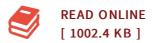




Homegrown Whole Grains: Grow, Harvest, and Cook Your Own Wheat, Barley, Oats, Rice, and More

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

This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.

-- Dr. Malika Bechtelar II

This ebook might be worthy of a read, and superior to other. It usually does not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Arch Upton