

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

WHEAT BERRIES

Wheat berries come in all varieties, and can vary in texture and flavor, depending on the wheat type. Most varieties are hearty and chewy and can be substituted for rice or pasta. You can also add them to any grain bowl, salad, or soup for extra flavor and texture!



How to Select and Store WHEAT BERRIES:

Selection

HARD OR SOFT **RED OR WHITE** **WINTER OR SPRING**

Selection of wheat berries is dependent on personal preference. Hard berries are normally red, higher in protein with a nuttier flavor. Soft berries are lower in protein with a milder flavor.

Wheat plants planted in the winter typically produce hard berries while spring plants produce softer textured berries.

Storage



PANTRY OR DRY STORAGE

Wheat berries have a long shelf-life. The main factors to consider when storing grains are moisture, and bugs or rodents.

It is recommended to store bulk berries in large food-grade buckets with a lid. A tight-fitting lid will keep bugs, pests, and moisture away from the wheat berries.

Nutrition Facts

About 10 servings per container	
Serving size	1/4 cup (45g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 190mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN WHEAT

Tips for Preparing and Cooking:

Preparation

Rinse and simmer in water until tender. Soft wheat berries can cook in as little as 30 minutes, whereas hard ones sometimes need as much as 90. Have patience, and keep simmering until the grains are tender.

Try WHEAT BERRIES....

Boiled

Bring water to a boil. Add rinsed wheat berries, and reduce the heat. Simmer until tender, checking periodically for doneness.

In Soups/Stews

Stir cooked grains into any brothy veggie soup, or simmer dry ones in soups and stews until they're tender. (Use 3 cups of water for every 1 cup of berries.)

In Grain Bowls

Use them as a base for hearty grain bowls! They pair nicely with proteins like chickpeas and lentils. Customize with your favorite vegetables and sauces!



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Did you know?

White Sonora Berries are one of the oldest heritage wheat varieties in North America, and local to Arizona! Use this variety to introduce local items to your menu!