



## PLANTS FOR A CHANGE

Some of the delicious grains, seeds, and vegetables we eat make excellent cover crops. Using these farming practices helps to build healthier, biodiverse soil and minimize erosion. Having healthy soil plays a major part in reducing greenhouse gas emissions from the atmosphere to fight climate change. These regenerative ingredients include farro, jicama, bok choy, flax, chia, and beet greens. Some of these ingredients may be new to you, but they all can contribute to some delicious, exciting dishes! Recipes like Greek Farro Salad; Peanut Butter, Flax, Oat and Chocolate Chip Bites; and Jicama Lime Salad will be featured this month to spotlight these amazing ingredients.



## CHEF'S TIPS

Whole grains can be fun! Here are some creative ways to incorporate them into your everyday diet, no matter what time of day it is!

- Whole Wheat Apple Pancakes
  - Adding whole wheat flour to pancakes gives the nutritional benefits of the entire wheat kernel for a fiber and protein boost.
- Farro Lime Pineapple and Yogurt Parfait
  - Having the ancient grain Farro as the base of this parfait adds a nutty flavor and great texture.
- Chipotle Chicken and Quinoa Burrito Bowl
  - With quinoa as the base of this recipe, you will be sure to get extra protein and vitamins from this gluten friendly nutrient powerhouse.
- Peanut Butter Protein Bites
  - Whole grain oats add soluble fiber to your lunch box treat of afternoon snack!



## NATIONAL WHOLE GRAINS MONTH

It's a Whole Grain Revolution in September and we are celebrating all the nutritional benefits of whole grains. Whole Grains include brown rice, barley, buckwheat, bulgur, corn, farro, oats, quinoa, wheat and wild rice, whole grain couscous, whole wheat or whole grain pastas and breads. As the name entails, these grains retain the entire grain kernel which provides more fiber, protein, and essential nutrients compared to refined grains. When refined, grains are stripped of their superfood qualities.

When checking a food label for whole grains, be sure the first listed ingredient says "whole", not enriched. Incorporating whole grains into daily diets has been linked to reduced risk of chronic conditions like diabetes and heart disease and also supports weight management. This month, start with some simple swaps, to get these whole grain benefits:

- Whole grain bread for white bread
- Buckwheat pancakes for plain pancakes
- Brown rice or quinoa for white rice

**FOR ALL THESE WHOLE  
GRAIN RECIPES AND  
MORE VISIT:**

