

INCREDIBLE EDIBLE IDAHO

BARLEY



IDAHO BARLEY FACTS:

Idaho ranks 1st in the U.S. for total barley production.

Idaho produces 25-30% of the barley in the U.S.

Barley is produced in 42 of Idaho's 44 counties.

Barley is ground into flour for baking and processed into flakes and bran for cereal.

BARLEY NUTRITION FACTS:

Barley is one of the most fiber-rich grains we eat. It contains both soluble and insoluble fiber.

Pearled barley is delicious in soups and pilafs. Although it is not considered a whole grain, it is high in fiber. Choose "hulled" or "hulless" barley for a whole grain choice. Barley cooks like rice, but may take a little longer.

Barley is also a good source of manganese, magnesium, selenium, and thiamin.

Barley flour is a great addition to quick breads like muffins or pancakes, as it helps maintain tenderness.



Top barley producing counties:

Bonneville
Cassia

Jefferson
Minidoka

Fremont

