

COMMUNITY MARKET

Your Complete Natural Foods Grocery Store

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Your Guide to

GRAINS

About Grain

The high nutritional value of whole grains can make them the cornerstone of a well-balanced diet. In addition to providing essential vitamins and minerals, grains are an excellent source of fiber.

Storage Tips

Whole and cracked kernels of grain still contain the oil-rich germ and can become rancid. To ensure freshness, buy these forms of grain in small quantities and store them in a cool, dry, dark place for up to six months.



Grains A to Z

- **Amaranth:** Technically not a grain, but a seed. Amaranth is a fantastic source of nutrients, including protein, calcium, iron and zinc.
- **Barley:** An excellent source of soluble fiber, which helps lower blood cholesterol.
- **Buckwheat:** Not a true grain, but a member of the rhubarb family. Buckwheat is high in protein and distinctively flavored.
- **Corn:** Yellow corn is the only grain that is a significant source of vitamin A. Blue corn contains more protein than yellow or white corn, and is a richer source of manganese and potassium.
- **Couscous:** A tiny pasta made from semolina, the ground endosperm of hard durum wheat. Couscous is quick and simple to prepare. It is often found in North African cuisine.
- **Kamut:** Ancient form of wheat. More nutritional value than modern, hybridized wheat.
- **Millet:** Higher in iron and protein than most other grains. One of the least allergenic grains.
- **Oats:** A good source of soluble fiber, which helps lower blood cholesterol. A higher percentage of fat means more warmth and stamina for you!
- **Quinoa:** (*keen-wah*) Originally cultivated in the mountains of Peru, it has the highest protein content of all grains. Rinse thoroughly before cooking to remove the bitter tasting saponins that coat the grain.
- **Rice:** The domestication of rice ranks as one of the most important developments in history. This grain has fed more people over a longer period of time than has any other crop. There are countless varieties of rice, a dozen or more of which are stocked here at Community Market. One of the easiest grains to digest, rice is a good option for people with common food allergies.
- **Rye:** An especially good source of the mineral manganese.
- **Spelt:** A non-hybridized wheat that is higher in protein and fiber than common wheat. Spelt has a lower gluten content than wheat, and substitutes well in baking.
- **Triticale:** A cross between rye and wheat, and nutritionally superior to both. Most often used as a flour, but sometimes available in flakes or berries. Triticale can be used as a substitute for wheat or rye in any recipe.
- **Wheat:** The world's preeminent cereal grain, wheat is nutritious, stores well and has superior qualities for baking. The unprocessed seeds are called whole wheat berries. These are processed into flour, bulgar, cracked wheat, bran, germ, gluten and countless other forms.
- **Wild Rice:** Not technically rice at all, wild rice is an aquatic grass native to the Great Lakes region of North America. It is more closely related to corn than rice. Substantially more nutritious than most rice varieties, wild rice has twice the protein, four times as much phosphorus, eight times as much thiamin and twenty times as much riboflavin.

Anatomy of a Grain

- The **husk** is a fibrous protective covering, and provides minimal nutrients.
- The **bran** is comprised of cellulose, an insoluble fiber, and contains some B vitamins, iron, and protein
- The **endosperm** is the largest part of the grain, and it contains the starch that is converted into glucose for sustained energy.
- The **germ** is the small center of the grain, and it contains the most nutritional value. It is especially high in B vitamins, vitamin E, unsaturated fat, minerals, and carbohydrates



Quinoa Bean Salad Recipe

2 cups quinoa
 3 1/2 to 4 cups water
 1/4 cup carrot, diced
 1 ear corn, sheared
 or 2 ribs celery, diced
 1/4 cup red onion, diced
 1 can black beans, rinsed
 1 can kidney beans, rinsed
 1/2 cup fresh dill or cilantro, minced
 3 tablespoons toasted sesame oil
 1/4 cup ume plum vinegar, or to taste

Rinse quinoa well. Bring water to a boil then add quinoa. Return to a boil and cook, uncovered, for about 15 minutes or until tender and fluffy. Fluff with a fork, then move to a large bowl and chill.

Gently sauté onion, celery, and carrots with a teaspoon sesame oil over medium heat, long enough to soften just a little. Allow to cool.

Measure all ingredients into a bowl with quinoa and toss gently until evenly combined. Serve chilled. Makes 6-8 servings.

Grain Cooking Guide

Rinse whole grains before cooking. Bring the water to a boil in a saucepan, then add grain. Resume boil, cover, reduce heat, and simmer for time listed below. Simmer uncovered if so noted.

{ Do not add salt or oil until grain is fully cooked. Salt and oil toughen the grains if added during cooking. }

Grain (1 Cup)	Water	Cooking Time	Yield
Amaranth	3 cups	20 min., let stand 5 mins	3 cups
Barley:			
Whole Barley*	2 1/2 - 3 cups	55 min.	2 3/4 cups
Pearled Barley	2 1/2 cups	40 min.	3 cups
Barley, Rolled	2 1/2 cups	12 min.	3 cups
Buckwheat or Kasha	2 cups	15 min., then fluff with fork	2 1/2 cups
Corn:			
Cornmeal**	4 cups	30 min. stir constantly	3 cups
Polenta	4 cups	20 min. stir frequently	3 cups
Millet	3 cups	30 min., then fluff with fork	3 1/2 cups
Oats:			
Oat Groats*	2 cups	45-60 min.	3 cups
Steel-cut Oats*	4 cups	40-45 min.	3 cups
Rolled Oats	2 1/2 cups	10 min.	3 cups
Quinoa**	2 cups	15 min.	2 1/2 cups
Rice:			
White (Sushi, Basmati, Jasmine)	2 cups	15-20 min., let stand 10 min.	3 cups
Brown (short/med./long grain)	2 cups	45 min.	3 cups
Sweet Brown Rice	1 1/2 cups	30 min.	3 cups
Black Japonica, Wehani	2 1/4 cups	45 min., let stand 10 min.	3 cups
Wild Rice	3 cups	1 hour	3 1/2 cups
Rye:			
Rye Berries*	3 1/2 - 4 cups	50-60 min.	2 1/2 cups
Rye Flakes	2 cups	15-20 min.	2 1/2 cups
Spelt, Rolled	2 1/2 cups	12 min.	3 cups
Teff	3 cups	15 min.	3 1/2 cups
Triticale	2 1/2 cups	1 hour	3 1/4 cups
Wheat:			
Couscous	2 1/2 cups, boiling	let stand 15 mins., then fluff	3 cups
Bulgar Wheat	2 cups	15-20 min.	2 1/2 cups
Cracked Wheat	2 1/4 cups	35-40 min.	2 1/2 cups
Whole Wheat Berries*	3 1/2 - 4 cups	50-55 min.	2 1/2 cups
Whole Wheat Rolled	2 1/2 cups	15-20 min.	2 1/2 cups

* Soak overnight to reduce cooking time

** Cook uncovered