Rice** *Redesigned Website Features World's Largest Wild Rice Recipe Library*

ST. PAUL, Minn. — For those of us hunting for the next best recipe, there is a fresh place to explore. The Minnesota Cultivated Wild Rice Council has launched a revamped website designed to make finding recipes, cooking tips, and ingredient information easier and more enjoyable.

The updated site features a more visually appealing layout and improved mobile-friendly navigation. Enhanced search tools allow you to quickly sort recipes to find just the right recipe, whether it's a comforting soup, unique salad, hearty side dish, entrée, or even a dessert featuring wild rice. Recipes now include nutritional information, giving an additional way to help with your meal planning.

"We wanted the website to be a place people enjoy exploring when they're looking for cooking ideas," said Beth Nelson, President of the Minnesota Cultivated Wild Rice Council. "Wild rice is incredibly versatile, and the site now makes it easier to discover recipes, learn how to cook it, and find reliable information about this unique North American grain."

For those who have difficulty buying wild rice locally, the site also provides a user-friendly guide connecting you to companies that sell wild rice online.

If you enjoy cooking and snapping pictures of your creations, you can win free wild rice. Help bring the recipe collection to life by trying a recipe that does not yet have a photo and submitting a picture of your finished dish. If your photo is selected to be featured on the website, you will receive a pound of wild rice. Participation details can be found on the homepage.

The Minnesota Cultivated Wild Rice Council maintains the largest collection of wild rice recipes, and the redesigned website makes it easier than ever to explore the versatility of this unique North American grain. Naturally gluten-free, wild rice contains more protein and fewer calories and carbohydrates than white or brown rice, making it a terrific addition to a wide variety of recipes and diets. Minnesota is the world's largest producer of wild rice. Explore the updated website at [www.mnwildrice.org](http://www.mnwildrice.org).

### **Note to Editor:**

**For media questions, please contact the Council at [wr@mnwildrice.org](mailto:wr@mnwildrice.org).**

Due to limited funds, we do not have a clipping service. Run our release and send us a copy — we'll return the favor by sending you a package of wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**