



Hard Red Wheat

Cereals & Grains

Cereals and Grains are staples in all diets. Enjoy our large variety of grains, cereals, pastas, and rice.

Hard Red Wheat

Augason Farms Hard Red Wheat can be cooked up for a delicious cereal, sprouted for salads, or ground into flour.

Wheat Berries

2 cups Augason Farms Hard Red Wheat
4 cups water
1/2 teaspoon salt

Place all ingredients in large saucepan and stir. Bring to a boil over high heat. Reduce heat, cover, and simmer about 65 minutes until done. Kernels should be chewy, with some broken open. Drain any remaining water.

Breakfast Wheat Berries

1 cup water
2 cups cooked wheat berries
1/4 teaspoon ground cinnamon
2 tablespoons brown sugar or honey
1/2 cup raisins
1/2 cup pecans – chopped

Mix water, wheat berries, and cinnamon in a saucepan and simmer 5-10 minutes. Remove from heat. Add sugar, raisins, and pecans. Serve warm or chilled.

DIRECTIONS:

Use as called for in favorite recipes.

Wheat Berry Shrimp Salad

1 cup Augason Farms Hard Red Wheat
3 1/2 cups water
1/2 cup coarsely broken pecan pieces
1 cup cooked salad shrimp or larger cut shrimp
1/2 cup craisins
1/2 cup fresh basil or flat-leaf parsley – chopped
1/2 cup green onions – thinly sliced
2 tablespoons olive oil
2 tablespoons fresh lime juice

Bring wheat kernels and water to a low boil in saucepan, simmer 60-70 minutes. Drain any excess water, and cool. Preheat oven to 350°F. Toast pecan pieces on baking sheet for 6-8 minutes. Mix wheat berries and pecans with remaining ingredients and serve.

Nutrition Facts			
Serving Size: 1/4 cup (46g)			
Servings Per Container: 48			
Amount Per Serving			
Calories	150	Calories from Fat 5	
% Daily Value*			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	33g		11%
Dietary Fiber	6g		24%
Sugars	2g		
Protein	6g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 10%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

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INGREDIENTS: Hard red wheat berries.

Contains allergen: Wheat.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

48 SERVINGS
NET WT. 4 LBS 14.0 OZ (2.21 kg)