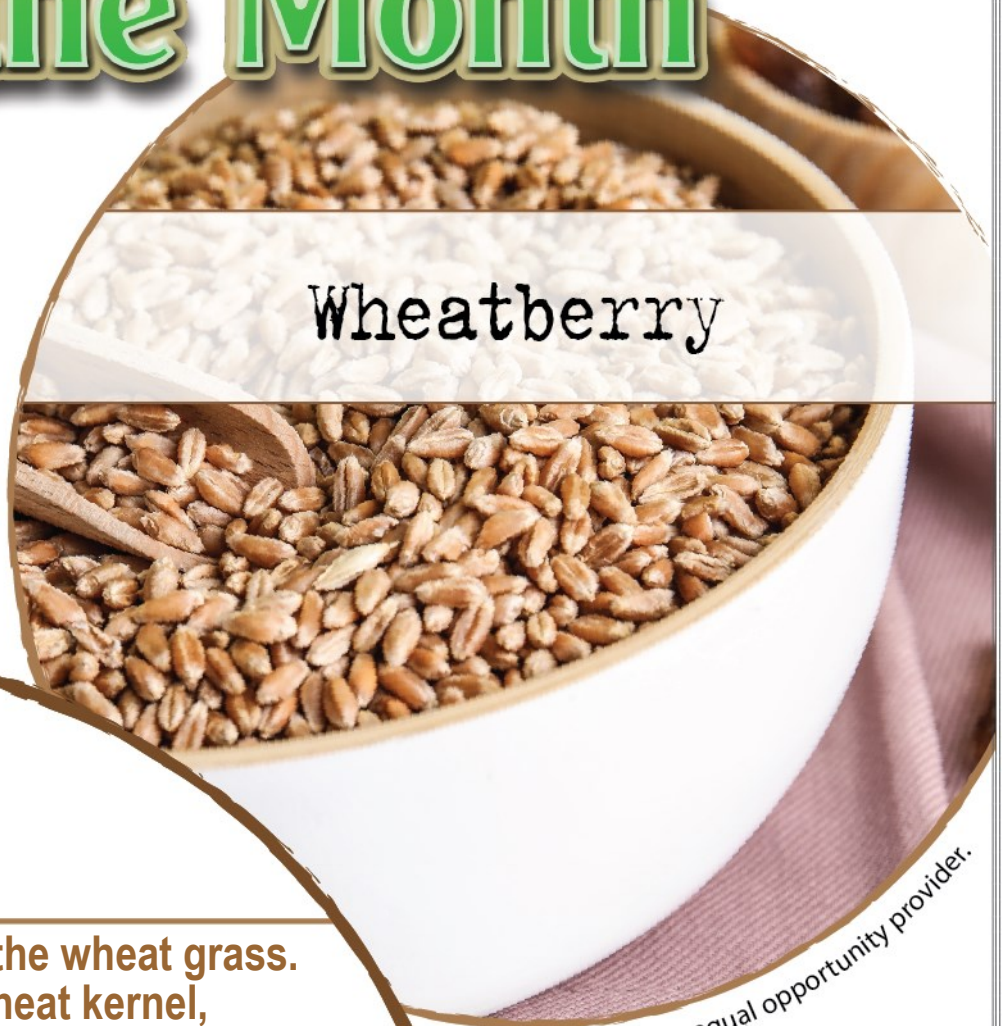


Harvest of the Month



FUN FACTS:

A wheatberry is the fruit of the wheat grass. It is the edible part of the wheat kernel, including the bran, germ and endosperm, before the grain undergoes any processing.

This chewy, high fiber whole grain has a slightly sweet and nutty flavor. It takes longer to cook than other grains, but can be cooked and frozen for later use.

Wheatberries are the mother grain from which pasta, bread and flour are produced.

This institution is an equal opportunity provider.

