

# TECHNICAL SHEET

## ARICA Rice

### Presentation of the ricS

As mentioned in the Agronomist's Memento (2002), cultivated rices belong to the genus *Oryza*, which includes 23 species (Adegbola et al, 2019). These species are now found on all continents. The two cultivated species (one of African origin, *Oryza glaberrima* and the other of Asian origin, *Oryza sativa*) are found today on all five continents (Adegbola et al, 2019).

The *Oryza* genus includes about 20 different species. Numerous classifications of these species into complexes, tribes, series, etc. have been proposed, with varying degrees of overlap with each other (Adegbola et al, 2019).

The species *O. sativa* has a wide variety of forms. These forms have been classified within two subspecies *indica* and *japonica*. Based initially on morphological characters and crossing behavior (Adegbola et al, 2019). This classification was confirmed by biochemical and molecular tools to analyze genetic variability (Adegbola et al, 2019).

### Vegetative cycle of rice

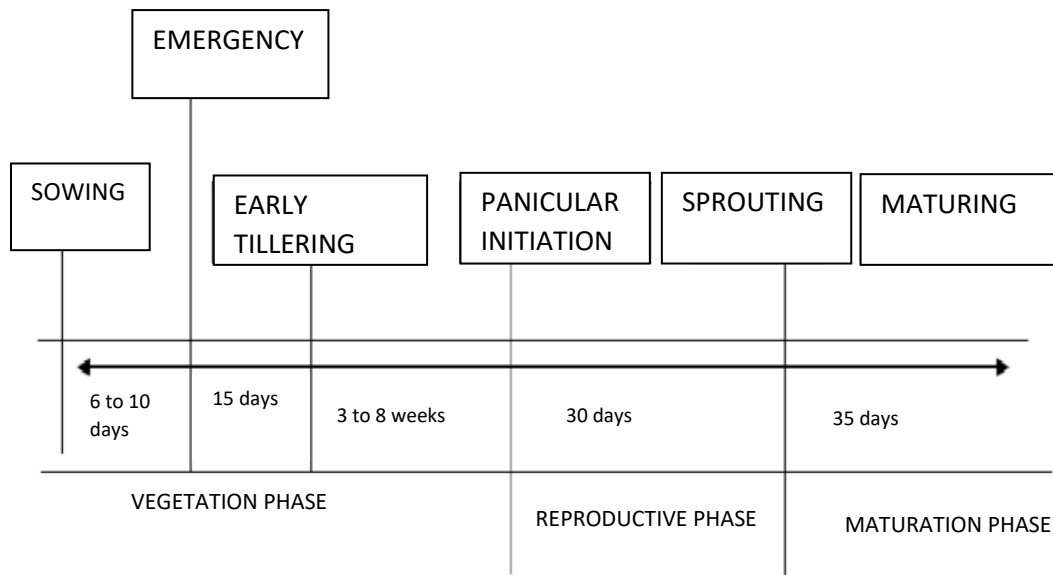


Figure 1: Vegetative cycle of rice (source: Adegbola et al, 2019)

## **The different forms of rice** (CORAF, 2009 cited by Adegbola et al, 2019)

**Paddy rice** is in its raw state, it is an "unhulled rice" that has retained its husk after threshing. It is also cultivated in aquarium, for its paramecia in the germ of the grain.

**Parboiled rice**, often referred to as unpolished rice, is paddy rice that is heat treated, dried and husked before marketing to limit the rate of kernels sticking together. Parboiled rice is richer in nutrients.

**Brown rice or whole grain rice** is a whole grain rice that has been stripped of its fibrous and inedible outer husk but retains the germ (embryo) and bran that make it more nutritious than white rice. In Europe, this rice is often called "cargo rice" because it is mainly transported by sea. Brown rice almost always contains green grains, grains that are not yet fully mature at the time of harvest. This is unavoidable because the grains do not ripen at the same rate along the panicle (as well as because of mixtures of varieties in the seed). Post-harvest sorting is difficult and expensive. These grains are also present in white rice but are less visible because of polishing. Generally, 1 kg of paddy rice yields 750 g of cargo rice.

