






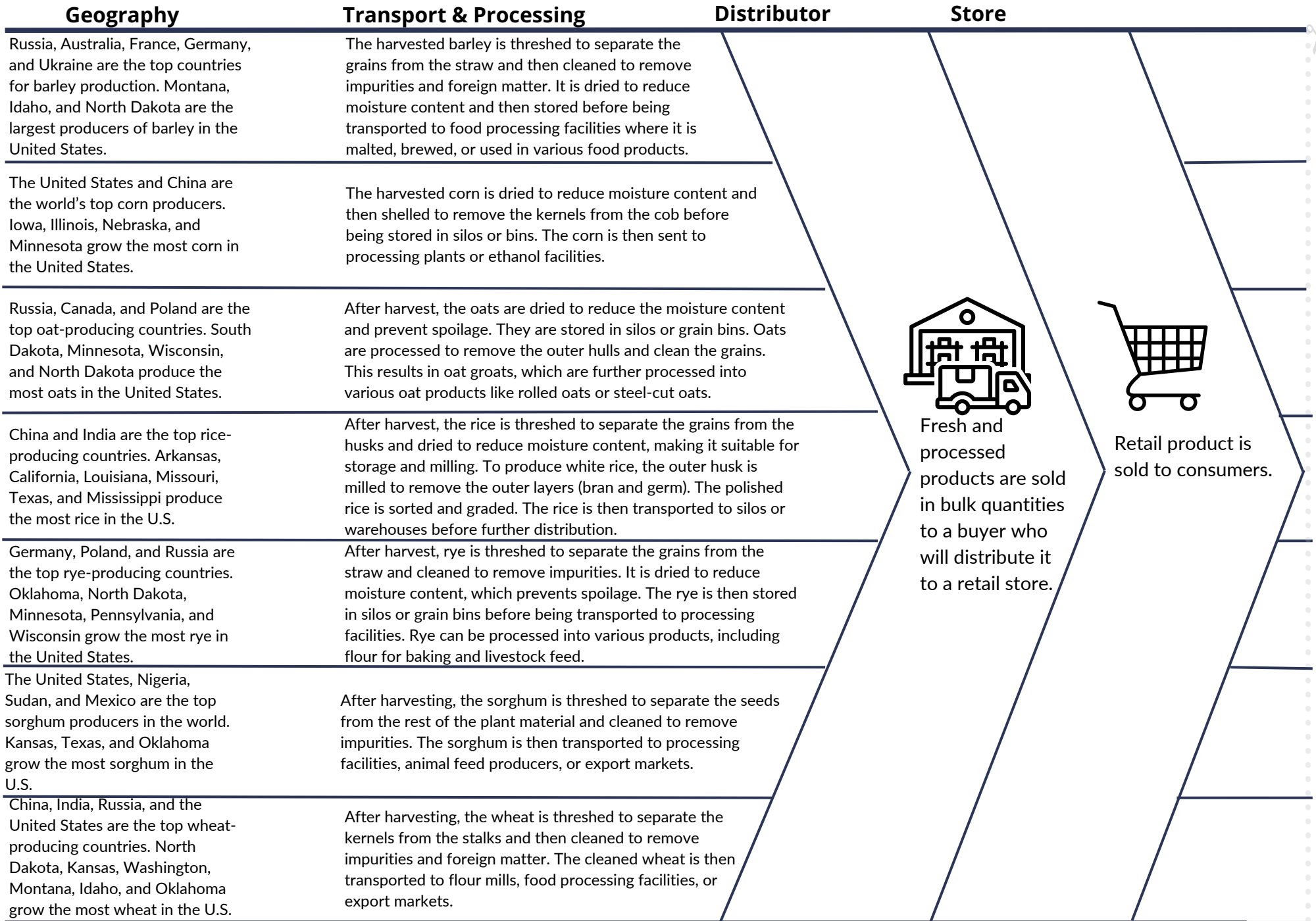


# Grain Facts

Grain	Growth (Where)	Growth (How)	Harvest
<b>Barley</b> 	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.
<b>Corn</b> 	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.
<b>Oats</b> 	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.
<b>Rice</b> 	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.
<b>Rye</b> 	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.
<b>Sorghum</b> 	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.
<b>Wheat</b> 	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



# Products Made from Grains

## Products

## Nutrition

Barley can be used in porridge, baked goods, soup, salad, breakfast cereal, pilaf, risotto, certain beverages, and animal feed.



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.

Cornstarch, corn oil, corn flour, and corn syrup are used in a variety of food products. Corn is also used in animal feed, ethanol, and biodegradable plastics.



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 used in various recipes, such as oatmeal cookies and granola, and as a topping for fruit crumbles and yogurt. Oat milk has gained popularity as a dairy milk alternative.



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 used in a variety of dishes, including rice pilaf, sushi, and paella. It can be steamed, boiled, fried, or ground into rice flour.



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 primarily used for making rye bread. It is also used in some beverages and animal feed for livestock.



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 can be used in bread, porridge, and baked goods. It's also used in the production of ethanol and as livestock feed.



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 used to make bread, pasta, cereal, flour, and animal feed.



Wheat is a good source of carbohydrates, protein, antioxidants, and fiber. Wheat contains B vitamins, iron, magnesium, and phosphorus.