HEALTH BENEFITS

DIETARY FIBER
THIAMIN
RIBOFLAVIN
NIACIN
FOLATE
IRON
MAGNESIUM
SELENIUM

SHOPPER’S TIPS

Avoid air, heat and moisture: store grains in airtight containers on a cool, dry shelf.

Intact grains, stored properly, have a longer shelf life: 6 months on the shelf and up to a year in the freezer.

Flours and meals, stored properly, have a shorter shelf life: 1-3 months on the shelf and 2-6 months in the freezer.

Stock up on whole grains in the bulk section of your grocery store, which can often save money.

FEATUREDFarmer: Dan Sternbach

Dan Sternbach experimented with growing grains in his home garden for five years before trying it on a farm scale for the first time this year. Dan grew eight acres of rye, wheat and oats, to eat as wheat berries and as flour that he mills himself. His favorite way to enjoy whole grains is in the rye bread he bakes, toasts, and spreads with coconut oil and miso. Look for Dan’s grains at Mermaid Farm’s farm stand on Middle Road and at their stall at the West Tisbury Farmer’s Market.