

# SELENIO SHORT GRAIN RICE



*Piedmont, Italy*



Product of Italy



## SELENIO RICE SHORT GRAIN

Biodiversity Protected Farm

NET WT. 35 OZ (2 LB 3 OZ) 1 kg



### SENSORY PROFILE

Selenio (colloquially meaning “soft soul” in Italian) is one of the oldest small round variety of rice grown in Italy. It has a crystalline grain with no pearl. Selenio’s lower amylose content makes it sticky, so it is perfect for arancini, sushi, fusion dishes, puddings, and other desserts. It also has a lower glycemic index compared to other rices, making it more digestible and favored by those watching their glucose levels. Selenio’s health benefits, organoleptic properties, and versatility in the kitchen makes it a great choice as a general sticky rice. Cascina Oschiena plants nitrogen-fixing cover crops after Selenio’s growing cycle in a practice of crop rotation, which improves soil health.

### CERTIFIED FRIEND OF THE EARTH



RETAIL SIZE	1kg box
ITEM NO	CO6000
UPC	8057094230327
CASE	12/case
CASE WEIGHT	26 lbs.
RETAIL SIZE	500g box
ITEM NO	CO6005
UPC	8057094230501
CASE	6/case
CASE WEIGHT	7 lbs.

### TRADITION

Cascina Oschiena is a one-of-a-kind rice producer and biodiversity champion headed by Alice Cerutti in the region of Piedmont, Italy. They are one of only five farms in Italy to grow ancient, classic grain varieties, like Classic Arborio, Classic Carnaroli, and farro. They turned 25 hectares on their land into a nature preserve (where the migratory bird Blacktailed Godwit that inspired their logo can often be found). They practice the historical method of rice farming through flooding, using a gravity-based system of funneling naturally flowing water from the nearby mountains to flood their fields and replenish the groundwater. Their ancient varieties of rice are soft-milled and unaged. Cascina Oschiena is a member of the ECORice project. For Alice and Oschiena, growing rice means being a steward of the environment.



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