

A GUIDE TO LUNDS AND BYERLY'S ALL-NATURAL GRAINS AND RICES

Lunds and Byerly's clip-and-keep guide

	VARIETY	CHARACTERISTICS	SERVING SUGGESTIONS
	<p>Bulgur Wheat</p>	<p>Quick-cooking form of whole wheat that's been parboiled and ground.</p>	<p>Versatile grain, perfect for salads, pilafs, soups, and stuffings.</p>
	<p>Red Jasmine Rice</p>	<p>Long-grain rice with a red bran. Nuttier flavor than regular rice.</p>	<p>Slightly sticky texture makes it great for sushi, cakes, and timbales.</p>
	<p>Greenwheat Freekeh</p>	<p>Roasted green wheat with a nutty flavor. Heartier texture than farro, but softer than barley.</p>	<p>This superfood can be used as a ground meat substitute in any recipe.</p>
	<p>White Quinoa</p>	<p>Buttery, earthy taste with a crunchy texture. Features eight essential amino acids.</p>	<p>Use in soups, salads, and pilafs.</p>
	<p>Farro</p>	<p>Ancient strain of cultivated wheat, pearled to eliminate the need for soaking.</p>	<p>Delicious in risottos and soups.</p>
	<p>Bamboo Rice</p>	<p>Short grain rice with a creamy texture. Infused with chlorophyll extract from green bamboo.</p>	<p>Ideal alternative to risotto rice. Also great for making sushi.</p>
	<p>Israeli Couscous</p>	<p>Even-sized toasted pasta pearls that absorb flavors easily when cooking.</p>	<p>Pairs well with fresh herbs, nuts, and cheese. Use in side dishes or salads.</p>
	<p>Nerone Italian Black Rice</p>	<p>Ancient strain of black rice, with a freshly baked bread aroma and a rich, buttery flavor.</p>	<p>Great addition to savory and sweet chicken or pork dishes.</p>
	<p>Black Barley</p>	<p>Grain prized for generations in Ethiopia that cooks to a glossy black sheen. Bran layer of grain still intact.</p>	<p>Combines well with rice. Perfect in soups, stuffings and as a base for vegetarian dishes.</p>