Khao Kum Lanna rice can be brown or white. A purple or black rice grain, Khao Kum Lanna is highly nutritious, as it contains a two to three times higher level of gamma-oryzanol and anthocynins than general white rice. It also contains a rich source of important nutrients, including carbohydrate, fat, protein, vitamins A, B1, B2 and E, calcium and iron.

Production and processing

The rice seed berries must be from the varieties Khao Kum Doi Saket, Khao Kum Omkoy, Khao Kum Phayao or Khao Kum Muang Puen, as these are regarded to be the highest quality. The rice season occurs between June and August followed by harvesting between October and December. 15% humidity is required to produce good quality rice. The harvested rice is processed into brown and white rice at rice mills. It must be stored in specific Khao Hum Lanna bags.

Labels should include the words ‘Khao Kum Lanna,’ and indicate the weight, the bag number and the date of packaging.

Geographical area

The Khao Kum Lanna production area is located within the eight upper northern provinces of Chiang Mai, Chiang Rai, Lamphun, Phrae, Nan, Phayao, and Mae Hong Son, Thailand.

Link between product and territory

Lanna is an historical town situated in the upper north of Thailand. Khao Kum Lanna is sticky black rice that is a popular dish among the locals. Local innovation is harnessed to improve community nutrition and maintain planting methods. White sticky rice is grown in paddies as the main local dish, and black sticky rice is planted at the source of water, to wash away the chemicals found in rice seeds, and pests, thereby preventing rice-damaging diseases.

Lanna people believe that ‘Khao Kum’ is the god of all rice, and able to protect other rice grains from danger. Natural conditions and the human factor are the link between Khao Kum Lanna and its territory.