

GRAINS

A CONSUMER'S GUIDE TO SHOPPING & LIVING "GREEN"



BUYING & STORAGE TIPS

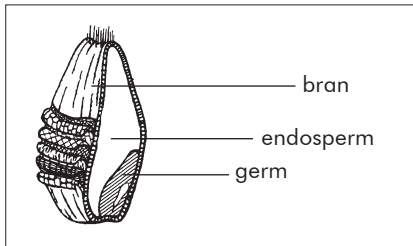
Grains typically last several months in an air tight container, and can stay fresh up to a year in the freezer. Storing them in an airtight container in a cool, dry place out of direct sunlight extends their shelf life.

As a general rule, whole grains have a shorter shelf life than refined grains.

Putting a bay leaf or a dried chile pepper in your grain jar will help deter bugs. Freezing grains for 72 hours right after purchasing helps prevent infestation.

NUTRITION FACTS

Whole grains are edible seeds of plants. They are complex carbohydrates consisting of the bran, the germ and the endosperm.



Whole grains are low in fat and packed with nutrients. The bran is an excellent source of fiber as well as minerals and B vitamins. The germ is rich in protein and enzymes. The endosperm is loaded with complex carbohydrates.

Refined grains are whole grains that have been milled, a process that removes the bran and germ in order to give a finer texture and improve the shelf life. This milling also removes dietary fiber, iron and many vitamins.

COOKING BASICS

- 1) Soak and rinse grain.
- 2) Using a heavy pan with a tight fitting lid, bring water to a boil.
- 3) Add grain and ¼ tsp. salt, depending on grain amount and taste. (Salt helps with assimilation of nutrients.)
- 4) Return to boil, stir and cover.
- 5) Reduce to a simmer and cook for suggested time (see other side).

*Amaranth

Ancient tiny Aztec grain with a nutty flavor and a peppery-spicy taste. Slightly soupy texture. Too small to rinse effectively. Add salt after cooking. Best added in small to moderate amounts to enhance other grains or dishes.

Barley

Chewy cereal grain is good as a thickening agent. Hulled whole, barley is higher in nutrients than mild, sweet-flavored, pearled barley (bran removed). Good source of fiber, iron, calcium and potassium.

*Buckwheat

Raw groats (split kernels) are greenish and have a mellow flavor. The roasted variety (kasha) has a stronger, toasted flavor and drier texture. Blends well with winter squash as well as stuffings, soups, pilafs and stews. Good substitute for rice. Rich in essential amino acids (especially lysine) as well as vitamins B and E, iron, calcium and phosphorus.

*Cornmeal

Use stone-ground whole-grain for flavor and nutrients. Excellent in baking and as a porridge. Polenta is coarsely ground cornmeal (either whole or de-germinated). High in vitamin A.

Farro

An ancient grain in the wheat family that dates back 20,000 years and is beloved in Italy. It is dense, chewy and nutty; it makes excellent risotto-style dishes.

Freekeh

A young, green wheat that is toasted and cracked. High in fiber and protein. Great nutty, chewy texture that goes well in soups, pilafs and salads.

Kamut

An ancient wheat that has a rich, buttery flavor and chewy texture. As versatile as a modern wheat, yet higher in protein and other nutrients and easier to digest.

*Millet

Tiny, yellowish seed with a slightly nutty flavor (toast before cooking to enhance) and fluffs when cooked. Loaded with nutrients including iron, potassium, magnesium and phosphorus.

Oats

High in fiber and protein, oats help stabilize blood sugar, regulate the thyroid and soothe the nervous and digestive systems. Prepare whole oats and groats like rice; steel-cut and rolled are good for hearty porridge and baking. Oats do not naturally contain gluten, but are often contaminated in the field or during processing. *Note: Gluten-free oats and oat bran are available packaged.

*Quinoa

Mild, nutty flavor and fluffy texture. Excellent whole-grain substitute for bulgur and couscous. Large amount of high quality protein, including lysine. Gluten-free and easy to digest.

Rye

Thinner than wheat with a robust and tangy flavor. Best grain source of lysine. High in fiber, low in gluten.

Spelt

Ancient wheat that is as versatile and nutritious as kamut.

*Teff

Pleasant chestnut/hazelnut-like flavors. Best in soups and stews. Too gritty for salads and pilafs. High mineral content.

Wheat

Wheat berries can be used as rice and are good in mixed-grain salads. Bulgur is the pearled cracked durum wheat. Cracked wheat is whole cracked berries. Farina (cream of wheat) has had the bran and most of the germ removed.

Please Note: Grains listed may not always be available.

*Gluten-free



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GRAIN 1 cup dry	WATER Cups	COOKING TIME Minutes	YIELD Cups	NOTES
AMARANTH	2½	20–25	2 to 2½	Don't rinse. Salt after cooking.
BARLEY				
Hulled (whole)	3	1½ hrs; let sit 10	3½ to 4	Contains very little gluten.
Pearled	2½ to 3	35–45	3½ to 4	Good for stews and soups.
BUCKWHEAT	2	10–15; let sit 5	2 to 2½	For nutty flavor, toast first.
CORN				
Cornmeal	3 to 4	15	3¾	
Polenta	4	25	3 to 3½	Stir constantly while cooking.
MILLET	1¾ to 2	20–25; let sit 5	3½ to 4	Toast first for better flavor.
OATS				
Whole	3½	45–60	3	Good for sprouting.
Groats	2¼ to 3	60; let sit 10	2½ to 3	Combines well with rice.
Steel-cut	3½	40–45	3	Use to thicken soups or stews.
Rolled (oatmeal)	2	simmer 5; let sit 10	1¾	Good for creaming soups.
QUINOA	2	15; let stand 5	3 to 3½	Rinse to remove bitterness.
RYE (whole)	3¼	2¼ hrs; let sit 10	2½	Good substitute for rice.
TEFF	3	15	3	Toast first for richer taste.
WHEAT				
Bulgur	2	steep 15 to 20; let sit 10	2½	Great for quick stuffing.
Cracked	3	25	3	Use for bulgur in tabouli.
Farina	2½	3	2½	Use in hot cereals and desserts.
Farro (whole)	3	25; let sit 10	2	Cook in stock for more flavor.
Freekeh	2½	15 - 20 min	4	Use in place of bulgur or quinoa.
Kamut (whole)	3	2 hrs; let sit 15	2¾	Great hot or cold in salads.
Spelt (whole)	3	1½ to 2 hrs; let sit 15	2¼	Light, nutty flavor.
Berries (whole)	3	1-1½ hrs; let sit 15	2¼	Salt after cooking.