



**News Release
For Immediate Release**

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Get Your Whole Grains with Fresh Summer Salads

Healthy, Tasty Summer Salad Recipes from Lundberg Family Farms

Richvale, Calif. (June 26, 2006) — This summer, health-conscious consumers will be looking for healthful, delicious recipes that feature whole grains. Summer salads made with a variety of healthful brown rice are an easy way to add whole grains to the diet. From nutty brown rice to exotic Black Japonica™ and fluffy, aromatic Brown Basmati, Lundberg Family Farms' Organic and Eco-Farmed rice make great bases for a variety of summer salads.

The USDA guidelines released in 2005 recommend six servings of grains per day, three of which should come from whole grain. According to recent reports, Americans are consuming an average of only one serving of whole grains per day². Now Lundberg Family Farms has great recipe ideas to help meet the recommended whole grain intake.

Whip up a large batch of whole grain brown rice salad each weekend and store it in the fridge to make impromptu meals and snacks all week long. Add fresh local vegetables and herbs and serve with just-picked greens or as a side dish alongside grilled meats or fish.

Please see the attached sheet for detailed recipes, including Southwestern Rice Salad (featuring Lundberg Black Japonica™ rice), Mediterranean Rice Salad (made with Lundberg Wehani™ rice) and the tasty Wild Rice and Toasted Pecan salad. For more information about Lundberg Family Farms, including a wide assortment of recipes, visit www.lundberg.com.

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Editor's note: Product samples and photos available upon request.

Since 1937, the Lundbergs have been producing the highest quality rice in concert with a respect for the environment. Now a third generation family business, Lundberg Family Farms remains committed to improving our precious natural resources.

¹ "Sifting through the facts about whole grains". *Today Show*. May 2, 2006. Accessed online at: <http://msnbc.msn.com/id/12301153/>

Summer Salads from Lundberg Family Farms

Southwestern Rice Salad

1 cup, uncooked	Lundberg Black Japonica™ rice, cooked according to package directions
1 cup	corn, fresh or frozen (defrosted)
1 can (15 oz.)	black beans, rinsed
1 ¼ cup	fresh salsa (from mild to spicy, as desired)
1 large	tomato, seeded and diced (about 1 cup)
1 bunch	green onion, diced (about ¾ cup)
¼ cup	sliced black olives
2 tsp.	cumin powder
¼ cup	fresh cilantro, chopped
2 cloves	garlic, minced
2 tbsp.	fresh lime juice

Combine cooked and cooled rice with all ingredients. Toss lightly. Chill and serve alone or with chopped lettuce and tortilla chips. Yield: 8 cups.

Mediterranean Rice Salad

1 cup, uncooked	Lundberg Wehani™ rice, cooked according to package direction
2 tbsp.	olive oil
1-2 tbsp.	lemon juice
1-2 tbsp.	balsamic vinegar
1 or 2 cloves	garlic, minced
½ cup	sun-dried tomatoes, julienned
¼ cup	kalamata olives, pitted and sliced
¼ cup	Parmesan cheese, freshly grated
½ tsp.	salt (optional)
½ tsp.	dried rosemary, crushed
1 tbsp.	fresh basil, minced
1 tsp.	ground black pepper

Place hot rice in a large bowl. Combine oil, lemon juice, vinegar, garlic, salt, rosemary and pepper in small jar or blender. Shake or blend well and pour over rice. Toss lightly, cover and let cool. Add remaining ingredients. Serve at room temperature or chilled. Yield: 6 cups.

Wild Rice and Toasted Pecan Salad (a Lundberg recipe contest winner, submitted by Eileen Shantz)

Salad:

4 cups	water
1 cup	uncooked Lundberg Wild Rice
1 cup	uncooked Lundberg Short Grain Brown rice
1 tsp.	cooking oil
½ tsp.	salt
2 cups	chopped celery
1 cup	scallions, chopped
1 ½ cups	dried sweetened cranberries
2 cups	toasted pecans, chopped
1 cup	fresh cilantro, chopped

Dressing:

½ cup	balsamic vinegar
1 Tbsp.	Dijon mustard
Two	navel oranges, (¾ cup squeezed juice and 3 Tbsp. orange zest)
2 Tbsp.	honey
½ cup	extra virgin olive oil

In a large saucepan, add water, wild rice, cooking oil and salt, and simmer for about 30 minutes. Add brown rice and simmer 30 minutes longer or until rice is tender. Drain and add chopped celery, scallions, cranberries, pecans and cilantro. In blender, put vinegar, mustard, orange juice and zest, honey and olive oil. Process in blender until mixed then pour over rice and vegetables. Stir and chill. Serves 6.