

## Wheat Berries-Hard Red *One pound*

**Wheat Berries** are high in calcium, folic acid & potassium. Nash's Hard Red spring wheat is also a significant source of protein and fiber, making it a highly nutritious addition to your diet.

### How To Cook:

1. Rinse and sort wheat berries and soak overnight, or for at least 3 hours in water.
2. Drain and simmer 1 cup berries in 3 cups water for 1-1.5 hours, adding more water if necessary.
3. Add salt if desired.
4. Strain cooked berries and reserve liquid for stock.

### Suggestions for use:

- Mix berries with yogurt, nuts, honey and/or fruit.
- Combine berries with seasonal veggies in a stir-fry.
- Use in place of barley in soups and stews.
- Grind raw berries & use flour for baked goods.
- Sprout berries and use to top salads.

### Storage Tips:

- Store raw berries in a cool, dry, dark place.
- Store cooked berries in your fridge or freezer.



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