

Grains

For more information visit <https://mtharvestofthemoth.org/>

How do Grains grow?



Describe the seed

Describe the plant

Color: _____

Size: _____

Shape: _____

Uses: _____

Fun Fact: _____

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Use your five senses to describe the Grains.
How many descriptive words can you list for each sense?

Sound



5

SENSES



Sight



Smell



Taste



Touch

RATE your Grains

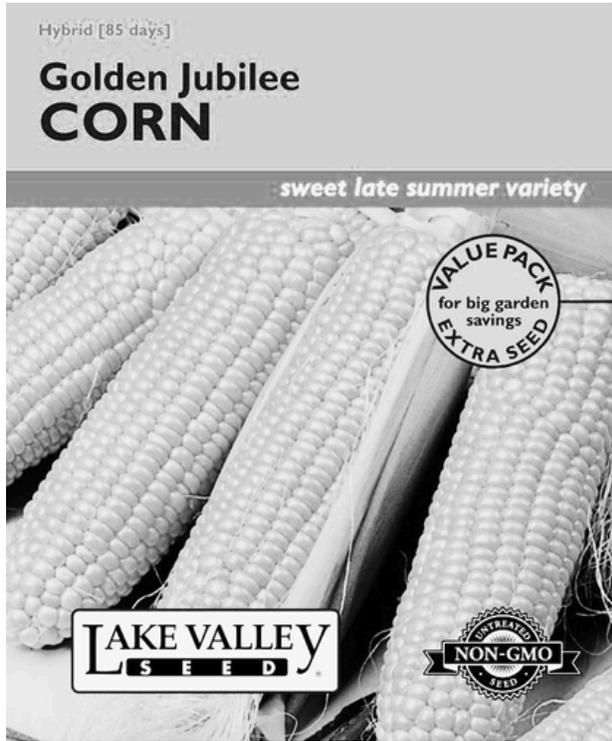




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Seed Packet Sleuth



What type of grain is this seed? _____

What depth should the seed be planted at? _____

Number of days to maturity: _____

Best way to care for the seeds: _____

Fun Fact: _____



Montana Farmers Union has worked more than 100 years for family farms, ranches, and rural communities. MFU supports its members through: Strong education programs for both youth and adults, by advocating member-driven policies and legislation at the state and federal level, and cooperation through producer-owned co-ops.

For more information or to join, visit www.montanafarmersunion.com.

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Disect the Seed

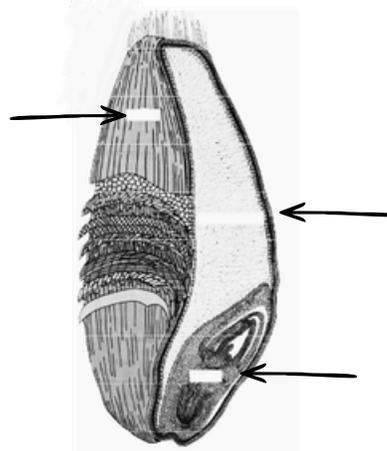
From Harvest of the Month Cafeteria bites: When the grain kernel is intact (the bran and germ haven't been removed in processing), it is rich in fiber and many minerals, B vitamins, and folic acid. However, when it is processed to make white flour, the fiber and most of the vitamins and minerals are 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.

Match the 3 parts:

Endosperm

Germ

Bran



Grains, All the Grains

Grains aren't just one type of plant. All sorts of grains grow in the state of Montana. We use grains in the foods we create every day!

Can you name 5 grains you know grow in Montana? Can you name 5 things we use these grains to make?

1. _____

2. _____

3. _____

4. _____

5. _____

1. _____

2. _____

3. _____

4. _____

5. _____