Whole grain barley is one of the oldest and most treasured grains. It is most popular in soups, cereals, salads, stir fries, pilafs and stuffing.

When cooked, barley has a chewy texture and a mild nutty flavor, similar to brown rice.

Barley is a great source of dietary fiber which helps reduce Type 2 diabetes, colon cancer and heart disease.

North Dakota leads the nation in the production of barley, oats, rye, sunflowers and corn.