Indian Harvest Introduces Organic Wild Rice

_Hearty natural flavor and whole-grain goodness in a certified-organic product._

BEMIDJI, MINN., June 7, 2011—Indian Harvest, a producer and supplier of specialty grains, beans, legumes and blends from around the world for U.S. foodservice, announces the addition of Organic Wild Rice to its family of wild rices.

Cultivated in Northern California, Indian Harvest’s Oregon Tilth-certified Organic Wild Rice boasts a grassy, herbal note and a pleasing, firm texture. Grains vary in length in this mill-run blend, with colors in a range of rich, dark browns. Organic Wild Rice is the latest addition to the company’s Boutique line of exclusive grains seldom found in U.S. markets.

“Our newest wild rice communicates perceived value to diners who seek hearty natural flavor, the goodness of whole grains and the assurance of organic cultivation and harvesting,” says Michael Holleman, Indian Harvest’s director of culinary development. “Chefs and cooks will appreciate it for its easy, consistent prep and contribution of pleasing color and mouthfeel to a wide range of dishes for every daypart, any time of year.”

Pack size is 6/2-lb. sleeves, 12 pounds per case. Besides Organic Wild Rice, Indian Harvest offers quality wild rices in five grades to meet any application and budget for menu and product development. Traditional Hand Harvested Wild Rice cultivated in northern Minnesota rounds out Indian Harvest’s wild-rice repertoire.

For culinary support and recipes featuring any Indian Harvest wild rice, call (800) 346-7032 or visit [www.indianharvest.com/recipes](http://www.indianharvest.com/recipes).

**About Indian Harvest**

Indian Harvest Specialties Inc., headquartered in northern Minnesota, is a foremost U.S. producer and procurer of some of the world’s most distinctive varieties of grains, beans and legumes for foodservice. The company’s dedication to discovering and promoting lesser-known, heirloom grains and seeds is deep-rooted in its 32-year heritage of providing chef-driven menu inspiration and solutions to an evolving industry. For more information, visit [www.indianharvest.com](http://www.indianharvest.com).

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**Sweet Potato & Crimson Lentil Soup with Wild Rice & Kale**

Chef Michael Holleman,
Director of Culinary Development, Indian Harvest

_Yield:_ 1 gallon

- 6 c. water
- 8 oz. Indian Harvest Organic Wild Rice
1/3 c. extra-virgin olive oil, divided
2 lbs. sweet potato, peeled and cubed
1 c. chopped onion
1 T. chopped garlic
4 qts. chicken or vegetable stock, divided
8 oz. Indian Harvest Crimson Lentils
4 oz. kale, stems removed, chopped into 1-in. pieces
Salt and pepper, to taste

Method:
1. Bring water to a boil. Stir in wild rice.
2. Reduce heat to simmer, cover and cook for 45 minutes. Drain excess water and reserve the wild rice.
3. In a large stockpot, heat 3 T. olive oil. Add sweet potato and sauté for 5 minutes, stirring occasionally.
4. Stir in the onion and garlic; sauté for an additional 5 minutes, stirring occasionally.
5. Add 1 qt. stock, cover and simmer until the sweet potato is cooked through.
6. Whisk the sweet potato, onion and garlic mixture to a smooth consistency.
7. Add the remaining stock and lentils and simmer until the lentils are dissolving (about 20 minutes). Whisk until the lentils have thickened the soup.
8. In a separate pot, heat the remaining olive oil and stir in the chopped kale. Sauté for 2 minutes. Add to the soup along with the cooked wild rice.
9. Adjust flavor with salt and pepper before serving. Garnish with croutons if desired.