**White rice** is husked and polished. It has lost many of its nutrients and contains much less niacin, thiamin, magnesium, zinc, iron, and fiber than brown rice. In some countries, including the United States, it is fortified with iron, niacin, and thiamine to restore some of its nutritional value. White rice can be coated with magnesium silicate or covered with a mixture of glucose and talc ("polished rice", "glazed rice"). Generally, 1 kg of paddy rice yields 600 g of "white rice".

Le **riz rouge** est un riz avec une couche de son rouge : bhoutanais, himalayen, thaï.

**Black rice** is rice with a thin layer of black bran. Under the bran is a white grain. These include Balinese, Chinese and Thai black rice.

**Arborio rice** is a classic round white rice that is considered one of the finest rices because it can absorb a good amount of cooking liquid without softening too much.

**Aromatic rice** (naturally flavored) is much tastier than other rice varieties because of its taste. Basmati rice (grown in India and Pakistan) is one of the best known and most popular, indispensable in Indian cooking, it has a light, dry and fragrant texture, and flavor. Jasmine-scented rice (grown on the Isarn Plateau in northeast Thailand) is also highly regarded.

## **Types of rice** (Adegbola et al, 2019)

The usual classification of rice according to the size of its grains, of which the size of commercial varieties is generally between 2.5 and 10 mm, is as follows.

**Long seed rice:** the grains should measure at least 7 to 8 mm and are rather fine. When cooked, the grains swell little, their shape is preserved, and they hardly clump together. They

are often used in the preparation of main dishes or as a side dish. Many species of the indica group are sold under this name.

**Medium seed rice:** their grains are wider than the long grain rice (the ratio between length and width oscillates between 2 and 3, and reach a length between 5 and 6 mm, can be according to the varieties intended for the consumption in accompaniment or belong to a variety of glutinous rice (as California mochi for example). This type of rice is usually slightly stickier than long rice.

**Short seed rice, round rice or oval grain rice** is the most used variety for desserts. The grains are usually 4 to 5 mm long and 2.5 mm wide. They often stick together.

ARICA rice (AfricaRice: <https://www.africarice-fr.org/arica>)

In 2013, the Africa Rice Breeding Task Force launched a new generation of high-performing rice varieties under a new brand called "ARICA" (Advanced Rice Varieties for Africa). ARICA varieties can be considered the next generation of rice varieties for Africa, following the New Rice for Africa (NERICA) varieties developed in the 1990s and the first decade of this century.

ARICA varieties offer promising opportunities for the African rice sector and can improve the lives of African rice farmers, as they are well adapted to local conditions and have a better grain quality preferred by local markets.

ARICA has been tested in 30 African countries by the African Rice Breeding Task Force, using the participatory varietal selection (PVS) method involving over 3,000 farmers. The 18 ARICA varieties currently selected by the Africa Rice Breeding Action Group have been released or selected for release in Benin, Burkina Faso, Côte d'Ivoire, Ethiopia, Gambia, Ghana, Guinea, Mali, Nigeria, and Uganda.

### **Characteristics of the technology**

- Drought resistant
- Productive (4-8 t/ha)
- Resistant to iron toxicity

### **Bibliographic references**

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### **Other references**

National Center of Specialization on Mangrove Rice ; Host Institution: ROKUPR Agricultural Research Center (RARC) ; NSC MEMBER INSTITUTIONS : The ROKUPR Agricultural Research Center (RARC) is one of the eight centres of the Sierra Leone; Agricultural Research Institute (SLARI) ; Host country: Sierra Leone ; Coordinator: Dr Matthew L.S. GBOKU ; Email: [m.gboku@slari.gov.sl](mailto:m.gboku@slari.gov.sl) ; Telephone: +232 78 529 642