

Grains

Did You Know

- Montana fields grow an impressive amount of grains including wheat, barley, oats, and corn. Montana is the 3rd top producer of wheat and barley, 17th for oats, and 37th for corn. Wheat production in 2013 was valued over \$1.3 billion, which includes 203,070,000 bushels!
- Wheat is classified by the season in which it is grown, hardness, color, and other factors (e.g., hard red winter wheat). Spring wheat is planted in spring and harvested in late summer. Winter wheat is planted in the fall and harvested in the spring or summer, depending on the conditions. Spring wheat is the most common in Montana, accounting for over half of our wheat production.
- Kamut, grown in Montana, is an ancient variety of wheat and is an excellent source of the mineral selenium.
- Barley has played an important role in many cultures throughout history. In ancient Egypt, barley was used in religious ceremonies, while in Rome, gladiators believed barley gave them extra strength.
- What's in a bushel? One US bushel is approximately 8 gallons of dry crops. One bushel of wheat weighs about 60 pounds.

Buying Tips

The process of refining grains to make flour and other products removes the fiber and some of the nutrients from the grain. Therefore, select at least half of your grains from whole grain sources. Whole grain sources include whole wheat bread, oatmeal, whole corn, and hulled barley. Although whole refined grains are enriched—the nutrients are added back in after processing—they are lacking in the fiber of the original whole grain. Most grains are rich in carbohydrates and fiber and contain many minerals, B vitamins, and folic acid. Fiber is necessary to maintain a healthy digestive system. Keep whole grains and flour stored in a cool, dry place in airtight containers. To extend shelf life, store in the refrigerator or freezer. Montana grains are available year-round and in a variety of forms.



Cooking

Add fiber, flavor, texture, and nutrients by including cooked wheat berries, barley, and other grains in salads, soups, pilafs, and stir-fries. To cook wheat berries, wash and soak for 10-12 hours in water prior to use. Use 1 cup wheat berries to 4 cups water or broth, bring to a boil then simmer for 45-60 minutes. Yields approximately 3 cups.



Recipes

Tasty Tabbouleh

Tabbouleh (Tuh-BOO-lee), also spelled tabouli, comes from the word tabboula, which means "Middle Eastern Cookery" in Arabic. Tabbouleh is originally from the mountains of Syria and Lebanon. This kid-friendly recipe is easy to make and is a delicious way to connect food and culture. Bulgur wheat is whole wheat that has been cracked and partially cooked.

Adapted from: Chop Chop

Servings

4

Ingredients

- 1/2 cup bulgur wheat
- 1 cup warm water
- 2 large ripe tomatoes, cored and diced (about 1 1/2-2 cups)
- 1 cucumber, diced
- 2-3 scallions, chopped (use both the green and white parts)
- 1 bunch flat leaf parsley leaves, chopped
- 1 small bunch mint leaves, chopped (optional)
- 2 Tbsp olive oil
- 1 Tbsp fresh lemon juice
- Pinch of salt

Directions

1. Put the bulgur into the mixing bowl. Pour 1 cup warm water into the bowl. Cover and let sit until the bulgur is soft, at least 2 hours or refrigerate overnight.
2. After the bulgur is soft, add the tomatoes, cucumber, scallions, parsley, mint if using, olive oil, and lemon juice or red wine vinegar. Mix everything together.
3. Cover the bowl and refrigerate at least 1 hour, up to overnight.

Oatmeal On-The-Go Breakfast Bars

This is a great recipe for grab-and-go breakfasts or a tasty snack! Make busy weekday mornings easier by making enough bars for the whole week!

Adapted from Weelicious.com.

Servings

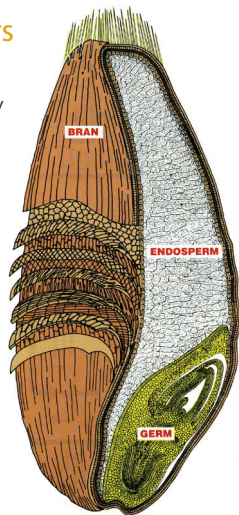
18 bars

Ingredients

- 2 cups old fashioned oats
- 1 cup whole wheat flour
- 1 1/2 tsp cinnamon
- Pinch of salt
- 1 tsp baking powder
- 1 1/2 cup milk (any kind of milk — rice, almond, soy, cow's — will work) or water
- 1/4 cup brown sugar
- 1/2 cup applesauce (or baked squash or pumpkin puree if available)
- 1 large egg
- 1 tsp vanilla
- 3/4 cup dried fruit (cranberries, raisins, blueberries, cherries, etc.) optional
- 1/2 cup nuts (walnuts, sunflower seeds, pumpkin seeds, etc.) optional

Preparation

1. Preheat oven to 375°F.



2. Place the oats, flour, cinnamon, salt, and baking powder in a bowl and stir to combine.
3. In a separate bowl, mix the milk, applesauce, egg, sugar, and vanilla.
4. Pour the dry ingredients into the wet mixture, stir to combine and then stir in the dried fruits and nuts.
5. Pour the oatmeal mixture into a greased 9 x 11 inch baking dish.
6. Bake for 30 minutes or until thickened and golden.
7. Cool, cut into squares, and serve. Refrigerating: allow to cool, cut into squares, place in an airtight container, and refrigerate up to 5 days. Freezing: allow to cool, cut into squares, and place in a plastic bag to freeze up to 4 months. When ready, allow to defrost in fridge for 24-48 hours.

Book Nook

Elementary School

- Bread, Bread, Bread*, by Ann Morris
- Corn*, by Gail Gibbons
- The Wheat We Eat*, by Allan Fowler
- Pancakes, Pancakes!*, by Eric Carle
- The Little Red Hen*, by Paul Galdone
- Tick, Tock, the Popcorn Clock*, by Jane Moncure

Middle School

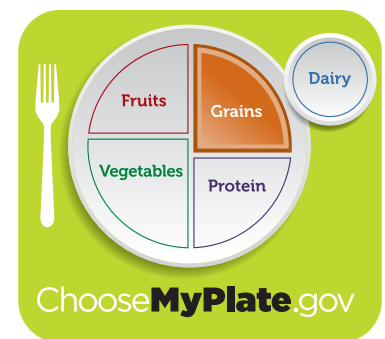
- Anna's Corn*, by Barbara Santucci
- Everybody Bakes Bread*, by Norah Dooley



Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit:

www.montana.edu/mtharvestofthemonth.



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The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between the Office of Public Instruction, Montana Team Nutrition Program, the National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, and FoodCorps Montana. More information and resources are available at: www.montana.edu/mtharvestofthemonth.

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