

White Sonora Wheat Berry

ARIZONA HARVEST SCHEDULE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Find White Sonora Wheat Berries YEAR-ROUND in AZ

- **Oatman Farms**
- **Ramona Farms**
 - via **Blue Sky Organic Farms, Litchfield Park**
 - via **Sun Produce Cooperative, Phoenix, AZ**

Food Buying Guide: Quick Math-White Sonora Wheat Berries



1 pound (16 oz.) of
DRY wheat Berries



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12 (twelve), 1/2 cups of
COOKED wheat Berries

Arizona Harvest Facts

- **White Sonora wheat berries** were Introduced by Spanish missionaries to Mexico and southern Arizona. They are grown extensively by the native Akimel O’odham in Arizona. It is believed to be the first wheat introduced to the New World over 300 years ago.
- **Wheat berries** have a variety of uses in cooking and baking. When cooked, they have a nutty flavor and a chewy texture.
- **Wheat berries** are commonly used in salads, soups and as a side dish.
- **Wheat berries** can be ground into flour at home to make whole wheat bread and other baked goods. or, soak, cook and serve like rice.
- Toss **wheat berries** with raw veggies or add to yogurt or fruit for a healthy, nutritious treat.

Local Recipes

Triple (Wheat) Berry Parfait with Fresh Strawberries and Blueberry Compote



This parfait is a refreshing dish featuring white Sonora wheat berries. It’s a simple recipe made with yogurt, blueberry compote, and strawberries.

Triple (Wheat) Berry Parfait with Fresh Berries

This parfait is a refreshing dish featuring Sonora wheat berries. It’s a simple recipe made with yogurt, strawberries, blueberries. Served with a drizzle of honey.



Recipe Fun Facts

"**White Sonora wheat**" is a champion in the world of grains. The "**White Sonora wheat berries**" are the unrefined kernels in their pure form—prior to being milled into flour! Consider **wheat berries** as the whole-grain superheroes of **White Sonora wheat**, offering a delightful chewiness and an extra fiber boost to your dishes. At the same time, their milled flour can hold its own in baking, just like traditional wheat flour!

Submit the
School Interest Form
and HNS will be in contact
to connect you with local
producers!

