

Harvest of the Month

Buckwheat



FUN FACTS: **Gluten-free Grain**

Despite its name, buckwheat is not a type of wheat. Although when ground, it behaves much like wheat and other cereal grains. Its “grain” is actually the dried fruit of a plant.

The triangular-shaped kernel is generally ground into a dark, gritty flour that has a nutty flavor. It is used to make everything from bread to soba noodles to pancakes.

Native to Asia, this highly nutritious whole grain may improve heart health and help manage diabetes.

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