



Beneficial Bites

* Barley is the highest in fiber out of all the whole grains, with common varieties:
  + Barley: 17 % fiber
  + Brown rice: 3.5 % fiber
  + Corn: 7 % fiber
  + Oats: 10 % fiber
  + Wheat: 12 % fiber
* Hulled Barley- the kernels are minimally processed to remove only the tough inedible outer hull. It may be purchased in kernels, cut, and ground.
* Barley originated in Ethiopia and Southeast Asia, where it has been cultivated for more than 10,000 years.
* Used to make soups, entrée sides, cookies bread etc.





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*Barley is a versatile cereal grain with a rich nut-like flavor and a chewy pasta-like texture. Specific types of barley are considered whole grain;*



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**Fun Facts :**

* 99% of the barley grown in the United States will never make it into your soup! Instead, barley is refined to make barley malt- a key ingredient in beer. It is also used as food for livestock.
* Barley is a highly-adaptable crop, growing in places as disparate as north of the Arctic Circle, in tropical Ethiopia, and at high altitudes in the Andes mountains of South America. Barley is the world’s fourth most important cereal crop after wheat, rice, and corn.
* Today, the largest commercial producers of barley are Canada, the United States, the Russian Federation, Germany, France and Spain.

**January Menu Items**

Barley Porridge

Mushroom Barley Risotto

Chocolate Barley Cake

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