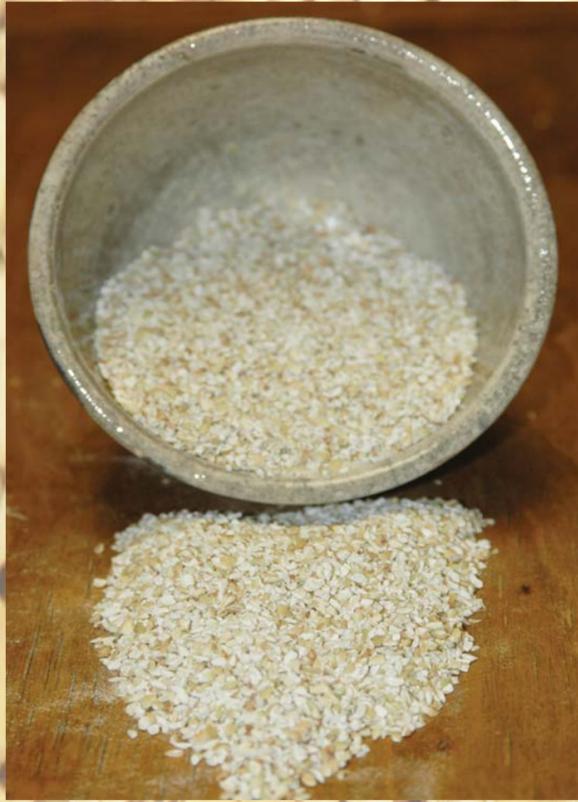


Try Me!

Buckwheat



Energizing and nutritious, buckwheat is available throughout the year and can be served as an alternative to rice.

Many people think that buckwheat is a cereal grain but it is actually a fruit seed that is related to rhubarb and sorrel. It makes a suitable grain for people who are sensitive to wheat or other grains that contain protein glutes.

The buckwheat flowers are very fragrant and are attractive to bees that use them to produce a special, strong tasting dark honey.

The name buckwheat is supposedly derived from the Dutch word “bockweit” which means beech wheat, reflecting buckwheat’s beech-nut-like shape and its wheat-like characteristics.

HEALTH BENEFITS

- Good for cardiovascular system

Diets that contain buckwheat have been linked to lowered risk of developing high cholesterol and high blood pressure.

Buckwheat contains almost 86 milligrams of magnesium in a one-cup serving. Magnesium relaxes blood vessels, improving blood flow and nutrient delivery while lowering blood pressure.

- Better Blood Sugar Control

Buckwheat is a rich source of magnesium, which acts as a co-factor for more than 300 enzymes, including enzymes involved in the body’s use of glucose and insulin secretion.

This is a buckwheat flower.



Buckwheat is widely produced in Russia and Poland where it plays an important role in their traditional cuisines.

Buckwheat can be safely eaten by people who have celiac disease as it does not contain gluten. It is a good substitute for wheat, oats, rye and barley in a gluten-free diet.

HOW TO SELECT AND STORE

- Whether purchasing in bulk or packaged container, make sure there is no evidence of moisture.
- Place buckwheat in an airtight container and store in a cool dry place.
- Buckwheat flour should always be stored in the refrigerator.
- Stored properly, whole buckwheat can last up to one year while the flour will keep fresh for several months.

PREPARATION

- Buckwheat should be rinsed thoroughly under running water before cooking.
- Add one part buckwheat to two parts boiling water or broth.
- After liquid has returned to a boil, turn down the heat, cover and simmer for about 30 minutes.

Quick Serving Ideas

- ▶ Combine buckwheat flour with whole wheat flour to make breads, muffins, pancakes.
- ▶ Add cooked buckwheat to soups or stews to give them a heartier flavor and deep texture.
- ▶ Cook up a pot of buckwheat for a change of pace from hot oatmeal as a deliciously hearty breakfast cereal.