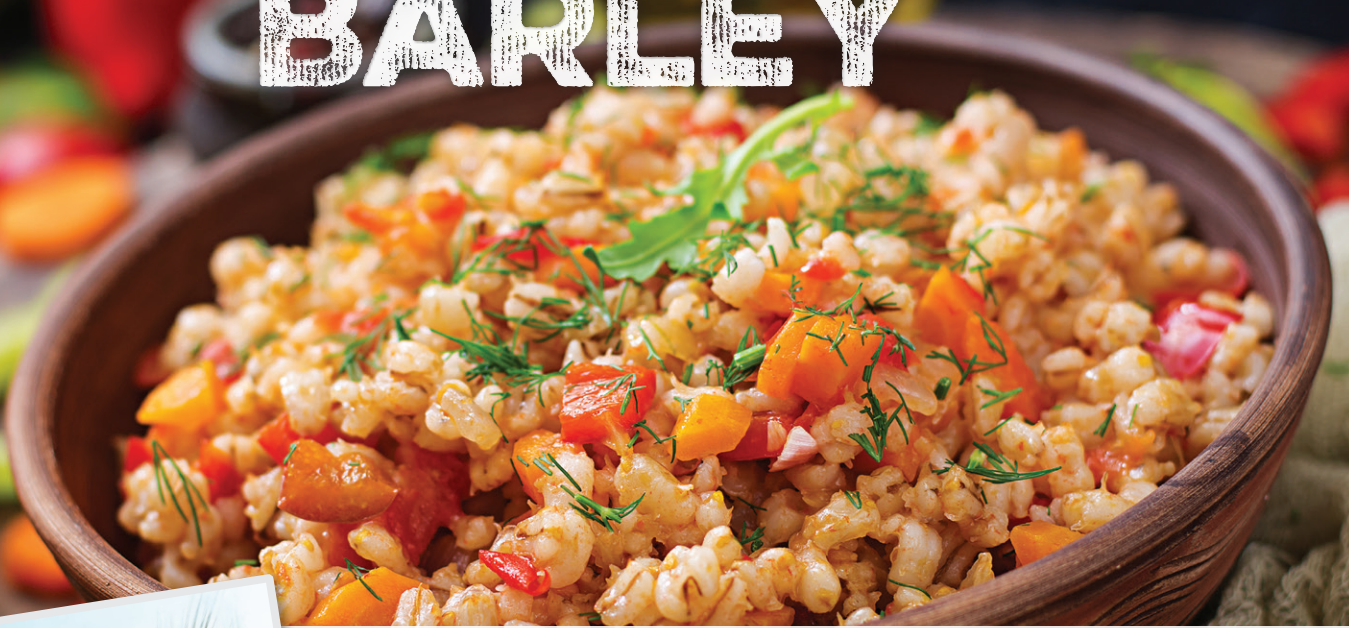


BARLEY



Featured Food for Early Spring

Barley is one of the most widely consumed grains in the American diet. This versatile grain has a somewhat chewy consistency and a slightly nutty flavor that can complement many dishes. It's also rich in many nutrients and packs some impressive health benefits, including improved digestion, weight loss and lowering cholesterol levels.

Earth Story

Barley is one of the world's earliest cultivated grains, appearing in traditional diets across the globe, and domesticated in Southwest Asia more than 10,000 years ago. Once a food for gladiators and common men alike, today it is predominantly grown for animal feed and malt for use in alcoholic beverages. Barley, however, remains an important food crop in developing regions and places where other cereal grains cannot grow.

Nutritional Benefits

Barley is pleasantly firm and chewy, making it ideal for grain salads and pilafs and a superb substitute for rice especially in curries, stir fries, and risottos. Barley is around 17% fiber, and contains high levels of soluble beta glucan fiber, a special type of fiber that can help to control blood sugar and reduce the risk of heart disease. Barley has also been shown to reduce blood pressure and significantly lower total cholesterol.

Fun Facts

The typical food eaten by gladiators was wheat, barley and beans - and this echoed the contemporary term for gladiators as the "barley men." Barley can be stored in the pantry for 6 months and in the freezer for up to 1 year. In 2008, the FDA approved a qualified health claim for barley products, linking them to a reduced risk of coronary heart disease.



Ask your chef for specific recipes and share your culinary experience with us.

