White Sonora Wheat Berry

ARIZONA	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
HARVEST												
SCHEDULE						\mathbf{X}						

Find White Sonora Wheat Berries YEAR-ROUND in AZ

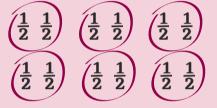
- Oatman Farms
- Ramona Farms
 - via Blue Sky Organic Farms, Litchfield Park
 - via Sun Produce Cooperative, Phoenix, AZ

Food Buying Guide: Quick Math-White Sonora Wheat Berries





1 pound (16 oz.) of DRY wheat Berries



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

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!



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.

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

