

Quinoa

- Quinoa has been the staple grain of the Inca people since around 5000 B.C.
- The part of the plant that is used is the seed. The seed heads are harvested by hand, threshed, and winnowed to remove the husk.
- The seeds are traditionally cooked to produce a chewy, fluffy meal with a nut-like taste. The seeds can also be roasted, ground into flour, or turned into flakes, pastas, breakfast foods, tortillas, pancakes and puffed grains. The flour, mixed with wheat flour, is used for baking.
- The seed has exceptional nutritional value. The protein content and fat content are higher than in other major cereals.

Millet

- Millet is one of the most ancient of all cereals.
- Millet has been grown since the beginning of agriculture (possibly as a companion to wheat and barley) in Central and Eastern Asia and in Central and Eastern Europe.
- Today millet is grown in Central and Eastern Asia, India, and parts of the Middle East.
- Millet is one of the hardiest of all cereals and can withstand severe drought, heat, and poor soils.
- Millet, with its nutty taste, is used as a cereal. It is sold in the form of a grain but can be processed into flakes or flour.
- Millet does not contain gluten. It has high levels of magnesium, iron, and vitamins A and B.

Amaranth

- Domesticated (white grain) can be traced back to 4000 B.C. in southern Mexico and Central America.
- The Central American amaranth has been found at archeological sites dating back 2000 years and is believed to have been domesticated in the Andes.
- Wild plants are normally green, but purple forms have been selected for ritual purposes.
- The seeds of the plants are used in cooking.
- The plants are grown as cereals and the ripe seeds are harvested, popped, and milled to produce flour or boiled and eaten as porridge.
- Grain amaranth is no longer widely used in its regions of origin but has become popular as a health food. Alegria is a popular Mexican sweet prepared from popped seeds.
- The grain is highly nutritious due to large amounts of high quality protein and especially lysine.

Barley

- Originating in the Middle East, barley is one of the oldest of all crops – domestication occurred in Mesopotamia some 10000 years ago. It spread to

Ancient Egypt, Ethiopia, and Ancient Greece at an early date. Wheat replaced barley as the staple food in classical times.

- Barley is a nutritious cereal used as food in the form of flour.
- Barley is highly nutritious due to its high levels of Vitamin B5 and Lysine.