Grain Facts

Grain	Growth (Where)	Growth (How)	Harvest
Barley	Barley is a cool-season crop that can be grown in a variety of climates, which makes it an important crop in regions with challenging climates.	Barley seeds are planted in rows, usually in the spring or fall. Barley requires adequate moisture, especially during the early stages of growth.	Barley is ready for harvest in the summer when the grains change from green to gold. The barley stalks are cut using combine harvesters.
Corn	Corn is a warm-season crop grown in many parts of the world. It's an essential staple crop in many countries.	Corn is planted in the spring in rows. As the corn plants grow, they require regular watering, and sometimes, fertilizers are applied to promote healthy growth.	Corn is ready for harvest in late summer or early fall. Corn is harvested using a combine harvester, which cuts the stalks, removes the ears, and strips the kernels from the cob.
Oats	Oats grow best in cool, moist climates with well-drained soil and temperatures between 45-70°F (7-21°C).	Oats are planted in the early spring or late summer. Adequate moisture is crucial for oat growth. Fertilizers may be added to ensure the soil has the necessary nutrients for plant growth.	Oats are ready for harvest in the summer when the grain heads have turned golden, and the plant has dried. They are harvested using combine harvesters.
Rice	Rice requires a warm and humid climate for cultivation. It grows best in regions with high humidity, prolonged sunshine, and flooded soil.	Rice is often grown from seedlings that are transplanted into the rice field, which is typically flooded with water.	Rice is ready for harvest when the grains have matured and turned golden brown. Harvesting is done either by combine harvester or by hand.
Rye	Rye is a cool-season crop that thrives in colder climates. It is often grown in regions where other cereal grains, like wheat, have difficulty growing.	Rye is grown from seeds sown directly into the prepared soil. While rye is drought-tolerant, it still requires moisture for optimal growth.	Rye is ready to harvest when the grain heads have matured. It is harvested by combine harvesters.
Sorghum	Sorghum can be grown in a variety of climates. It's particularly well-suited to semi- arid regions.	Sorghum is grown from seeds in well- drained soil with sufficient sunlight. Planting occurs after the last frost. The seeds are spaced in rows and require consistent moisture.	Harvesting takes place when the grain has matured, around 70-100 days after planting. Sorghum is harvested using combines with grain headers to cut and gather the crop.
Wheat	Wheat grows best in regions with temperate climates and well-drained and aerated soils.	Wheat is planted in the fall or spring. It requires cool temperatures during its early stages and warm temperatures during later growth.	Wheat is harvested in the summer using a combine harvester. The combine cuts the wheat stalks and separates the grain from the straw.

From Farm to You

Geography	Transport & Processing	Distributor	Store	
Russia, Australia, France, Germany, and Ukraine are the top countries for barley production. Montana, Idaho, and North Dakota are the largest producers of barley in the United States.	The harvested barley is threshed to separate grains from the straw and then cleaned to rer impurities and foreign matter. It is dried to re moisture content and then stored before beir transported to food processing facilities when malted, brewed, or used in various food prod	nove duce ng re it is		
The United States and China are the world's top corn producers. Iowa, Illinois, Nebraska, and Minnesota grow the most corn in the United States.	The harvested corn is dried to reduce moistur then shelled to remove the kernels from the o being stored in silos or bins. The corn is then processing plants or ethanol facilities.	cob before		
Russia, Canada, and Poland are the top oat-producing countries. South Dakota, Minnesota, Wisconsin, and North Dakota produce the most oats in the United States.	After harvest, the oats are dried to reduce the and prevent spoilage. They are stored in silos are processed to remove the outer hulls and o This results in oat groats, which are further pr various oat products like rolled oats or steel-o	or grain bins. Oats clean the grains. rocessed into		
China and India are the top rice- producing countries. Arkansas, California, Louisiana, Missouri, Texas, and Mississippi produce the most rice in the U.S.	After harvest, the rice is threshed to separate husks and dried to reduce moisture content, r storage and milling. To produce white rice, th milled to remove the outer layers (bran and g rice is sorted and graded. The rice is then trar warehouses before further distribution.	making it suitable for e outer husk is erm). The polished	Fresh and processed products are sold in bulk quantities to a buyer who	Retail product is sold to consumers.
Germany, Poland, and Russia are the top rye-producing countries. Oklahoma, North Dakota, Minnesota, Pennsylvania, and Wisconsin grow the most rye in the United States.	After harvest, rye is threshed to separate the straw and cleaned to remove impurities. It is o moisture content, which prevents spoilage. Th in silos or grain bins before being transported facilities. Rye can be processed into various p flour for baking and livestock feed.	dried to reduce he rye is then stored to processing	will distribute it to a retail store.	
The United States, Nigeria, Sudan, and Mexico are the top sorghum producers in the world. Kansas, Texas, and Oklahoma grow the most sorghum in the U.S.	After harvesting, the sorghum is threshed to s from the rest of the plant material and cleaned impurities. The sorghum is then transported to facilities, animal feed producers, or export man	d to remove o processing		
China, India, Russia, and the United States are the top wheat- producing countries. North Dakota, Kansas, Washington, Montana, Idaho, and Oklahoma grow the most wheat in the U.S.	After harvesting, the wheat is threshed to sep kernels from the stalks and then cleaned to re impurities and foreign matter. The cleaned wh transported to flour mills, food processing fac export markets.	emove heat is then		

Products Made from Grains

Nutrition

Products

Barley is a good source of fiber, B vitamins, and minerals like manganese, selenium, and phosphorus. Consuming barley can have health benefits such as improving digestion, reducing cholesterol levels, and regulating blood sugar.
Corn is a good source of carbohydrates, fiber, and antioxidants. Corn contains essential vitamins such as B vitamins, vitamin C, and vitamin A. It provides minerals like magnesium, phosphorus, and potassium. Corn is energy dense.
Oats are a good source of dietary fiber, especially beta- glucans, a soluble fiber that may help reduce the risk of heart disease and lower bad cholesterol levels. They also contain B vitamins, minerals like manganese and phosphorus, and antioxidants.
Rice is a good source of carbohydrates and provides nutrients like vitamin B, minerals, and some protein. White rice is low in fat and brown rice contains healthy fats. It is easy to digest, making it suitable for individuals with digestive sensitivities. Rice is a gluten-free grain.
Rye is a good source of dietary fiber, particularly when consumed in its whole-grain form. It is also a source of B vitamins, iron, and magnesium. It can help regulate blood sugar levels, improve digestive health, and reduce the risk of certain chronic diseases.
Sorghum is a good source of carbohydrates, fiber, protein, and antioxidants. It provides essential vitamins and minerals, including B vitamins, iron, magnesium, and phosphorus. Sorghum is a gluten-free grain.
Wheat is a good source of carbohydrates, protein, antioxidants, and fiber. Wheat contains B vitamins, iron, magnesium., and phosphorus.