

Wheat Berries – Hard Red Spring Organic

Nutrition Facts	
Serving Size 1/4 cup (47g)	
Amount Per Serving	
Calories 160	
Calories from fat 10	
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	10%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	-%
Total Carbohydrate 34g	11%
Dietary Fiber 7g	28%
Sugars 0g	
Protein 6g	
A Dash indicates information not available	
Vitamin A 0%	
Vitamin C 0%	
Calcium 2%	
Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



Product Description: Wheat for milling is classified according to hardness, color, and best use. In the US there are 7 official market classes, of which the following 6 are the most important:

- 1) **Hard Red Winter** – has good milling and baking characteristics. Used to produce bread, rolls and, to a lesser extent, sweet goods and all-purpose flour.
- 2) **Hard Red Spring** – contains the highest percentage of protein, making it an excellent bread wheat with superior milling and baking characteristics.
- 3) **Soft Red Winter** – has a lower protein content and is used for flat breads, cakes, pastries and crackers.
- 4) **Hard White Wheat** – is the newest class of wheat to be grown in the US. This wheat has a milder, sweeter flavor, equal fiber and similar milling and baking properties. Used mainly in yeast breads, hard rolls, bulgur, tortillas and oriental noodles.
- 5) **Soft White Wheat** – is used much in the same way as Soft Red Winter (for bakery products other than bread). It has a low protein level that produces flour for baking cakes, crackers, cookies, pastries, quick breads, muffins and snack foods.
- 6) **Durum Wheat** – is the hardest of all US wheat and is used to make semolina flour for pasta production.

Winter Wheat, which normally accounts for 70 to 80 percent of US production, is sown in the fall and harvested in the spring or summer; **Spring Wheat**, is planted in the spring and harvested in the late summer or early fall.

Basic Preparation: Use 1 cup dry grain rinsed. Soak overnight to reduce cooking time. Bring 3 1/2 cup water to a boil, add 1/2 tsp salt (optional), add grain, cover, reduce to simmer and cook for 50-55 minutes.

For recipes and uses for Wheat Berries we recommend you get several good natural foods cookbooks.

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