



Meet the Grower *Cahokia Rice*

Centuries ago, the Cahokia Indian Tribes made their home in what is now Illinois, forming what would grow to be the largest human settlement in North America prior to the arrival of the Europeans. Alongside the Mississippi River, the Cahokia lived in harmony with the land, growing maize in rich soil. They were the original grain farmers of the Midwest.

Hundreds of years later, the Gerard family settled on the same land once farmed by the Cahokia. In 1990, descendant Blake Gerard returned to the land seeking to revitalize this multi-generational farming operation.

Today, Blake continues to carry on his family's legacy. A recognized pioneer in the rice industry, his work is never done. Blake's passion for farming paired with his intimate understanding of the rice market allow him a unique perspective on producing the highest quality rice without sacrificing the characteristics that set family-owned and operated farms like his apart.

We mill and package our crop in small batches to maximize taste and nutrition, harvesting the grains when they contain peak protein content. We guarantee that each package of Cahokia Rice meets these standards of quality that we hold ourselves to.

Typical table rice has 33 grams of carbohydrates and 3 grams of protein; an 11-1 ratio. It's starchy and causes a blood sugar response, so you need to eat protein with it to reduce the glycemic response. Cahokia Rice still has 33 grams of carbs, but with its 6 grams of protein, it changes the ratio to 6-1, which reduces the blood sugar response. That's a big deal! We are committed to providing fresh, locally grown rice to the Midwest and beyond. Cahokia Rice uses tried and true farming techniques as well as new, sustainable approaches to offer a product with both distinct flavor and an abundance of natural proteins.



CAHOKIA

GROWN IN SOUTHERN ILLINOIS