

# *Oryza sativa*

## Common name(s)

Rice,

## Edible portion:

Seeds, Cereal, Husks -oil,



## Distribution

A tropical plant. It grows in tropical and subtropical countries. Plants are grown in both flooded and dryland sites. It will grow over a range of conditions but is normally between sea level and 900 metres altitude in the tropics. Occasionally it is grown up to 1600 m. In Nepal it grows to about 2800 m altitude. It needs a frost free period of over 130 days. It suits hardiness zones 9-12.

## Description

An annual grass with hollow stems. The stems can be 30 cm to 150 cm tall. (Floating varieties can be 5 m long.) The nodes are solid and swollen. The stem is protected by a skin layer which can often be high in silicon. A clump of shoots are produced as tillers from buds in the lower leaf axils. The leaves are narrow and hairy. They taper towards the tip. Each stem produces 10-20 leaves and the seeds hang from the flower stalk at the top. Some varieties are glutinous and cling together when cooked.

## Use

The grains are boiled and eaten after the husks are removed by pounding and winnowing.

It is also made into flour, pasta, cakes, puddings, starch and noodles. Rice paper can be made from the flour. Rice bran mixed with flour can be used for cakes, biscuits, muffins and pancakes.

Rice bran is used for pickling vegetables. An oil can be extracted from the husks.

The sprouted seeds are eaten in salads. Young seedlings can be used as a vegetable.

Rice can be used to make alcohol and milk like drinks. Caution: Alcohol is a cause of cancer.

## Cultivation

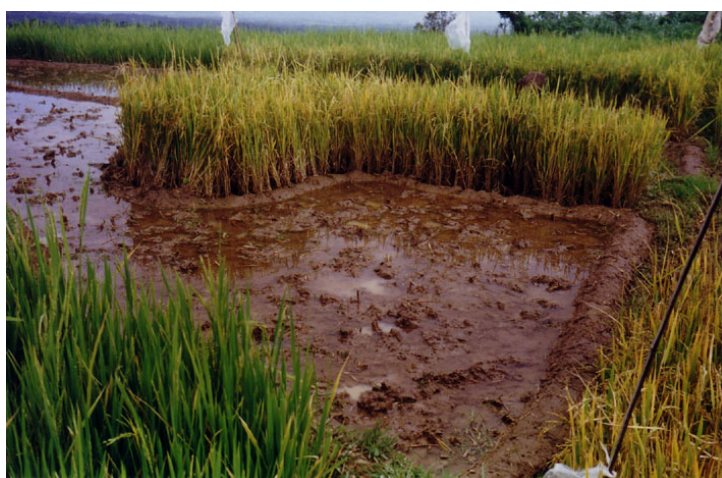
Plants are grown from seed. Seed can be sown direct or in a nursery and transplanted. For dryland crops - 5 to 10 seeds in holes 20 to 25 cm apart. For transplanting 2 or 3 plants as a 20 x 20 cm spacing is suitable. Weed control is a problem in the early stages. Flooding can be used for weed control.

## Production

The glumes are removed to produce husked rice. Polishing removes the integument giving polished rice. Rice development takes 90 to 200 days depending on variety.

## Nutritional values

Edible Part	Moisture %	Energy kJ	Energy kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
(per 100 grams of edible portion)								
Seed white	11.4	1530	366	6.4		0	1.9	
Seed brown	13.5	1480	354	7.6			2.8	
Seed white	68.4	544	130	2.7	0	0	1.2	0.49



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## Indexing Data (print optional)

### Found in

Africa, Angola, Asia, Australia, Balkans, Bangladesh, Benin, Bhutan, Bolivia, Bougainville, Brazil, Brunei, Burkina Faso, Burundi, Cambodia, Cameroon, Central Africa, Central African Republic, CAR, Central America, Central Asia, Chad, China, Colombia, Comoros, Congo DR, Congo R, Costa Rica, Côte d'Ivoire, Cuba, Dominican Republic, East Africa, East Timor, Ecuador, Egypt, El Salvador, Equatorial-Guinea, Eswatini, Ethiopia, Europe, Fiji, French Guiana, Gabon, Gambia, Ghana, Guam, Guianas, Guinea, Guinée, Guinea-Bissau, Guyana, Haiti, Himalayas, India, Indochina, Indonesia, Iraq, Italy, Ivory Coast, Jamaica, Japan, Kazakhstan, Kenya, Korea, Laos, Liberia, Macedonia, Madagascar, Malawi, Malaysia, Mali, Mauritania, Mauritius, Mediterranean, Middle East, Morocco, Mozambique, Myanmar, Nepal, Nicaragua, Niger, Nigeria, North Africa, North America, Northeastern India, Pacific, Pakistan, Papua New Guinea, PNG, Peru, Philippines, Puerto Rico, Rwanda, Sahel, Samoa, SE Asia, Senegal, Seychelles, Sierra Leone, Sikkim, Solomon Islands, Somalia, South Africa, Southern Africa, South America, South Sudan, Spain, Sri Lanka, Sudan, Suriname, Swaziland, Syria, Taiwan, Tajikistan, Tanzania, Thailand, Timor-Leste, Togo, Uganda, Uruguay, USA, Uzbekistan, Vanuatu, Venezuela, Vietnam, West Africa, West Indies, West Timor, Zambia, Zimbabwe,

### Synonyms

*Oryza glutinosa* Lour.;  
*Oryza sativa* cv. *italica* Alef.;  
*Oryza sativa* subsp. *indica* Kato;  
*Oryza sativa* var. *affinis* Korn.;  
*Oryza sativa* var. *erythroceros* Korn.;  
*Oryza sativa* var. *flavoacies* Kara-Murza ex Zhuk.;  
*Oryza sativa* var. *melanacra* Korn.;  
*Oryza sativa* var. *suberythroceros* Kanevsk;  
*Oryza sativa* var. *vulgaris* Korn.;  
*Oryza sativa* var. *zeravschanica* Brches ex Katzaroff, nom. nud.  
*Oryza plena* (Prain) Chowdhury;

### Other common names

Akki, Araisa, Ari, Arishi, Arisi, Aro, Arroz, Arus, Ba, Bak, Beras, Bhat, Bhatta, Biring, Biyyamu, Byeo, Chahai, Chal, Chaval, Chawal, Choka, Dangar, Dao, Dhan, Dhanya, Goyam, Iresi, Kao chow, Kao nyo, Kao, Kome, Mo, Murii, Nasi, Nellu, Nivara, Padi, Pari, Raisi, Reis, Resi, Riso, Riz, Schinkafa, Shinkafa, Sok, Syali, Tandula, Re raiti, Vadlu, Varidhanyamu, Vrihi, Wee, Yimwa,



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