

Try Me!

Pronounced (KEEN-wa)

# Quinoa

The Incas, who held the crop to be sacred, referred to quinoa as “chisaya mama” or “mother of all grains”, and it was the Inca emperor who would traditionally sow the first seeds of the season using ‘golden implements’.

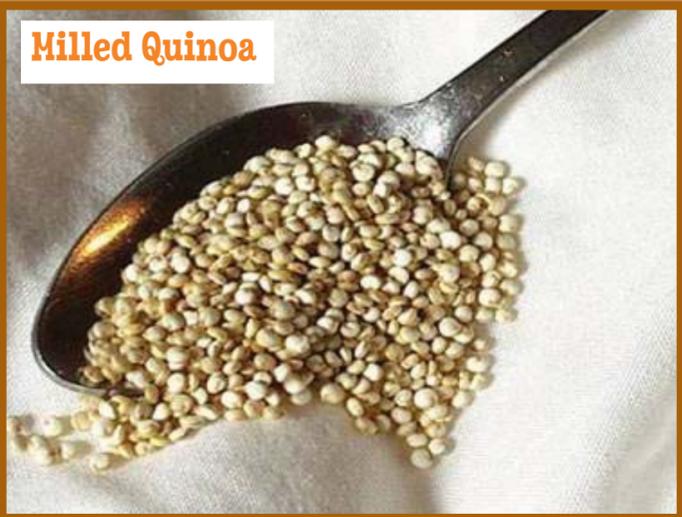
Quinoa Crop



## Facts:

- ★ Although it is cooked and eaten like a grain, quinoa is technically a seed, and is related to spinach, chard and beets.
- ★ It grows best in mountainous regions, 10 thousand feet or more above sea level, and thrives in poor soil, thin air and extreme weather.
- ★ Quinoa stalks are 3 to 6 feet tall, and each plant can produce up to a cup of seeds!
- ★ The seeds are round, about the same size of millet or sesame seeds, and come in a rainbow of colors, from red to purple to green to yellow, but the quinoa that is most commonly found in stores is an off-white color.
- ★ Look for quinoa in the bulk section of natural food stores, or in the organic section of conventional supermarkets.

Milled Quinoa



## Nutrition Benefits:

- ★ The protein in quinoa is considered to be a complete protein due to the presence of all 8 essential amino acids. Some types of wheat come close to matching quinoa’s protein content, but grains such as barley, corn, and rice generally have less than half the protein of quinoa. Quinoa is 12% to 18% protein.
- ★ Complete proteins are rare in the plant world, making quinoa an excellent food for vegetarians and vegans, or for anyone looking for healthy protein source.
- ★ The seeds are gluten-free which makes this a nutritious and flavorful alternative grain for those with gluten sensitivity. Quinoa would be a worthy addition to anyone’s diet, supplying variety as well as good nutrition.

Cooked Quinoa



Quinoa has a light, fluffy texture when cooked, and its mild, slightly nutty flavor makes it an alternative to white rice or couscous.

Quinoa is also high in iron and calcium, and is a good source of manganese, magnesium and copper, as well as fiber.