

# BARLEY FACTS

AN IN-DEPTH LOOK AT OUR  
FAVOURITE SUPERFOOD.

## HEALTH BENEFITS

### Low GI rating

- Barley scores an astonishingly low 25 on the GI. This score means that incorporating barley into your meals is a delicious way to help lower cholesterol, prevent diabetes and keep your heart healthy, as explored by Health Canada in their endorsement of barley.

### Full of minerals and vitamins

- Barley has a high concentration of vitamins, which provide a whole host of benefits to consumers. For example, barley is a good source of niacin, an important B vitamin that contributes to a healthy heart. Barley also provides a good source of lignans, which is an antioxidant that helps prevent breast cancer in women.

### High in fibre

- The high soluble and insoluble fiber content in barley is particularly important. Soluble fiber metabolizes fats, cholesterol and carbohydrates while insoluble fiber promotes a healthy digestive tract and considerably reduces the risk of colon cancer.

## BARLEY PRODUCTS AVAILABLE

### Whole Barley

- Whole barley is a grain that is not processed and contains the hull (the outer layer of the grain). While this form of barley is inedible, it is the basis for all other processed barley products.

### Dehulled Barley

- Dehulled barley is when the barley grain undergoes minimal processing, only to remove its inedible hull (the outer layer of the grain). Considered the "whole grain" form of barley, it is the most nutrient-rich form of barley, containing high levels of fibre.

### Pot Barley

- Pot barley is produced from fully-matured barley grain that is then passed through a pearling machine. The pearling process removes the hull (the outer layer of the grain) from the kernel, which helps to lower the cooking time of the grains and extends their shelf life. Pot Barley undergoes a shorter pearling process than Pearl Barley which means that the kernels have the majority of their fibrous bran still intact. It is still considered a whole grain.

### Pearl Barley

- Pearl Barley is produced from fully-matured barley grain that is then passed through a pearling machine. To achieve a more polished and refined kernel, pearled barley undergoes several rounds of processing in the pearling machine.

### Whole Grain Barley Meal

- Barley meal is produced by crushing and grinding the whole barley grain, and can range in texture from fine to coarse. Similar to grits, barley meal is perfect as a side or in your favourite polenta recipe.

### Whole Grain Barley Flour

- Barley flour is a nutrient-rich flour that is high in fibre and helps reduce cholesterol.

## GROWING

- There are two important variants of barley - spring and winter. One is planted in the fall and is exposed to cold temperatures through the winter before maturing, the other is planted in the spring.
- Barley is the perfect grain to insert into a crop rotation. Its agricultural simplicity makes it a great crop for reclaiming overworked and eroded fields.
- Barley's unique immunity from diseases that plague other grain crops means that incorporating it into your crop rotation will significantly decrease the presence of diseases in the other crops.

## DID YOU KNOW...

- The English measurement system is based on barley. In the 1300s, the King of England standardized the inch as equal to "three grains of barley, dry and round, placed end to end lengthwise." Once the inch was established, the foot, yard and mile followed suit.