

## Cereal Grains - Grasses

**Barley** - Barley is one of the oldest cultivated grains. Egyptians buried mummies with necklaces of barley



**Maize** – Or Corn originated in Oaxaca Mexico from the grass Teosinte. Over thousands of years farmers selected the varieties for long storage life, colors, textures, yields and suitability for the local climates



**Millet** - millets are the leading staple grains in India, and are commonly eaten in China, South America, Russia and the Himalayas



**Oat** - Oats have a sweet flavor that makes them a favorite for breakfast cereals. Unique among grains, oats almost never have their bran and germ removed in processing.



**Rice** - Rice can be traced to both South Asia and Africa, originally, but today it is grown on every continent except Antarctica.



**Rye** - Long seen as a weed in more desirable wheat crops, rye eventually gained respect for its ability to grow in areas too wet or cold for other grains.



**Sorghum** – From Africa – traveled along trade routes to the Middle East, India and China



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**Teff** – Native to Ethiopia – high in protein, calcium, iron and fiber



**Spelt Wheat** - Twelfth-century mystic St. Hildegard wrote, "The spelt is the best of grains. It is rich and nourishing and milder than other grain. It produces a strong body and healthy blood to those who eat it and it makes the spirit of man light and cheerful."



**Red Wheat** – Wheat has come to dominate the grains we eat because it contains large amounts of gluten, a stretchy protein that enables bakers to create satisfying risen breads.



## **Pseudo Cereal Grains – Non-grass**

**Amaranth** – Amaranth was a staple of Aztec culture, until Cortez, in an effort to destroy that civilization, decreed that anyone growing the crop would be put to death.



**Buckwheat** - Botanically, buckwheat is a cousin of rhubarb, not technically a grain at all – and certainly not a kind of wheat.



**Quinoa** - Quinoa (*keen-wah*) comes to us from the Andes, where it has long been cultivated by the Inca. Botanically a relative of swiss chard and beets

Quinoa grows on magenta stalks three to nine feet tall, with large seedheads that can be almost any color, from red, purple and orange to green, black or yellow. The seedheads are prolific: a half pound of seed can plant a full acre, yielding 1200-2000 pounds of new seeds per acre. Since nutrient-rich quinoa is also drought resistant, and grows well on poor soils without irrigation or fertilizer, it's been designated a "super crop" by the United Nations, for its potential to feed the hungry poor of the world.

