Bario Rice is a traditional tall rice variety with strong stems. It is tolerant to pests and diseases and is very efficient in extracting nutrients from the soil. Bario rice is classified as medium grain rice that is marble white in colour.

Production and processing

Bario rice takes about six months to mature and only one crop can be planted per year. During the fallow period buffalo live in the rice fields, where they eat the weeds and fertilise the soil thus minimising the need for chemical fertilisers and herbicides. The animals are also used to plough the fields and transport goods.

There are no machines in the Kelabit Highlands, and the rice is cultivated manually using age-old traditional methods to ensure its excellent taste and texture.

Link between product and territory

Bario rice (Padi Adan) originated in the Kelabit Highlands, also known as Bario, in northeast Sarawak, Malaysia. Located at over 1 000 metres above sea level, daytime temperatures remain cool, ranging from 19—22 degrees Celsius.

Bario rice possesses all the fine attributes of naturally farmed ‘organic’ rice with a refreshing flavour and unique taste because it is grown in cool, pristine and natural environments. As Bario is inaccessible by road, the rice is flown specially out of the highlands to faraway destinations. The natural conditions give Bario rice its specificity.

Bario rice is known for its soft and slightly sticky texture, fine grains and gastronomical experience.