

Bountiful Gardens Grain Chart 8-31-12

grain	culinary	contains gluten	growing site	green manure	compost crop	erosion control	planting season	interplant	nutrition
barley (hordeum vulgare)	flour, pasta, beer, soup, cooked grain	yes	full sun to light shade; neutral pH; likes cool temp	X	X	X	spring (fall zones 7-10)	annual legumes or grasses; perennial ryegrass	vitamin B; protein; said to regulate stomach and intestines
buckwheat (fagopyrum esculentum)	flour, or pasta; steamed; soups	no	full sun ; well-drained soil; likes warm temp	X	X	very little	spring or summer	sorghum, sun hemp	rutin; high in amino acids, calcium, vitamins E and B; said to cleanse and strengthen the intestines and improve appetite; treating dysentery and chronic diarrhea
corn (Zea mays)	flour, masa, polenta, corn smut, hominy, popcorn	no	full sun; warm, fertile soil	X	X		summer		low niacin; complex vitamins A & B; silk makes medicinal tea to treat urinary problems, high blood pressure, edema, kidney and gall stones
amaranth (Amaranthus hypochondriacus, cruentus or caudatus)	flour, cereal, greens	no	full sun, moderately fertile well drained soil, dry climates		X		summer		protein, calcium and lysine
quinoa (Chenopodium quinoa)	flour, popped, flattened like oats, greens	no	full sun, moderately fertile well drained soil, cool dry climates		X		summer		highest protein of all grains; higher in fat than other grains; good source of iron, phosphorous, B vitamins, vitamin E and calcium

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spelt (Triticum spelta)	flour, cereal	no	full sun; moderately fertile, well-drained soil	X	X		fall zone 4-10		high in B vitamins; magnesium and fiber
Farro/Emmer Wheat (Triticum dicoccum)	flour, pasta, cereal	low gluten	full sun; moderately fertile, well-drained soil	X	X	X	spring		high protein
Einkorn (Triticum monococcum)	flour, pasta	low gluten	full sun; moderately fertile, well-drained soil	X	X	X	spring		
millet (Pennisetum glaucum, Panicum miliaceum, Setaria italica and Eleusine coracana)	flour, cereal; toast before cooking or grinding - adds flavor	no	full sun; warm/hot	X			spring		rich in lysine; amino acids; silicon and minerals; alkaline in nature; said to have anti-fungal properties
oats (Avena sativa, A. byzantina, A. nuda)	flour, cereal, rolled oats	no	full sun; moist, moderately fertile soil	X	X	somewhat	spring (fall zones 7-10)	clover, pea, vetch or other legumes	high in B vitamins; protein; minerals; silicon and helps to lower cholesterol; natural antioxidants help prevent rancidity; said to calm nerves
sorghum	flour, sugar, syrup	no	full sun; fertile, well drained soil	X	X	X	summer	buckwheat, sesbania, Sunnhemp, forage soybeans or cowpeas	syrup is high in chlorophyll and minerals

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rice (Oryza sativa)	flour, cereal	no	full sun; warm temp; fertile, poorly drained soil	X	X		spring		brown rice - high in B vitamins; generally wholesome and promotes stability and health
rye (Secale cereale)	flour, meal, cereal	yes	full sun; well-drained, moderately fertile soil	X	X	X	spring (fall zone 6-10)	legumes, grasses and other cereal grains	higher in protein; phosphorous; iron and potassium than wheat; also high in lysine
wheat (Triticum aestivum)	flour, meal, cereal,	yes	full sun; well-drained, moderately fertile soil	X	X	somewhat	spring (fall zone 4-10)	winter wheat: annual legumes or grasses, ryegrass	strengthening, building properties; good for the heart; wholesome food especially if sprouted
triticale	flour, Cereal	yes		X	X		spring (fall zone 6-10)		