

## BuckWHEAT?...NOT!

Despite the name, buckwheats are not related to wheat. Although buckwheat is commonly used like wheat, it is actually related to sorrels, knotweeds and rhubarb. The grain is called a pseudo-cereal to emphasize that the plant is not related to wheat.

The name 'buckwheat' or 'beech wheat' comes from its triangular seeds, which resemble the much larger seeds from the beech tree, and the fact that it is used like wheat. Today, ninety percent of buckwheat is produced in China.

Buckwheat flour is made from the starchy white endosperm and the seed coat is what darkens the buckwheat flour. The hull is dark brown or black, and some may be included in buckwheat flour as dark specks. Buckwheat has a high concentration of all the essential amino acids, especially lysine, threonine, tryptophan and the sulphur-containing amino acids. It is also high in iron, zinc and selenium.

Buckwheat contains no gluten and can be eaten by people with celiac disease or gluten allergies. However, people need to be aware that buckwheat can be a potent allergen by itself.

Most people are familiar with buckwheat pancakes, but buckwheat has other uses as well. Buckwheat can be used as a cereal, thickening agent for soups and gravies, and is becoming popular in recipes as a substitute for flour for those who are sensitive to wheat and gluten.

At Grandma's Pantry, you can purchase buckwheat pancake mix as well as buckwheat flour and buckwheat groats. For those who like to camp, there's nothing better than hot buckwheat pancakes cooked over the fire and served with warm maple syrup for breakfast. So give our buckwheat products a try. Come visit us at Grandma's Pantry in Harrisonburg VA or shop online at [www.GrandmasPantryVa.com](http://www.GrandmasPantryVa.com).

***“So, whatever you eat or drink, or whatever you do,  
do all to the glory of God.”*** (1 Cor. 10:31)