



The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at [mtharvestofthemonth.org](http://mtharvestofthemonth.org)



Add fiber, flavor, texture, and nutrients by including cooked wheat berries, barley, and other grains in salads, soups, pilafs, and stir-fries. To cook wheat berries, wash and soak for 10-12 hours in water prior to use. Use 1 cup wheat berries to 4 cups water or broth, bring to a boil then simmer for 45-60 minutes. Yields approximately 3 cups.



## Cooking

The process of refining grains to make flour and other products removes the fiber and some of the nutrients from the grain. Therefore, select at least half of your grains from whole grain sources. Whole grain sources include whole wheat bread, oatmeal, whole corn, and hulled barley. Although whole refined grains are enriched—the nutrients are added back in after processing—they are lacking in the fiber of the original whole grain. Most grains are rich in carbohydrates and fiber and contain many minerals, B vitamins, and folic acid. Fiber is necessary to maintain a healthy digestive system. Keep whole grains and flour stored in a cool, dry place in airtight containers. To extend shelf life, store in the refrigerator or freezer. Montana grains are available year-round and in a variety of forms.

## Buying Tips

# Grains



# Grains

## Did You Know

- Wheat is classified by the season in which it is grown, hardness, color and other factors (e.g., hard red winter wheat). Spring wheat is planted in spring and harvested in late summer. Winter wheat is planted in the fall and harvested in the spring or summer, depending on the conditions. Spring wheat is the most common in Montana, accounting for over half of our wheat production.
- Barley has played an important role in many cultures throughout history. In ancient Egypt, barley was used in religious ceremonies, while in Rome, gladiators believed barley gave them extra strength.



## Nutrition Information

When the grain kernel is intact (the bran and germ haven't been removed in processing), it is rich in fiber and many minerals, B vitamins, and folic acid. However, when it is processed to make white flour, the fiber and most of the vitamins and minerals are lost. All grains are rich in carbohydrates. Fiber is necessary to maintain a healthy digestive system. Gluten is contained in the endosperm of many grains and creates the texture and volume of bread by stretching and capturing gasses released by yeast or other leavening agents. While some individuals may have Celiac Disease, have a wheat allergy, or are sensitive to gluten, most people are able to eat gluten-containing grains without issue. Oats do not contain gluten, however, they are often stored or processed with wheat, and therefore are not usually acceptable for those with gluten intolerances.

## Dig Deeper

For recipes, lessons, quick activities, resources, and guides, visit:

[mtharvestofthemonth.org](http://mtharvestofthemonth.org)