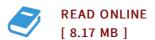




Homegrown Whole Grains: Grow, Harvest, and Cook Your Own Wheat, Barley, Oats, Rice, and More

By Sara Pitzer

Storey Publishing LLC. Paperback. Book Condition: new. BRAND NEW, Homegrown Whole Grains: Grow, Harvest, and Cook Your Own Wheat, Barley, Oats, Rice, and More, Sara Pitzer, In addition to providing information on wheat and corn, "Homegrown Whole Grains" includes complete growing, harvesting, and threshing instructions for barley, millet, oats, rice, rye, spelt, and quinoa, and lighter coverage of several specialty grains. Readers will also find helpful tips on processing whole grains, from what to look for in a home mill to how to dry corn and remove the hulls from barley and rice. Chapters for each grain include inventive recipes for cereals, desserts, casseroles, salads, soups and stews, and, of course, home-baked breads, the crowning achievement of the home grain grower. Sara Pitzer shares dozens of ideas for using whole grains - from cooking sturdy wheat berries in a slow cooker to malting barley for homebrewed beer. Whether milled into nutritional flours or used in any of their unmilled states, wheat, barley, quinoa, and the other grain crops are healthful additions to every diet.



Reviews

Extensive manual! Its this sort of very good study. It is rally fascinating through reading time period. I am just pleased to explain how this is actually the finest publication we have go through during my personal life and can be he greatest ebook for actually.

-- Henri Runolfsdottir

This pdf can be worthy of a read through, and superior to other. It generally does not expense excessive. Its been printed in an exceptionally simple way and it is just soon after i finished reading this ebook in which in fact modified me, change the way i really believe.

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