

White Sonora Wheat Berry

ARIZONA HARVEST SCHEDULE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Find White Sonora Wheat Berries YEAR-ROUND in AZ

- o **Oatman Farms**
- o **Ramona Farms**
 - **via Blue Sky Organic Farms, Litchfield Park**
 - **via Sun Produce Cooperative, Phoenix, AZ**

Food Buying Guide: Quick Math-White Sonora Wheat Berries



1 pound (16 oz.) of DRY wheat Berries



$$= \begin{matrix} \left(\frac{1}{2} \frac{1}{2}\right) & \left(\frac{1}{2} \frac{1}{2}\right) & \left(\frac{1}{2} \frac{1}{2}\right) \\ \left(\frac{1}{2} \frac{1}{2}\right) & \left(\frac{1}{2} \frac{1}{2}\right) & \left(\frac{1}{2} \frac{1}{2}\right) \end{matrix}$$

12 (twelve), 1/2 cups of COOKED wheat Berries

Local Recipes

Triple (Wheat) Berry Parfait with Fresh Strawberries and Blueberry Compote



This parfait is a refreshing dish featuring white Sonora wheat berries. It's a simple recipe made with yogurt, blueberry compote, and strawberries.

Triple (Wheat) Berry Parfait with Fresh Berries

This parfait is a refreshing dish featuring Sonora wheat berries. It's a simple recipe made with yogurt, strawberries, blueberries. Served with a drizzle of honey.



Recipe Fun Facts

"White Sonora wheat" is a champion in the world of grains. The "White Sonora wheat berries" are the unrefined kernels in their pure form—prior to being milled into flour! Consider **wheat berries** as the whole-grain superheroes of **White Sonora wheat**, offering a delightful chewiness and an extra fiber boost to your dishes. At the same time, their milled flour can hold its own in baking, just like traditional wheat flour!

Arizona Harvest Facts

- o **White Sonora wheat berries** were Introduced by Spanish missionaries to Mexico and southern Arizona. They are grown extensively by the native Akimel O'odham in Arizona. It is believed to be the first wheat introduced to the New World over 300 years ago.
- o **Wheat berries** have a variety of uses in cooking and baking. When cooked, they have a nutty flavor and a chewy texture.
- o **Wheat berries** are commonly used in salads, soups and as a side dish.
- o **Wheat berries** can be ground into flour at home to make whole wheat bread and other baked goods. or, soak, cook and serve like rice.
- o Toss **wheat berries** with raw veggies or add to yogurt or fruit for a healthy, nutritious treat.

Submit the School Interest Form and HNS will be in contact to connect you with local producers!



Cereal Grains Wheat Berries (Group H) <i>Dry</i>	Pound	24.00	1/4 cup cooked	4.20	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	12.00	1/2 cup cooked	8.40	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	8.00	3/4 cup cooked	12.50	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries

- Fruit or Vegetable highlight:
 - White Sonora Wheat Berries

- Arizona Harvest Months:
 - The wheat is planted in the fall, from November to January, and matures in about 90 days, depending on the winter temperatures.
 - Arizona Sonora wheat berries are harvested in May or June, before the summer rains.

- Farms to get the local produce:
 - [Oatman Farms](#)
 - [Ramona Farms](#)
 - [via Blue Sky Organic Farms, Litchfield Park](#)
 - [via Sun Produce Cooperative, Phoenix, AZ](#)

- Fun Harvest Facts about fruit/vegetable:
 - Introduced by Spanish missionaries to Mexico and southern Arizona, White Sonora was grown extensively by the native Akimel O'odham in Arizona. It is believed to be the first wheat introduced to the New World over 300 years ago.
 - The hulls are easy to remove without specialized equipment, making it a good option for small garden operations.
 - Wheat berries have a variety of uses in cooking and baking. When cooked, they have a nutty flavor and a chewy texture.
 - They are commonly used in salads, soups and as a side dish
 - They can also be ground into flour at home to make whole wheat bread and other baked goods.
 - Soak, cook and serve like rice.
 - Toss with raw veggies for a salad
 - Add to yogurt or fruit for a breakfast treat - a healthy alternative to breakfast cereal you will love.

- Local Recipe: What to include for additional info
 - [Triple Berry Parfait with Fresh Berries](#)
 - [Triple Berry Parfait with Fresh Strawberries and Blueberry Compote](#)

- Local Recipe Additional Information:
 - "White Sonora wheat" is the star of the grain show, but when you say "White Sonora wheat berries," you're talking about the whole, unprocessed kernels just chillin' in their natural state—before they hit the mill and transform into flour! Think of wheat berries as the whole-grain superheroes of White Sonora wheat, bringing a chewy texture and a fiber boost to your meals. Meanwhile, their milled flour can still strut its stuff in the baking arena, just like your classic wheat flour!

- Quick Math FBG:
 - 1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries